

Physical Education

Athletics Year 5

Unit Purpose

The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to **sprint** effectively, individually and within a team. Pupils will be able to develop their technique for throwing a **shot putt** and explore and develop an understanding of how to **hurdle** safely.

Inspire Me

At the 1992 Olympics **Derek Redmond** tore his hamstring in the 400 metres semi-final but continued the race limping. With assistance from his father, managed to complete the race as the crowd gave him a standing ovation.



Key Success Criteria

- P** Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.
- C** Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.
- S** Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- W** Pupils will strive to improve their own technique, ensuring they always apply maximum effort.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

Evaluation: means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.



Sport Specific Vocabulary

Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.

Personal Best: A personal best is an individual or team's best performance in a given event.

Lap: Is one full completed circuit of a track in a running race.





Physical Education

Communication and Tactics Year 5

Unit Purpose

The unit of work will refine pupil's ability to apply effective **teamwork** through different problem-solving **challenges**. Throughout the unit, there will be a focus on pupils refining **effective communication** skills, essential to working within a team to complete the challenges.

Inspire Me

Did you know... visually impaired runners race with a guide, who is attached to them with a band at the wrist. The guide's role is to provide valuable information to the runner throughout the race.



Key Success Criteria

- P** Pupils will work within teams to refine effective strategies and tactics in order to complete the different problem solving challenges successfully.
- C** Pupils will be able to think tactically and communicate these ideas for completing the challenges to their team members.
- S** Pupils will refine life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams.
- W** Pupils will apply effective leadership skills as they control their own emotions and take responsibility for their team members.

Vocabulary for Learning

Communication: is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

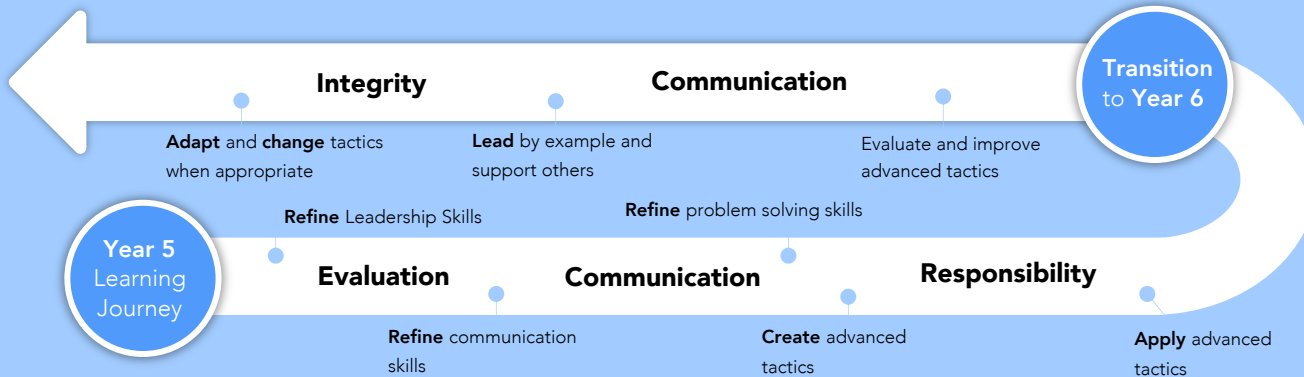


Sport Specific Vocabulary

Adapt: is the ability to change or modify something depending on the situation. An individual or team may need to adapt their tactics to help them achieve their goal.

Motivation: refers to the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task.





Physical Education

Dance: The Circus

Unit Purpose

The unit of work will challenge pupils to bring together the different characters and performers that would have formed a 19th Century (1850) circus. Pupils will be able to distinguish between the different performers through **clear movements** and **expression**. Pupils will be able to perform their circus routine as part of a group.

Inspire Me

Did you know... the circus was first established by Philip Astley in 1768. Astley would perform tricks on top of horses in a circular ring, which he would refer to as a 'circus'.



Key Success Criteria

- P** Pupils will perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic.
- C** Pupils will consolidate their ability to evaluate their own and others' performances. Pupils will apply effective decision making as they construct their sequences.
- S** Pupils can consistently apply life skills such as cooperation and encouragement as they work successfully with others to execute their sequences and group performance.
- W** Pupils will demonstrate life skills such as resilience and responsibility as they support others to improve and accept feedback on their own performances.

Vocabulary for Learning

Excellent Dancers: Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.

Emotion: refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.

