

Our School Values	
Love	We show love by supporting and encouraging one another through different PE activities
Unity	We show unity by working and playing in teams
Courage	We show courage by being brave and trying new things in PE.
Inspiration	We show inspiration by encouraging others to have a go and demonstrating our skills.



Year 5

Physical Education (PE)

Invasion Games



NC Objectives:

Netball, Dodgeball, Tennis, Cricket

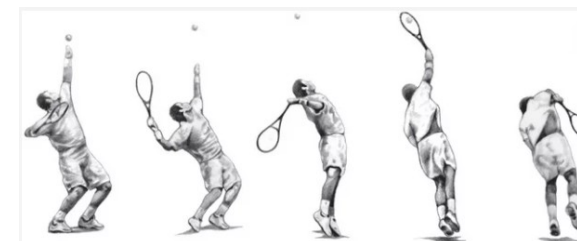
Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Devise and adapt rules to create their own game
Choose the best tactics for attacking and defending

	Knowledge I already know	Knowledge I will learn
Passing	How to pass a ball with accuracy and control How to use foot-eye coordination to pass a moving and a stationary ball How to pass the ball with increasing speed, accuracy and success	How to use different techniques to kick/ hit/ throw a ball How to explore when different shots are best used How to pass a ball with speed and accuracy using appropriate techniques in a game situation
Dribbling	How to move with the ball using a range of techniques showing control and fluency How to choose and adapt techniques to keep possession and give their team chance to shoot	How to use a variety of ways to dribble in a game with success How to change speed, direction with a ball to get away from defender How to use ball skills in various ways, and begin to link together How to show ways to keep the ball away from defenders
Possession	How to contribute towards helping to keep and win back possession of the ball	How to keep and win back possession of the ball effectively in a team game
Using Space	How to make the best use of space to pass and receive the ball	How to demonstrate an increasing awareness of space
Attacking/ Defending	How to use a range of attacking and defending skills How to use defending skills as an individual to prevent a player from scoring	How to shoot accurately in a variety of ways How to use defense skills as a team to prevent the opposition from scoring When to pass/ dribble/ shoot in an invasion game
Throwing/ Catching	How to throw and catch a balls at different speeds, directions and heights How to develop different ways of throwing and catching	How to consolidate different ways of throwing and catching, and know when each is appropriate in a game How to develop a safe and effective overarm bowl
Striking	How to choose and use a range of simple tactics and strategies How to keep, adapt and make rules for striking and fielding games	To develop the range and consistency of their skills, especially in specific striking and fielding games (for example, striking a ball accurately to a static and moving partner at different distances)
Net and wall	How and understand how they can make it difficult for opponent to receive ball. How to and understand where to stand when receiving How to use a bat or racquet to hit a ball with accuracy and control. How to accurately serve underarm. How to build a rally with a partner. How to use hand-eye coordination to strike a moving and a stationary ball	How to hold and swing racket How to stand on the court when hitting, catching and receiving How to hit the ball on both sides of the body and above head How to use different types of shots during a game How to improve accuracy

Key Vocabulary

Word	Definition
Overhead serve	a serve in which the player tosses the ball with one hand and strikes it in the air above their head with the other hand.
Backhand	a stroke played with the back of the hand facing in the direction of the stroke, with the arm across the body.



Evaluation

Choose and use information to evaluate my own and others' work.
 Specifically identify the parts of my own and others performances which need developing and professionally approach these.

Healthy Me

Know and understand the principles of warming up and understand why it is important for high quality performance. Understand the importance of physical activity and can talk confidently about why.