

MARINA INTERNATIONAL SCHOOL

PHYSICAL EDUCATION SCHEME OF WORK

YEAR 5 - TERM 1

WEEK	TOPIC	TOPIC DETAILS
1.1	ATHLETICS(SPRINTING	Warm up: walking, jogging or running over distance. • walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds. sprint distances of 10 to 20 m. • practice reaction sprints. • practice the standing start.
2.1	ATHLETICS (Sprinting)	Energy systems: development to maximizing performances in: 50M,60M,70M,80M,90M, AND 100M dash. ☐ Children sprint faster in their lanes to cover these distances as fast as they can. ☐ Children are selected based on their speed and deserving ones are given certificate 1 st ,2 ND 3 rd . ☐ Children are selected based on their individual events they are capable of doing.
3.1	HURDLES	Run 20 to 40 m over evenly spaced hurdles (30–40 cm high approx.). • practice the technique of hurdling developing the lead leg and running three strides between hurdles. ☐ Run 40–60 m over evenly spaced hurdles (40–50 cm high approx.). • practice the technique of hurdling run 150 m approximately over unevenly spaced hurdles (30 cm high approx.)

WEEK	TOPIC	TOPIC DETAILS
4.1	BEAN BAG ACTIVITIES	Bean bag toss. Place a target onto the ground with chalk or tape. Take turns tossing bean bags as close to that target as possible. As players get better, have them take a step back and try again. □ Unfreeze a friend. Every player places a bean bag onto their head then must move around the play space keeping the bag balanced. If the bag falls, the player must let it drop to the ground and freeze. Other players may help frozen players by picking the bean bag up off the ground and handing them to the frozen player to put back on their head and move again. □ Juggling. Learning how to juggle takes practice, but for motivated kids and it be a fun process. With one bean bag, begin developing the skill to throw and catch with one hand. Once this is mastered, add a second bean bag and practice passing two bags to opposites hands at once. Finally, add the third bean bag. The challenge is the timing. Each bag must be thrown after another and before the next one is catch.
5.1	HURDLING IN GROUPS OF FOUR	Run 20 to 40 m over evenly spaced hurdles (30–40 cm high approx.). • practice the technique of hurdling developing the lead leg and running three strides between hurdles. • Run 40–60 m over evenly spaced hurdles (40–50 cm high approx.). • practice the technique of hurdling run 150 m approximately over unevenly spaced hurdles (30 cm high approx.)
6.1	MID-TERM BREAK	MID-TERM BREAK
6.2	MID-TERM BREAK	MID-TERM BREAK
6.3	MID-TERM BREAK	MID-TERM BREAK
6.4	MID-TERM BREAK	MID-TERM BREAK
7.1	HURDLING IN GROUPS OF FOUR	Run 20 to 40 m over evenly spaced hurdles (30–40 cm high approx.). • practice the technique of hurdling developing the lead leg and running three strides between hurdles. • Run 40–60 m over evenly spaced hurdles (40–50 cm high approx.). • practice the technique of hurdling run 150 m approximately over unevenly spaced hurdles (30 cm high approx.)

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8.1	Baton Pass Procedures – Blind Overhand Pass.	The receiver extends their hand behind them at just below shoulder height with their palm up, hand flat, fingers together, thumb out to the side, arm and hand still; eyes to the front. The end of the baton is placed into the receiver's hand using a downward motion. It is the responsibility of the incoming runner to control the pass and place the baton into the receiver's hand. The pass occurs between athletes using alternate hands i.e. right to left, or left to right.
9.1	RELAYS	Practice baton change-over technique while stationary, with a partner, developing into practice with a team of four. • Practice baton change-over technique while moving slowly, with a partner, developing into practice with a team of four. • Practice the standard relay (i.e. four children per team, using a baton) in a straight line. • Participate in team relays or shuttle relays in small groups, using various means of travelling.
10.1	TEST ACROSS THE BOARD 2	TEST ACROSS THE BOARD 2
10.2	TEST ACROSS THE BOARD 2	TEST ACROSS THE BOARD 2
10.3	TEST ACROSS THE BOARD 2	TEST ACROSS THE BOARD 2
10.4	TEST ACROSS THE BOARD 2	TEST ACROSS THE BOARD 2

