

Knowledge Based Quest: PE - Football

Key words

Teamwork	Respect
Attack	Movement
Receive	Possession
Control	Accuracy
Speed Shoot	Soft Cushion
Pass	Goal

TASK:

- Can you control the ball from different heights?
- Can you shoot high and low?
- Can you dribble through cones?
- Can you pass through two cones?

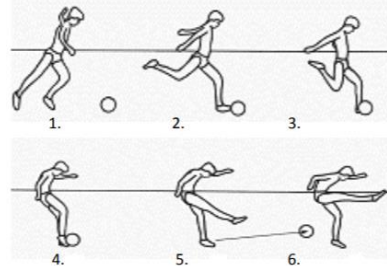
CONTROL



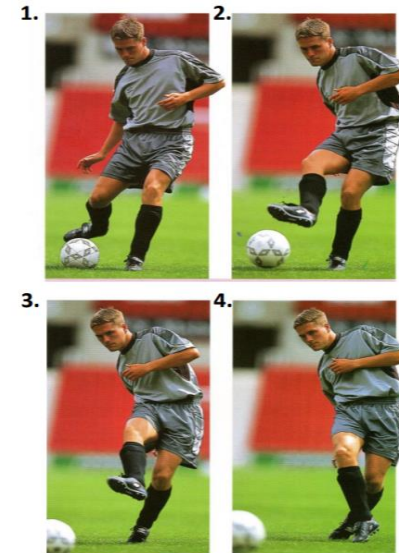
1. Face the direction of the ball approaching.
2. Watch the ball all the way onto your foot and use your arms to balance.
3. Cushion the ball with the side of your foot.

Shooting

1. Put one foot next to the ball.
2. Pull the striking foot backwards.
3. Balance your body and swing foot through.
Make a strong/firm contact on the ball

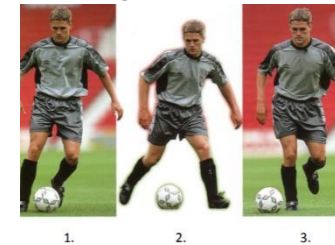


Passing



1. Place your non-kicking foot next to the ball.
2. Lean your body forward over the ball as you swing your foot.
3. Strike the ball solidly with the inside of your foot.
4. Keep your body balanced at all times.

Dribbling



1. Make sure you have good control of the ball by using the inside and outside of your foot.
2. Keep the ball close to your feet.
3. Keep eyes focused on the ball.
4. Keep the body balanced.

Knowledge Based Quest: PE - Dance

Key words

Balance	Beauty
Turns	Music
Feeling	Movement
Grace	Composition
Timing	Theme
Space	Freeze frame

Pointed Toes



Extended arms and legs



Routine



Paired work - timing



TASK:

Perform in time with each other
Plan a creative routine

INCLUDE:

- Jumps
- Turns
- Routine
- Levels of dance – low/mid/high
- Independent/ Pair/ Group

Paired work - mirror



Levels - Low/Mid/High



Knowledge Based Quest: PE - Rugby

Key words

Tackle	Grip
Run	Strength
Strong	Co ordination
Hands up	Pass
Dodge	Team work
Balance	Stamina

Short Pass



Catching the ball



Gripping the ball



Running with the ball



Tackle



TASK:

- Pass a ball
- Pass the ball to a partner when standing still
- Pass the ball to a partner when running
- Adapt passing technique in response to opposition
- Know when to pass
- Successfully pass using space in a game

Knowledge Based Quest: PE - Gymnastics

Key words

Routine	Fluency
Control	Balance
Movement	Safety
Roll	Floor
Mood	Grace/Beauty

Handstand



Headstand



Arabesque

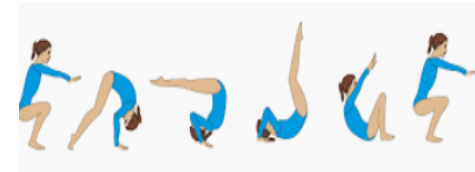


Cartwheel

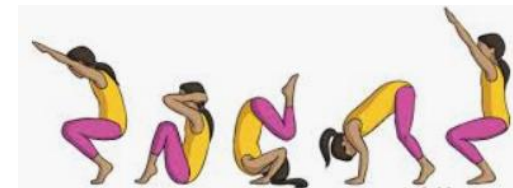
Shoulder Stand



Forward Roll



Backward Roll



TASK:

- 3 rolls
- 3 balances
- A range of jumps and turns
 - Mirror / matching
- Different levels of change and speed
- Include 2 pieces of apparatus

