



# Physical Education

## Football Year 5

### Unit Purpose

The unit of work will challenge pupils to **apply** their prior learning of passing, moving and dribbling to **create** attacks that result in a shooting opportunity.

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 red and yellow cards were first used at the 1970 World Cup in Mexico. The cards were introduced as a way of communicating to players and spectators that a player had be cautioned or sent off.



### Key Success Criteria

- P** Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.
- C** Pupils will begin to create and apply tactics that they can then adapt depending on the situation.
- S** Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.
- W** By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to try their best and start to take responsibility for others.

### 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.

**Marking:** Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.

**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.

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



### Sport Specific Vocabulary

**Shadowing:** Shadowing is when the defending player keeps their eyes on the ball and mirrors the attackers movements. This technique is used to apply pressure to the attacker in an attempt for them to lose possession of the ball.

**Tracking Back:** Is a term used when a player loses possession of the ball and then follows back an opponent and tries to tackle them, or to stop them from getting the ball.





# Physical Education

## Problem Solving 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' ability to **apply** skills essential to working within a team as well as create, **evaluate** and adapt **tactics**.

### Inspire Me

**Bodyline** was a tactic used by the English cricket team against Australia in 1932. This meant bowling the ball into the body of the batsman with the hope that the ball would be caught by a fielder standing close by.



### Key Success Criteria

- P** Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.
- C** Pupils will be able to think tactically and suggest good ideas for completing the challenges.
- S** Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.
- 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.

**Listening:** Listening is the ability to accurately receive and interpret messages from our team in the communication process.

**Support:** means to help and encourage other members of your team.





# Physical Education

## Rounders Year 5

### Unit Purpose

The unit of work will challenge pupils to apply fielding **tactics**, exploring how we can maximise our fielding set up and get the most from our players, making it harder for the batting team. Pupils will be able to explore the skill set of each team and **tactically select players** to play in positions that utilise their skills.

### Inspire Me

**Did you know...** Rounders is an amateur sport and not a professional one. Rounders is an inclusive sport that can help build and develop life skills such as teamwork, communication and respect.



### Key Success Criteria

- P** Pupils will be able to apply refined fielding skills, (accurate throwing, catching and retrieving skills) will be in order to prevent the batters from scoring.
- C** Pupils will apply effective decision making as they unpick the different positions within the fielding team making choices as to which positions pupils play.
- S** Pupils will work positively with their team members to find success demonstrating effective collaborative skills, leading their team.
- W** By facilitating learning through game situations, pupils will be challenged to always try their best, even when they find it difficult and when their team is losing.

### 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.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring a rounder.

**Bowling:** is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.



### Sport Specific Vocabulary

**Batting and Bowling Square:** The batting square is a marked out area that the batter stands in when striking the ball. The bowling square is opposite the batting square in the middle of the pitch. This is where the bowler stands when bowling the ball.

**No ball:** A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above the batters head and below the knee or if the ball bounces before the batter.

**Out:** is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.





# Physical Education

## Cricket Year 5

### Unit Purpose

The unit of work will challenge pupils to refine and apply their prior learning of the skills required for both batting and fielding.

Pupils will be able to create and apply **tactics** for both batting, and fielding (including bowling) and apply these successfully within their teams.

### Inspire Me

**Sir Don Bradman** was an Australian cricketer, and is widely acknowledged as the greatest batsman of all time. When Bradman retired from international cricket in 1948 he had a test batting average of 99.94!



### Key Success Criteria

- P** Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents.
- C** Pupils will create, apply and refine tactics for batting, bowling and fielding, reflecting on the tactics and making any necessary adaptations.
- S** Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.
- W** By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.

### 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.

**Bowling:** is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.

**Run Out:** A run out occurs when a batter attempting a run, has not reached their ground when the stumps are successfully hit with the ball by the fielding team.



