

## Physical Education (Year 5) Skills

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Football	Gymnastics	Dance	Athletics
<p>Pass accurately over longer distances using a variety of techniques (side foot and laces) Shoot with power and precision Defend and attack using specific tactics Move into appropriate positions Know how to shield the ball from a defender To begin to use different turns</p> <p>Tennis To develop technique and control when hitting a ball Use a variety of shots and know the correct success criteria for completing shots Receiving the ball from different angles and heights</p> <p>Hockey Develop skills with a hockey stick pushing and dribbling Encourage safe tackling through "niggle tackling" Shield the ball Pass accurately over longer distances using a variety of techniques (push pass slap shot) Move positively into positively.</p>	<p>To use synchronisation and cannon with a partner travelling rhythmically and well timed To adapt and develop movements and skills with a partner (see previous skills) To extend their understanding of levels, speeds and pathways</p> <p>Rounders Develop striking skills by hitting targets Further development of catching a variety of catches (High/low) Develop bowling technique Identify strengths and weaknesses in their own performances Look at transferring into games later on. Look at specific tactics (stumping people out)</p> <p>Tag Rugby Receive the ball on the move Be able to pass accurately using correct technique Ensure that the passes go backwards Run forwards Be able to defend with accuracy and efficiency</p>	<p>Perform basic dance actions with increased control Explore and improvise ideas working on their own Compose dances by using, adapting and developing steps, formations and patterning To perform dance expressively To evaluate their own and others' work and express ways to improve them</p> <p>Basketball Reinforce pass and move Keep possession – principles of attack Regain possession principles of defence Pass accurately and quickly in different directions and types e.g. bounce pass chest pass overarm</p> <p>Cricket Develop striking skills by hitting targets Further development of catching a variety of catches Develop bowling technique (overarm) Identify strengths and weaknesses in their own performances</p>	<p>To run using an efficient technique To run for longer periods of time at a quicker rate To keep track a series of running times and present them in an appropriate manner To think of and act of activities that would be beneficial for their success Children will begin to run over hurdles team running; methods of passing the baton Use the correct starting positions; Understand how technique, rhythm and stride pattern can affect performance Look at the five basic take-off and landing combinations; Understand how each type of jump is appropriate for different athletic events and see how they can be improved through the development of technique and use of run-up. A range of throwing actions fling, pull, push and heave; Recognise how accuracy and distance can be increased through the development of throwing technique.</p>

### Physical Education (Year 5) Vocabulary

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Basketball – Vocabulary	Gymnastics - Vocabulary	<b>Tennis – Vocabulary</b>	Athletics - Vocabulary
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<p>Lay-up - A <b>layup in basketball</b> is a two-point shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket.</p> <p>Backboard – the back of the board that children are able to bounce the ball off to aid with scoring.</p> <p>Football - Vocabulary Tactics - an action or strategy carefully planned to achieve a specific end.</p> <p>1 – 2 – Where a player passes to a team mate and then receives the ball after traveling distance</p>	<p>Synchronisation - the operation or activity of two or more things at the same time or rate.</p> <p>Cannon – a choreographic device or structure in which movements introduced by one <b>dancer</b> are repeated exactly by subsequent <b>dancers</b> in turn.</p> <p>Levels – a horizontal plane at different heights</p> <p>Speeds – being able to move at different speeds to adapt a performances</p> <p>Pathways – travelling in different directions</p> <p>Hockey - Vocabulary Slap shot - a hard shot made by raising the stick just below the waist before striking the ball with a sharp slapping motion.</p>	<p>Technique - a skilful or efficient way of doing or achieving something.</p> <p>Volley - a strike of the ball made before it touches the ground.</p> <p>Dance – Vocabulary</p> <p>Improvisation - created spontaneously or without preparation.</p> <p>Expressive - effectively conveying thought or feeling.</p> <p>Rounders – Vocabulary</p> <p>Bat – the wooden rounded end object used to hit the ball</p> <p>Posts – points that children have to run around to obtain a rounder. Also, can be used to stump players out.</p> <p>Backstop – a player that stands behind the batter when the ball is bowled</p> <p>Batting Square – the square in which the batter must be in. They must always leave to the right of the square.</p>	<p><b>Fling</b> - throw or hurl forcefully.</p> <p><b>Pull</b> - exert force on (something) so as to cause movement towards oneself.</p> <p><b>Push</b> - exert force on (someone or something) in order to move them away from oneself.</p> <p><b>Heave</b> - lift or haul (something heavy) with great effort.</p> <p>Cricket – Vocabulary</p> <p>Strengths - a good or beneficial quality or attribute of a person or thing.</p> <p>Weaknesses - a disadvantage or fault.</p> <p>Tag Rugby – Vocabulary</p> <p>Receive – to be given – Revert back to catch</p> <p>Soft hands- having hands soft as to ensure that the catch is easier</p>
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