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|  | Knowledge Organiser |
|  | Year 5 – PE |
| Ball Skills and related ball games | * Can show good control and accuracy in a range of different throws/passes * Begin to choose the most appropriate throw/pass to use within a game * Begin to select the most appropriate person to pass to in a game * Can hit a ball into space to help increase the score within a game * Can dribble a ball in different directions and avoid obstacles eg with feet or hockey stick * Can find a space to move into when playing a game * Begin to help others in their team find a space within a team game * Begin to use a range of attacking and defending skills when playing a team game * Continue to play small & full sided games, following the rules and demonstrating fair play and good team work * Understand the importance of correct decision making when playing games |
| Gymnastics | * Can perform the 9 foundations shapes – tuck,, pike, straddle, star, straight, front straddle, dish, arch & puck with greater accuracy and fluency * Can perform the 5 foundation jumps – 1 foot to same foot (hop), 1 foot to other foot (leap), 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet with greater accuracy and fluency * Can perform actions in and out of rolls * Can lead others in a stretching routine to prepare themselves for gymnastics * Can perform a range of balances with control and accuracy * Can hold different positions when balancing and use different shapes to express a given theme * Can create sequences that have changes of speed and level * Can select the most appropriate way to travel from one balance to another * Can safely set up the gymnastic apparatus * Can work safely on both small and large apparatus |
| Dance | * Begin to perform dance actions (eg travel & change direction, turn, jump, gesture, balance/stillness, change of size & shape) with control and expression * Begin to choose their own dance steps and movements and then develop them into a routine * Begin to perform longer routines from memory adding expression and extension to their movements * Begin to choreograph short routines to portray a particular mood or style * Explore different styles of dance and develop short routines in that style |
| Athletics | * Can use the correct action to throw a foam javelin with a run up * Can do the high jump using a good scissor action * Can do the long jump with good technique - 2 feet to 2 feet & 1 foot to 2 feet * Can perform a triple jump * Continue to develop running skills and demonstrate different running speeds * Can show a good sprinting action * Can sprint for 100m * Can run for 250m |
| All Activities | * Can successfully work independently and with others * Has a good level of physical fitness * Demonstrates fair play & cooperation in all activities * Follow rules and understand safety aspects of PE * Understand the importance for good health of physical education and healthy diet * Knowledge of how to improve their own performance in different sports/physical activities * Knowledge of how to evaluate and recognise their own and others success * Engage in both competitive activities (against self and others) and cooperative activities * Has good communication & leadership skills eg by taking small group warm up sessions, giving peer to peer feedback, organising a team, refereeing a game |
| Health Related  Fitness | * Can safely and correctly lead a small group warm up session * Is aware of the changes that take place in the body when exercising * Understands the effects of different intensities of exercise on breathing rate and heart rate * Understands the terms ‘target heart rate’ and ‘target heart zone’ * Can take their own pulse in either their neck or wrist * Understands the link between exercise, healthy eating and good mental health * Can name the main muscles in the body (biceps, triceps, pectorals, quadriceps, hamstring, calf, gluteus maximus, abdominals) |
| Key Words | Balls skills  Underarm throw, overarm throw  Bounce pass, chest pass, shoulder pass, overhead pass  Dribble, kick, trap, tackle,  Reverse dribble, push, hit, free hit, hit out, stick tackle  Batting, bowling, fielding, back stop, stumps, wicket  Attack, defend, intercept, possession, repossession, marking, covering, supporting  Communication  Gymnastics  Tuck, pike, straddle, star, straight, front straddle, dish, arch, puck  forward lunge, side lunge, puck, front support, back support, side support, shoulder stand  Log roll, egg roll, forward roll, backward roll, circle roll, hand stand, head stand, cartwheel, round off  Flexibility, control, strength, fluency  Thin, wide, twisted, curled, body tension  Symmetrical, asymmetrical  Dance  Travel, change direction, turn, jump, gesture, balance/stillness, change of size & shape  Rhythm, beats  Repetition, direction, level, speed & space  Choreography  Gesture, expression  Athletics  Underarm throw, overarm throw  Hop, skip, jump  Long jump, high jump, triple jump, take off, landing  Jog, sprint, accelerate, pace, relay, baton, long distance, stride  Momentum, power, rotation  Javelin, shot putt, discus  Health Related Fitness  Aerobic, anaerobic  Maximum Heart Rate  Pulse rate, resting pulse rate  Breathing rate  Perspiration  Cardiovascular  Biceps, triceps, quadriceps, hamstring, calf, gluteus maximus |