WEEK	TOPIC	TOPIC DETAILS
11.1	4X100M RELAY BATON EXCHANGE(INCOMING RUNNER)	First leg runner carries the baton in the right hand with most of the baton extending in front of the thumb / forefinger part of the grip. Run maximally into the exchange zone when carrying the baton. Run into the exchange zone with the correct lane positioning. Give a loud and clear 'hand' command only when within 1 - 2 strides of the outgoing runner. Deliver the baton with a single swift downward motion into the hand of the outgoing runner (or practiced variation on this.
12.1	ATHLETICS COMPETITION PRACTICE	ALL TRACK AND FIELD EVENTS: 100M DASH,90M,80M,60M,50,40M HOP RACE,50M SACK RACE, FILL THE BOTTLE,BEAN BAG RACE ETC.
12.2	ATHLETICS COMPETITION PRACTICE	
13.1	ATHLETICS COMPETITION	Children participate in the Inter-House Athletics Competition. • Certificates will be awarded to 1st,2nd,3rd positions of the different house colour. • Trophy will be given to the most outstanding house colour with 1st position.
14.1	SOFTBALL GAMES	INTRODUCTION TO SOFTBALL GAME: Fielding: Ready position (particularly infield) • Starting position□Feet shoulder width apart or more. • Backside down, eyes facing the batter. • Glove and throwing hands close to the ground Footwork. • Use small steps (sideways and/or forwards). • Move to the ball if in front. • Use crossover step if ball to the side Glove Work. • Fingers in the glove to the side. • Hinge action (like a crab) index finger and thumb. • Catching a ball in the pocket instead of the finger

PHYSICAL EDUCATION SCHEME OF WORK

YEAR 5 - TERM 2

WEEK	TOPIC	TOPIC DETAILS
1.1	1.1 SOFTBALL	Defence: Fielding: Ready position (particularly infield) Starting position–Feet shoulder width apart or more. Backside down, eyes facing the batter. Glove and throwing hands close to the ground Footwork. Use small steps (sideways and/or forwards). Move to the ball if in front. Use crossover step if ball to the side Glove Work. Fingers in the glove to the side. Hinge action (like a crab) index finger and thumb. Catching a ball in the pocket instead of the finger.
2.1	VOLLEYBALL	Fundamentals of Serving 1) Position and Movement. a. Feet should be a comfortable stance apart with the opposite foot of serving hand in front. b. Draw back the serving hand. c. The body should twist at the waist. d. Toss the ball into the air and contact the ball with a firm hand and wrist out in front of your body. Try having them hit back of the ball, not underneath.
3.1	FLIP TYRES	It helps develop force from the ground up. flips require an explosive lower-body drive that extends up into triple extension and through the hands. Tyre flipping can also be used to develop endurance, benefiting athletes and non-athletes alike.

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4.1	FOOTBALL	1 Passing accuracy Passing accuracy refers to a player's ability to use both feet to send the ball to the player's desired destination. That could mean sending the ball straight to a teammate's feet with power and precision, sending a through pass into space with proper weight, crossing the ball accurately in front of the net, or, for strikers shooting the ball accurately and powerful into the back of the net. Players cannot achieve success in football without being able to pass accurately with both feet.
5.1	FOOTBALL (MINI MATCH)	Children are selected based on their house colours to play a mini match
6.1	HANDBALL	PASSING This is one of the basic, technical elements. A pass must be accurate, fast and tactically useful. • Accurate - so that a player has no problems when catching the ball. • Fast – to gain the advantage over the opposition • Tactically useful - The decision to which a pass should be directed depends on the player's position in a particular situation. A pass should be directed to that player, whose position may find gaps in defence or may menace the opponent.
7.1	EXCERCISES IN PASSING AND CATCHING	Groups of 6 players with one ball per group. The group is divided into two, with the two sets of players The first player in the line runs forward passing the ball to the first player in the opposite line and runs to the back of that line. The player who now has the ball runs forward and passes to the next player in the opposite line and runs to the back of that line and so on.
8.1	HANDBALL	INTERCEPTION Groups of 3 Players with 1 ball per group Two players pass to each other while a player in the middle tries to intercept the ball. When the defender intercepts the ball, the attacker who made the final pass becomes the defender.

