



# Physical Education

## Health and Wellbeing

### Unit Purpose

The unit of work will focus on exploring positive and negative **emotions** and managing them through using mindfulness techniques such as visualisation, using music, **meditative balances**, **mime** and **deep breathing**.

Pupils will be able to bring these emotions to life and understand how we can manage them.

### Inspire Me

**Did you know ...** that Buddhism is a religion that focuses on mindfulness, personal and spiritual development and meditation.

Buddhism is one of the world's largest religions and originated 2,500 years ago in India.



### Key Success Criteria

- P** Pupils will be able to use their skills of deep breathing, meditative balances and mime in order to focus and apply these techniques in a variety of activities.
- C** Pupils will be able to discuss and explain their emotions, understanding why it is important to use mindfulness techniques in order to combat negative emotions.
- S** Pupils will effectively apply life skills such as communication as they collaborate with others and support each other to develop their mindfulness techniques.
- W** Pupils will develop their ability to stay focused when using various mindfulness techniques as they strive to improve their performances showing integrity.

### Vocabulary for Learning

**Emotions:** An emotion is how we are feeling. An emotion is a psychological feeling brought on as a reaction to what happens to us and around us.

**Mindfulness:** Is the ability to maintain awareness and keep control of our thoughts and feelings.

**Relaxed:** means when we are calm and free from stress, tension and anxiety.

**Expression:** is the action of making our thoughts or feelings known.



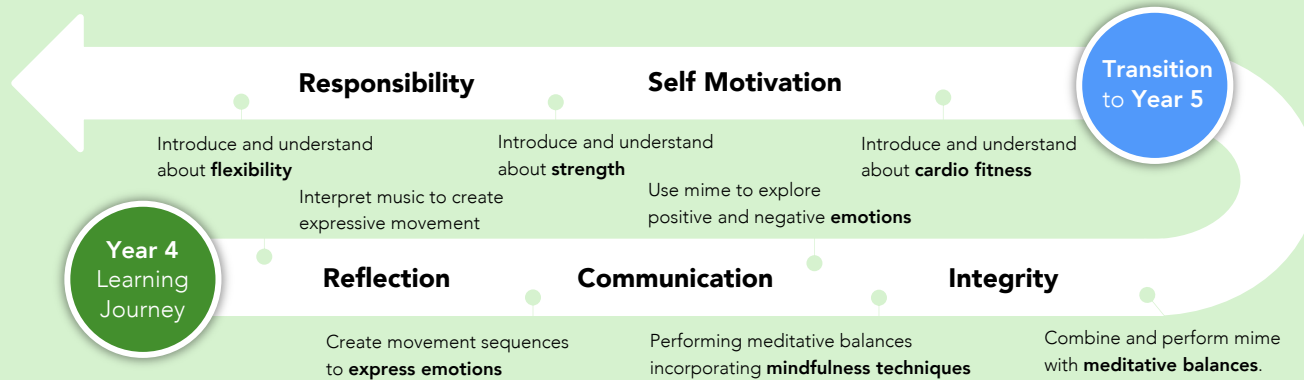
### Sport Specific Vocabulary

**Relaxation techniques:** Relaxation techniques are methods, such as breathing, meditation and exercise, that can be used by an individual to help reduce stress and anxiety levels.

**Meditative Balances:** A meditative balance is a still position that pupils hold still for at least ten seconds or three long in, and out breaths.

**Deep Breathing:** Deep breathing is a relaxation technique that is used to help us to relax and to feel calm.

**Mime:** Mime is acting without words, using only gestures, expression and movements.





# Physical Education

## Tag Rugby Year 4

### Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence**. Pupils will combine passing and moving to develop ways of **creating space** to beat an opponent to score a try. Pupils will also develop **tagging** and to explore different ways the defending team can prevent the attackers from scoring.

### Inspire Me

The **Webb Ellis Cup** or as it is more commonly known the Rugby World Cup is named after the inventor of rugby William Webb Ellis. The inaugural World Cup was held in 1987 and is now played every four years.



### Key Success Criteria

- P** Pupils will be able to apply a secure understanding of passing, moving to create space and score. Pupils will apply tagging to prevent an attacker scoring.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence, understanding when and why to apply certain skills.
- S** Pupils will develop and apply life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

### Vocabulary for Learning

**Space:** is an open area on the pitch that is unoccupied by a defender or the defending team. If the ball carrier identifies an open space they can choose to either run into it or pass the ball to a team member to run into in an attempt to score a try.

**Attacker:** We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aiming of the game for the attackers is to score a try.

**Defender:** We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a try.



### Sport Specific Vocabulary

**Forward Pass:** The ball can only be passed sideways or backwards. If the ball is passed forwards to a team member this is an illegal pass. This is known as a forward pass.

**Offside:** occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker intercepts the first pass, this is known as offside.