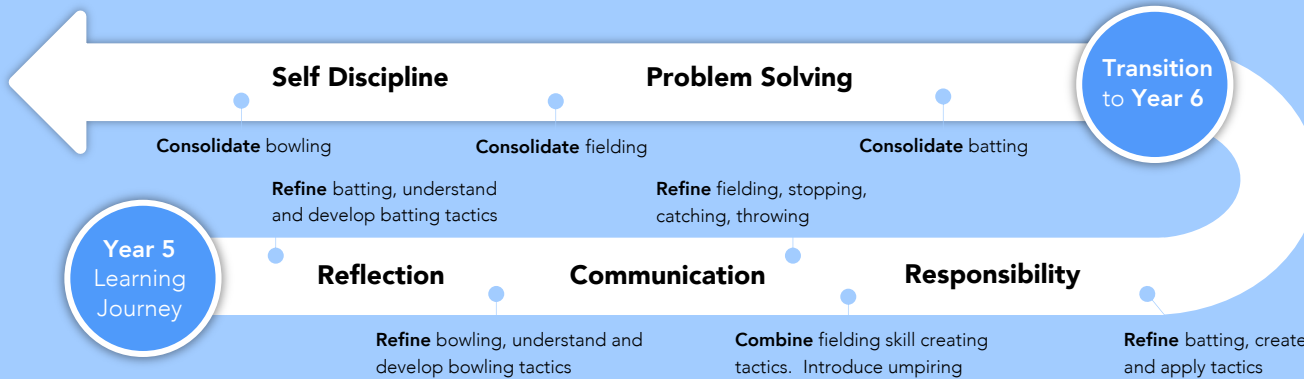
### Sport Specific Vocabulary

**Wicket-keeper:** The wicket-keeper is a fielder who stands behind the stumps opposite the bowler ready to catch and stop the ball.

**No ball:** A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above waist height or the ball bounces more than once when it is bowled.

**Wide:** A wide ball is a delivery bowled by the bowler that the batter is unable to reach or hit.

**Bye:** A bye is a run scored by the batting team when the ball is missed by the wicket keeper and has not been hit by the batter.





# Physical Education

## Orienteering Year 5

### Unit Purpose

The unit of work will **consolidate** pupils' ability to **orientate** a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will **consolidate** their ability to **collaborate** with others and work as a team to complete the **challenges**.

### Inspire Me

**Did you know...** the first World Orienteering Championships were held in Finland in 1966. They were held biennially up to 2003 and have been held ever year since then. Athletes can take part in various events.



### Key Success Criteria

- P** Pupils will consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will consolidate their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will consolidate life skills such as encouragement as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and self motivation as they complete the challenges. Pupils will consolidate their leadership skills and take responsibility for others.

### Vocabulary for Learning

**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.

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

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



### Sport Specific Vocabulary

**Control Point:** A control point is a marked waypoint used in orienteering. Control points are marked both on a map and on the ground.

**Scale:** The scale of a map is the ratio of a distance on the map to the corresponding distance on the ground. The scale of a map allows the reader to calculate the size, height and dimensions of the features shown on the map, as well as distances between different points.





# Physical Education

## Tag Rugby Year 5

### Unit Purpose

The unit of work will challenge pupils to apply their prior learning of **passing** and **moving**, learning how to execute different passes and understanding where, when they are used in 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 'rugby' originates from a town in Warwickshire called Rugby. During a school football match a pupil broke a rule by catching the ball and running with it rather than kicking it, and so a new game was born.



### Key Success Criteria

- P** Pupils will be able to pass and move accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.
- C** Pupils will consolidate their understanding of the difference between attack and defence, understanding when and why to apply certain skills.
- S** Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.
- W** By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.

### Vocabulary for Learning

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

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

**Outwit:** means using your intelligence to trick or out smart your opponent or the other team.

**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 know as offside.



### Sport Specific Vocabulary

**Loop Pass:** is a pass used in tag rugby where the ball carrier runs in a straight line and after making a normal pass to a supporting player, then runs behind the supporting player to receive a pass from them.

**Miss Pass:** is a pass used in tag rugby where the attacker receiving the ball, receives a pass from the ball carrier that has missed out another attacker.