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9.1	HANDBALL	BLOCKING Castle-Ball The attacking players try to knock a medicine ball off a box. The defending players try to prevent this by blocking the shot at the medicine ball.
9.3	HANDBALL	
11.1	CRICKET	HAND EYE CO-ORDINATION AND BATTING TECHNIQUE. Stand about 4 metres back from a concrete wall and hit a tennis ball into the wall. When the ball rebounds hit it again. When hitting face side on to the wall, feet shoulder width apart, bat lifted ready to hit the ball. As you hit the ball keep your front elbow up and hit straight through the ball so it bounces once before hitting the wall. Try to hit the ball as many times as possible before you lose control and you can even compete against your friends to see who can get the highest number of hits. As you improve try using a golf ball to increase the difficulty.
12.1	CRICKET	BOWLING TECHNIQUE: Stand side on to the batsmen/wickets with your dominant hand at the back. Hold the ball with both hands under your chin and turn your head sideways to face the batsmen/target. Rock back and forth transferring weight from the front foot to the back foot in a smooth consistent motion. Now as you rock back extend your back arm and when you rock forward let your front arm extend and pull down and your back arm comes over your head and releases the ball in the direction of the batsmen.

PHYSICAL EDUCATION SCHEME OF WORK

YEAR 5 - TERM 3

WEEK	TOPIC	TOPIC DETAILS
1.1	SIMPLE EXERCISES	Exercises to develop children's physique and performance. Developing control and building a good foundation. EG: WINDMILL EG: Stability Deadlift
2.1	BASKETBALL	BOUNCE THE BALL: Ball Slaps. Continuously slap the basketball from one hand to the other. Straight Arm Finger Taps While making sure to keep your elbows locked, tap the basketball quickly back and forth straight out in front of you. When you become good at this drill start moving the ball up and down. 3. Wraps – Around Ankle Wrap the ball around your lower leg/ankles without letting the basketball touch the ground. 4. Wraps – Around Waist Wrap the ball in a circle motion around your waist. 5. Wraps – Around Head Wrap the ball in a circle motion around your head.
4.1	BASKETBALL	SHOOTING: Feet - Shoulder width apart. Feet - Slightly staggered and/or turned. Strong and stable position. L with arm - start from this position. Up and Out - push up and out through your fingers. • Guide hand near the side of the ball. Do not place guide hand in front or behind basketball. • Fingers on guide hand pointing upwards. • Keep guide hand still. • Do not touch the ball with the guide hand.

WEEK	TOPIC	TOPIC DETAILS
6.1	SIMPLE BALL GAMES	Playing with balls makes physical activity fun. • Throwing, catching and kicking balls is good for muscle development, hand-eye coordination and fitness. Throwing, catching, rolling and kicking balls: works arm and leg muscles improves hand-eye coordination increases fitness.
7.1	BEAM BALANCE	Stick different coloured tapes tape on the floor Each coloured tape can have a different rule to walk on. For example, you can ask the kid to walk on one leg on the red coloured tape The child has to walk only on the tape. If he falls off the tape, he'll be out of the game. The child that walks the entire length of the tape without falling off the tape wins the game. Split the group into two teams, each team having a flag or other marker at the team's base. The object of the game is to run into the other team's territory, capture their flag and make it safely back to your own territory.
8.1	AEROBICS	SQUATTING: Stand with your feet slightly wider than your hips. Your toes should be pointed slightly outward – about 5 to 20 degrees outward (the wider your stance, the more you'll want to rotate your feet outward). Look straight ahead and pick a spot on the wall in front of you. Look at this spot the entire time you squat, not looking down at the floor or up at the ceiling. 1) Put your arms straight out in front of you, parallel to the ground. Keep your chest up and proud, and your spine in a neutral position. 2) Your weight is on your feet – it should be on the heels and the balls of your feet, as if they were pasted to the ground. You should be able to wiggle your toes the entire movement (though that's not a part of squatting!). 3) Keep your entire body tight the entire time, your core flexed like you're bracing to be punched in the gut! 4) Breathe deeply into your stomach, break at your hip and push your butt back. Keep sending your hips backwards as your knees begin to bend. 5) As you squat down, focus on keeping your knees in line with your feet. Many new lifters need to focus on pushing their knees out, so they track with their feet. When your knees start to come inside the toes, push them out (but not wider than your feet).

WEEK	TOPIC	TOPIC DETAILS
11.1	THROWING AND CATCHING FOR ACCURACY	Target Throwing: The students take turns to throw the quoits at the target in a given number of throws. Challenges could include: - throwing with the dominant hand. - throwing with the non-dominant hand. - shortening and lengthening the throwing distance. The students can select a distance, such as 1 metre, or 2 metres apart, and see how many successful throws and catches they can make in one minute. If the frisbee is dropped, the throw does not count.