



“Whatever you do, work at it with all your heart”

Colossians 3:23

Sending & Receiving

Year 5

Autumn 1—Spring 1

Key Knowledge:

Know that:

Using quick looks all around you helps you know where the space is

Ready position of hands out in front and knees slightly bent should be used before the ball is travelling

An overarm throw can be less accurate but better at travelling a further distance

I should step slightly or lean towards the ball when catching it

An underarm throw can be more accurate but more effective for achieving a throw which travels a shorter distance

Key Vocabulary:

Decisive –choosing what to do quickly

Lean-move body and hands towards the ball when receiving

Effective-a throw which is sent with the correct amount of force, speed and direction

Body position-where your body is facing





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French speaking countries in the world

Colossians 3:23

Dance

Year 5

Autumn 1 — Spring 1

Key Knowledge:

Know that:

- **Unison** means dancing the same movement at the same time.
- **A change in direction** can create interest in a dance.
- **The order of dance movements in a sequence** can change its overall effect.
- A sequence of movements can be repeated in a different order to create longer sequences.
- Dance sequences can be extended.
- Dance movements can happen in different directions.
- **Chance choreo** is when a dance is created by deciding the order of a sequence randomly. e.g. by rolling a dice.

Key Vocabulary:

Repetition-movement or motif are repeated exactly for. emphasis or to gain interest

Gesture-body moved (especially hands or feet) to share feeling

Motif-A single movement or short phrase of movement which expresses the style or the theme of the dance.

Structure-he way in which movement is organised and shaped to create a dance (for example, ABA)





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Gymnastics

Year 5

Autumn 1 — Spring 1

Key Knowledge:

Know that:

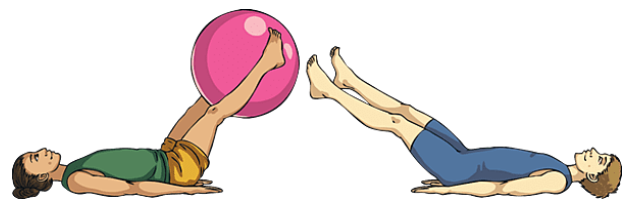
- ⇒ I need to keep my head tucked under chin and close to knees when doing a forward
- ⇒ Counter tension is pulling away from partner and counter tension is leaning towards partner.
- ⇒ On platforms and springboard, I need to bend my knees to jump off and not fall or step off.
- ⇒ The distance between partners can be varied throughout a sequence for effect.
- ⇒ Cannon is a technique that can be used when working with a partner / group.
- ⇒ A 1 foot to 2 foot jump should be used for a springboard take off.
- ⇒ Balances can be performed individually, with a partner or as part of a group.
- ⇒ There are different types of gymnastic jumps e.g. stag jump, tuck and pike jumps.
- ⇒ Rolls can be combined with different start and end positions to create more fluent sequences.

Key Vocabulary:

Fluency-moving from one move to next without pausing or stops.

Asymmetrical-A body shapes that is different on both. sides of the centre line.

Symmetrical-A body shape that is the same on both. sides of the centre line.





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Net & Wall (Alternative Sports)

Year 5
Spring 1 & 2

Key Knowledge:

Know that:

- ⇒ Using different parts of the hand to strike the ball will create different spin/direction of the ball
- ⇒ Ready position should be held before playing every stroke
- ⇒ The ready position is knees bent and arms slightly raised above the waist
- ⇒ Strike the ball so it moves into space away from opponent
- ⇒ The ball is only allowed to bounce once on the ground/net so I must hit the ball hard enough to avoid it bouncing more than once.

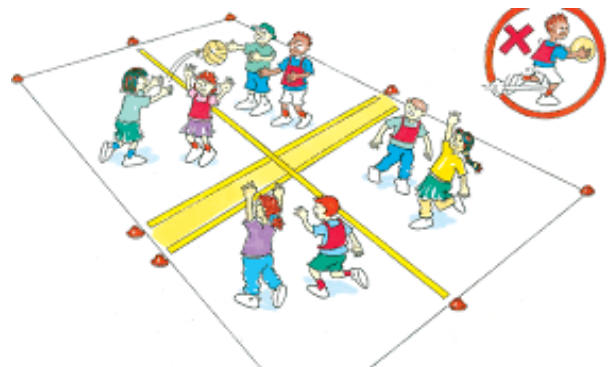
Key Vocabulary:

Set-a shot used to 'set up' or have the ball move to a comfortable distance in front of your partner so they can make the next shot.

Force-how hard or soft you strike the ball so it makes it harder for your opponent to return the ball

Pace-how fast or slow you strike the ball in relation to your opponents' positions

Collaboration-working with a partner effectively to cover all areas of the space





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Passing & Space

Year 5
Spring 1 & 2

Key Knowledge:

Know that:

I should use varying movements to create space away from a defender

I should pass to a teammate quickly when they are in space to avoid giving defenders time to take up effective defensive positions

A frisbee is caught using the crocodile catch

It is important to use sharp and concise communication in advance to make teammates aware when you are ready to receive the ball

It is effective to have a side on position when defending so you are aware of where the opposition and ball both are

Key Vocabulary:

Pass selection-choosing to pass to a teammate who is in space away from opponents and/or a better position than yourself to score a goal/ point

Positional awareness-knowing how to use your ball to increase your chances of receiving the ball

Spread out-as a team moving so that each player has their own space and is away from teammates but not too far away so they won't be involved with the ball

Side on-standing so a side of your body is facing the ball. This allows you to know where the ball and your opponent are at the same time.

