



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

Colossians 3:23

# Net & Wall (Alternative Sports)

Year 5  
Spring 1 & 2

## Key Knowledge:

Know that:

- ⇒ Ready position should be held before playing every stroke
- ⇒ The ready position is knees bent and arms slightly raised above the waist
- ⇒ Striking underneath the ball will create backspin and a lower bounce
- ⇒ 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 up** - 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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# Gymnastics

Year 5  
Spring 1 & 2

## Key Knowledge:

Know that:

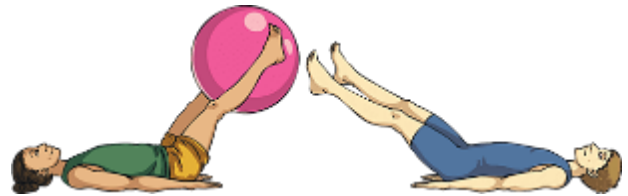
- ⇒ I need to keep my head tucked under chin and close to knees when doing a forward
- ⇒ Counter tension is pulling away from partner and counter tension is leaning towards partner.
- ⇒ On platforms and springboard, I need to bend my knees to jump off and not fall or step off.
- ⇒ The distance between 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. straddle jump, tuck andpike jumps.

## Key Vocabulary:

~~Fluently~~ moving from one move to next without pausing or stops.

**Asymmetrical**-A body shape 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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## Striking & Fielding (Leadership)

Year 5

Spring 2—Summer 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

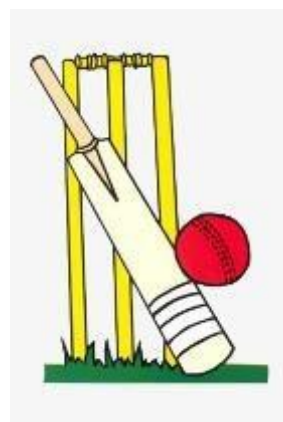
A confident and loud voice will help participants hear and understand instructions

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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## 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





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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 maintain until the end**
- ⇒ 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 provided**
- ⇒ **Plan what instructions to use when explaining an activity to someone else**

## 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

