

Fitness

Key Vocabulary for Fitness

Coordination - the ability to use different parts of the body together smoothly and efficiently.
Technique - a way of carrying out a particular task.
Agility – ability to move quickly and easily.
Stamina - ability to sustain prolonged physical effort.
Momentum - the impetus and driving force gained by the development of a process.
Aerobic - exercising whilst taking in oxygen.
Anaerobic - exercising without taking oxygen.
Gastrocnemius - the largest muscle in the rear of the lower part of the leg also known as the calf.
Quadriceps - the four muscles that cover the front and sides of the thigh.

Key Knowledge for Fitness

Agility: understand that to change direction I push off my outside foot and turn my hips.
Balance: understand that dynamic balances are harder than static balances as my centre of gravity changes.
Coordination: understand that people will have varying levels of coordination and that I can get better with practice.
Speed: understand that taking big consistent strides will help to create a rhythm that allows me to run faster.
Strength: know the muscles I am using by name.
Stamina: understand that keeping a steady breath will help me to move for longer periods of time.

Key Skills for Fitness

Agility: demonstrate improved body posture and speed when changing direction.
Balance: change my body position to maintain a controlled centre of gravity.
Coordination: demonstrate increased speed when coordinating my body.
Speed: apply the best pace for a set distance or time.
Strength: demonstrate increased technique in body weight exercises.
Stamina: use a steady pace to be able to move for sustained periods of time.

Concepts

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.

PE Year 5: Spring 1

Key Questions

Fitness

What is the most effective sprinting technique?
What develops our leg strength?
Which body parts need to coordinate when skipping?
What is stamina?
How can we increase our personal best?

Invasion

How do we control and keep possession of a ball?
How does cooperation impact upon a game?
What is the most effective passing technique?
Why is space important?
What is good sportsmanship?
What do we mean by first touch?
What is an effective turn?
Why should defenders shut down space?

Invasion Games

Key Vocabulary for Invasion

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.
Phalanges – the bones found in the hand.

Key Knowledge for Invasion

Sending & 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.

Key Skills for Invasion

Sending & 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.