



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

Colossians 3:23

# Tennis (Sport Education)

Year 5

Summer 1 & 2

## Key Knowledge:

Know that:

- ⇒ The ball should be struck with the centre of the racket to generate the purest and smoothest strike
- ⇒ **When striking a forehand shot, hold the racket with one hand at waist height**
- ⇒ **When striking a backhand shot, hold the racket with one or two hands at waist height**
- ⇒ When striking any shot, the racket face/strings should go from low to high with the racket finishing over the opposite shoulder to the side from which the ball was hit
- ⇒ To cover as much distance as possible, stay light footed and on your toes whilst using sidesteps to move towards the ball
- ⇒ The ball should be served across the net and into the opposite service box
- ⇒ **Using a clear, loud voice will help participants understand what you are saying**
- ⇒ When instructing participants, keep instructions simple, short and easy to understand

## Key Vocabulary:

Forehand– a shot made by swinging across the body

Backhand– a shot made with the back of the hand pointing in the direction of the movement

Equipment manager– a person in charge of collecting and returning all equipment used by their group

Light footed– standing on the balls of the feet to allow quick movements





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## Striking & Fielding (Leadership)

Year 5

Summer 1 & 2

### Key Knowledge:

Know that:

**When fielding, step towards the ball to receive and pick it up and release as quickly as possible**

When fielding, constantly look up and be aware of the movements of the batters

**When fielding, throw the ball towards the post/stump which the batter is going to next visit**

A batter can be ‘stumped out’ by touching the post/wicket with the ball or by catching the ball whilst having a foot on the base of the post/wicket

**When a ball is received by a fielder at a post, a back up fielder should be stood behind the original field in case they miss the ball**

Clear and simple instructions need to be shared for participants to understand an activity

A confident and loud voice will help participants hear and understand instructions

Activity should be set up before sharing instructions with participants

Reflecting upon leadership skills after event will help us be more aware of what to improve upon within our

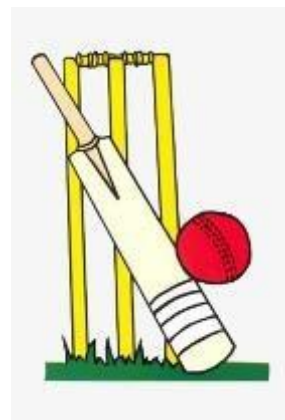
### Key Vocabulary:

Back up– fielding behind the base or stumps where the ball is being thrown towards

Shot selection-choosing the correct shot to hit based upon where the fielders are

Awareness-knowing where the fielders are hitting the ball into space and away from fielders

Step towards-moving towards the ball when fielding to gather the ball as quick as possible





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# Athletics & Leadership

Year 5

Spring 2—Summer 2

## Key Knowledge:

Know that:

- ⇒ Use a steady pace when completing long distance running which can be maintained until the
- ⇒ Allow the throwing arm to pass straight over the shoulder, brushing past the air to create a straight throw
- ⇒ Accelerate the throwing arm through the throwing motion to maximise distance
- ⇒ Use a sprinting run up to maximise throwing and jumping distances
- ⇒ Accurately measure sprinting up in long jump to ensure jump is released before the end of the take off board
- ⇒ Relay baton must be passed through one pupil to the next within the exchange space
- ⇒ Plan what instructions to use when explaining an activity to someone

## Key Vocabulary:

Differentiate—changing an activity or skill to promote enjoyment and learning for a child or group

STEP—a way of differentiating. Stands for Space, Time, Equipment, People

Change over—the moment when the relay baton is moved from one runner's hand to the next.

Accelerate—increasing speed quickly





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# Sporting Values

Year 5

Summer 1 & 2

## Key Knowledge:

Know **that**:

- ⇒ **Respect is to treat someone in a fair way and in the same way which you would like to**
- ⇒ **When dribbling, the ball should be kept whilst arms length of the body**
- ⇒ **Fairplay means to follow the rules and play with a respectful manner**
- ⇒ Equality means everyone having the same opportunity to take part
- ⇒ Patience is needed to choose the best teammate to share possession with
- ⇒ Pressure should be used to make more tackles and interceptions
- ⇒ Teammate is when everyone is working together to achieve the same target

## Key Vocabulary:

Equality—everyone having the same opportunity to take part in PE and sport

Fairplay—following the rules and playing in a respectful manner

Patience—waiting for the right moment to share possession with the ball

Respect—treating someone with compassion and thinking about their thoughts





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## Flag Football

Year 5

Spring 2—Summer 2

### Key Knowledge:

Know that:

In defence, each player should stay within arm's length of their opponent to be close enough to intercept the pass or make a tag.

Tagging with one hand is better than trying to tag with both hands

Before a snap, the offensive team should agree on which play/tactic to do

Stopping and accelerating quickly is a good way to avoid getting tagged

Overarm throws are better to achieve longer distances

Pull the tag at the top of the flag (near hip)

A player cannot move until the ball has been snapped to the quarterback (otherwise it is offside)

### Key Vocabulary:

Offside—if a player moves before the snap is made. This is not allowed.

Line of scrimmage—imaginary line which runs across the pitch to show when the snap is taking place

Quarterback— a position in flag football. Normally the person throwing the ball

Accelerating—increasing speed quickly and suddenly