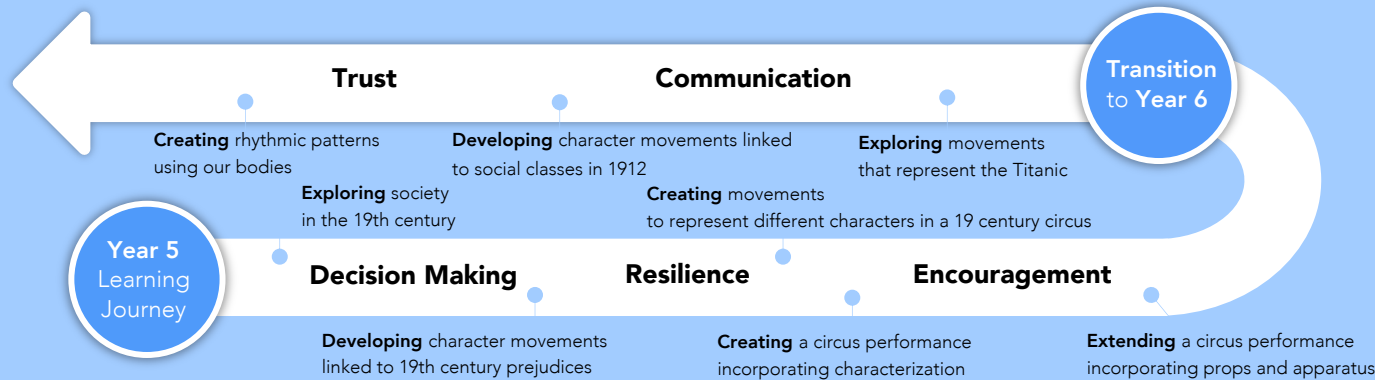


Sport Specific Vocabulary

Motif: is a series of movements that are repeated.

Character: Character refers to the person, animal or fictional character that the pupil is portraying in their performance.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.





Physical Education

Health and Related Exercise Year 5

Unit Purpose

The unit of work will ensure that all pupils understand the meaning of **strength, flexibility** and the **cardiovascular** elements of **fitness**.

Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.

Inspire Me

Did you know... that after just 20 minutes of exercise, your body will have started to grow new brain cells at a rapid rate! This means that by exercising, we are increasing our capacity to learn!



Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness.
- C** Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits.
- W** Pupils will develop life skills such as self motivation, resilience and integrity as they strive to improve their own performances.

Vocabulary for Learning

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

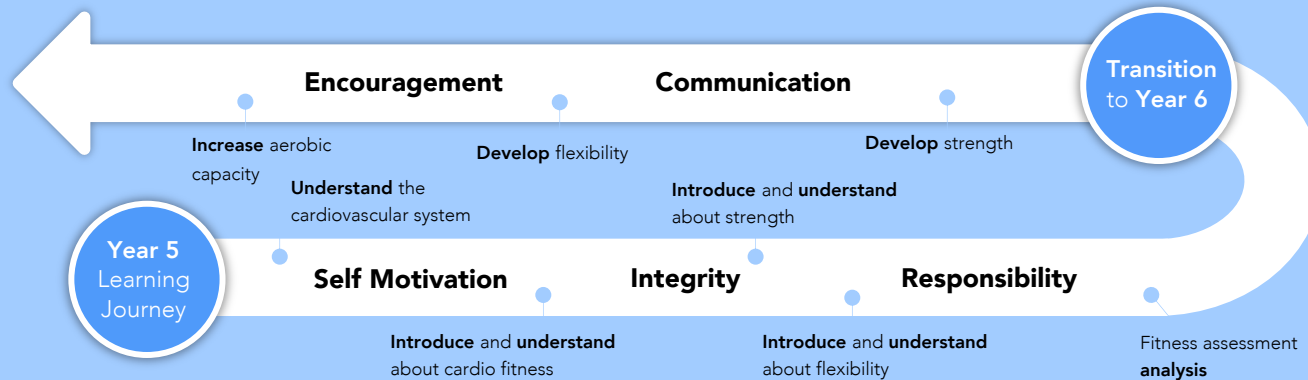
Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.



Sport Specific Vocabulary

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.





Physical Education

Game Sense Year 5

Unit Purpose

The unit of work will challenge pupils to refine their **attacking** skills. Pupils will have a clear understanding of when, where and why they apply these skills during a game.

Pupils will be able to develop **tactics** for both attacking and defending and apply these successfully within their team.

Inspire Me

Did you know... that the Mayan ballgame of Pitz (or Mesoamerican ball game) is believed to be the first ball sport ever played. It was first played around 2500 BC.



Key Success Criteria

- P** Pupils will be able to pass, move, dribble and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.
- C** Pupils apply a refined understanding of passing and moving as well as an understanding basic defensive strategies and tactics.
- S** Pupils will develop their team work skills as they encourage and support each other, managing their teams. Pupils will begin to officiate game based scenarios.
- W** Pupils will start to lead their teams and manage their games, demonstrating responsibility and resilience.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

Pressure: Pressure is the term used to immediately try to gain possession of the ball back. Rather than leaving the ball alone, teams or an individual can apply pressure in an attempt to regain possession.

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.

Tackle: Is a method of defending. The main objective of tackling is to dispossess an opponent of the ball. A missed timed tackle could result in a foul being awarded.

Referee/Umpire: is an official who enforces the rules and is responsible for making sure that the game is played fairly. The referee/umpire will resolve any disagreements and their decision is final and should be respected.

