PE Year 5: Autumn 2

Tag Rugby

Key Vocabulary for Tag Rugby

Interception - gaining possession by preventing an opponent's pass reaching its destination.
Defending – protecting your try line to prevent an opponent crossing the line.
Attacking – moving towards an opponent try line to attempt to score points.
Conceding – being unable to prevent an opponent scoring a try.
Obstruction – blocking an opponent preventing them from tackling your team mate.
Gastrocnemius – the large muscle found in the rear of the lower leg.
Phalanges – the bones found in the hand.

Key Skills for Tag Rugby

Sending and receiving: develop control when sending and receiving under pressure.
Dribbling: dribble with some control under pressure.
Space: explore moving to create space for themselves and others in their team.
Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed.
Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.

Key Knowledge for Tag Rugby

Sending and receiving: know that not having a defender between myself and a ball carrier enables me to send and receive with better control.
Dribbling: know that dribbling in different directions will help to lose a defender.
Space: know that by moving to space even if not receiving the ball will create space for a teammate.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.
Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.
Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

Key Questions

Tag Rugby
When do we pass and/or run?
What are the teaching points for throwing a rugby ball?
How do we support the ball carrier?
What's the best team tactic for tagging?
How do we outwit an opponent?
What makes an effective defender?
What is the importance of playing to the rules?

Yoga
Which poses challenge flexibility?
How does breathing help us to focus?
How do poses challenge our muscles?
How do the mindfulness activities make us feel?
What helps us to maintain balance in a pose?
What is the importance of collaboration and communication in yoga?

Yoga

Key Vocabulary for Yoga

Quality – general excellence of standard or level.
Calm – the absence of strong emotions.
Develop - grow and become more mature, advanced, or elaborate.
Fluidity – smooth elegance or grace.
High lunge - A standing pose which requires strength and balance to pose in an upright position, whilst lunging with the lead leg.
Cardiovascular system - the heart, blood vessels and blood responsible for transporting oxygen rich blood around the body.
Abdominals - muscles that support the trunk and allow rotational movement.
Core strength - strength provided by the abdominal and back muscles.

Key Knowledge for Yoga

Balance: understand that I need to apply force to maintain balance in a partner pose.
Flexibility: understand that I can improve my flexibility when moving with my breath.
Strength: know the muscles I am using by name.
Mindfulness: understand that there are different techniques I can use to control how I feel.

Key Skills for Yoga

Balance: use my breath to maintain balance within an individual and partner pose.
Flexibility: develop flexibility by connecting movement with breath.
Strength: demonstrate increased control and strength when in and transitioning between poses.
Mindfulness: explore methods I can use to control how I feel.