



As a Year 5 Athlete I will know...

<p>A t h l e t i c s</p>	<p>Running: that taking big consistent strides will help to create a rhythm that allows me to run faster and that keeping a steady breath will help me when running longer distances.</p> <p>Jumping: that if I drive my knees high and fast I can build power and therefore distance in my jumps.</p> <p>Throwing: how to transfer my weight in different throws to increase the distance.</p> <p>Rules: how to apply rules in a variety of events using official equipment.</p>	<p>G y m n a s t i c s</p>	<p>Shapes: which shapes to use for each skill.</p> <p>Inverted movements: that spreading my weight across a base of support will help me to balance.</p> <p>Balances: where and when to apply force to maintain control and balance.</p> <p>Rolls: that I can use momentum to help me to roll and know where that momentum from.</p> <p>Jumps: that taking off from two feet will give me more height and therefore more time in the air.</p> <p>Strategy: that if I use changes in formation it will help to make my sequence look interesting.</p>	<p>D a n c e</p>	<p>Actions: that different dance styles utilise selected actions to develop sequences in a specific style.</p> <p>Dynamics: that different dance styles utilise selected dynamics to express mood.</p> <p>Space: that space relates to where my body moves both on the floor and in the air.</p> <p>Relationships: that different dance styles utilise selected relationships to express mood.</p> <p>Performance: what makes a performance effective and know how to apply these principles to my own and others' work.</p> <p>Strategy: that if I use dance principles it will help me to express an atmosphere or mood</p>	<p>F i t n e s s</p>	<p>Agility: that to change direction I push off my outside foot and turn my hips.</p> <p>Balance: that dynamic balances are harder than static balances as my centre of gravity changes.</p> <p>Co-ordination: that people will have varying levels of co-ordination and that I can get better with practice.</p> <p>Speed: that taking big consistent strides will help to create a rhythm that allows me to run faster.</p> <p>Strength: the muscles I am using by name.</p> <p>Stamina: that keeping a steady breath will help me to move for longer periods of time</p>
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<p style="text-align: center;">F o o t b a l l</p>	<p>Sending & receiving: that not having a defender between myself and a ball carrier enables me to s&r with better control.</p> <p>Dribbling: that dribbling in different directions will help to lose a defender.</p> <p>Space: that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>Tactics: the need for tactics and identify when to use them in different situations.</p> <p>Rules: how to apply rules in a variety of invasion games whilst playing and officiating</p>	<p style="text-align: center;">H o c k e y</p> <p>Sending & receiving: that not having a defender between myself and a ball carrier enables me to s&r with better control.</p> <p>Dribbling: that dribbling in different directions will help to lose a defender.</p> <p>Space: that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>Tactics: the need for tactics and identify when to use them in different situations.</p> <p>Rules: how to apply rules in a variety of invasion games whilst playing and officiating</p>	<p style="text-align: center;">C r i c k e t</p> <p>Striking: that stance is important to allow me to be balanced as I hit.</p> <p>Fielding: that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p>Throwing: where to throw the ball in relation to where a batter is.</p> <p>Catching: when to use a close catch technique or deep catch technique.</p> <p>Tactics: the need for tactics and identify when to use them in different situations.</p> <p>Rules: how to apply rules in a variety of striking and fielding games whilst playing and officiating.</p>	<p style="text-align: center;">T e n n i s</p> <p>Shots: which skill to choose for the situation e.g. a volley if the ball is close to the net.</p> <p>Serving: that serving is how to start a game or rally and use the rules applied to the activity for serving.</p> <p>Rallying: that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going.</p> <p>Footwork: that using small, quick steps will allow me to adjust my stance to play a shot.</p> <p>Tactics: the need for tactics and identify when to use them in different situations.</p> <p>Rules: how to apply rules in a variety of net and wall games whilst playing and officiating.</p>
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<p>N e t b a l </p>	<p>Sending & receiving: that not having a defender between myself and a ball carrier enables me to s&r with better control.</p> <p>Dribbling: that dribbling in different directions will help to lose a defender.</p> <p>Space: that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>Tactics: the need for tactics and identify when to use them in different situations.</p> <p>Rules: how to apply rules in a variety of invasion games whilst playing and officiating</p>	<p>R u g b y</p>	<p>Sending & receiving: that not having a defender between myself and a ball carrier enables me to s&r with better control.</p> <p>Dribbling: that dribbling in different directions will help to lose a defender.</p> <p>Space: that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>Tactics: the need for tactics and identify when to use them in different situations.</p> <p>Rules: how to apply rules in a variety of invasion games whilst playing and officiating</p>	<p>I n c l u s i v e s p o r t s - A r c h e r y</p>	<p>Equipment: To know what a bow and arrow is.</p> <p>Stance: that your body needs to be perpendicular to the target and that your feet should be parallel and a shoulder width apart.</p> <p>Release: that to release the arrow you need to need to pull the string on the bow back further.</p> <p>Rules: how to score points using the target and that the team with the most points score points.</p>	<p>O A A</p>	<p>Problem solving: that there may be more than one way to solve a challenge and that trial and error may help to guide me to the best solution.</p> <p>Navigational skills: how to use a key to identify objects and locations.</p> <p>Communication: to be descriptive but concise when giving instructions e.g. 'two steps to the left'.</p> <p>Reflection: how to reflect on when I am successful at solving challenges and alter my methods in order to improve.</p> <p>Rules: that abiding by rules will enable my classmates to complete the course e.g. not moving controls.</p>
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As a Year 5 Athlete I can...



<p>A t h l e t i c s</p>	<p>Running: apply different speeds over varying distances and develop fluency and co-ordination when running for speed.</p> <p>Running: develop technique in relay changeovers.</p> <p>Jumping: develop technique and co-ordination in the triple jump.</p> <p>Throwing: develop throwing with force for longer distances.</p> <p>Throwing: develop throwing with greater control and technique.</p>	<p>G y m n a s t i c s</p>	<p>Balances: perform symmetrical and asymmetrical balances.</p> <p>Rolls: develop the straight, forward, straddle and backward roll.</p> <p>Travelling: explore different methods of travelling, linking actions in both canon and synchronisation.</p> <p>Inverted movements: perform progressions of inverted movements.</p> <p>Actions: explore matching and mirroring using actions both on the floor and on apparatus.</p>	<p>D a n c e</p>	<p>Actions: choreograph dances by using, adapting and developing actions and steps from different dance styles.</p> <p>Dynamics: confidently use dynamics to express different dance styles.</p> <p>Space: confidently use direction and patterning to express different dance styles.</p> <p>Relationships: confidently use formations, canon and unison to express a dance idea.</p> <p>Performance: perform dances expressively, using a range of performance skills, showing accuracy and fluency.</p>	<p>F i t n e s s</p>	<p>Awareness: develop an awareness of what your body is capable of.</p> <p>Agility: perform actions that develop agility.</p> <p>Balance: develop control whilst balancing.</p> <p>Co-ordination: develop co-ordination through skipping.</p> <p>Speed and stamina: develop speed and stamina.</p> <p>Strength: develop strength using my own body weight.</p>
<p>F o o t b a l </p>	<p>Sending & receiving: pass the ball accurately to help to maintain possession.</p> <p>Dribbling: dribble the ball under pressure</p> <p>Possession: pass the ball accurately to help to maintain possession and develop defending skills to gain possession.</p> <p>Goalkeeping: develop goalkeeping skills to stop the opposition from scoring.</p> <p>Tactics: apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>H o c k e y</p>	<p>Sending & receiving: develop sending the ball using a push pass and can develop receiving the ball with control.</p> <p>Dribbling: develop dribbling to beat a defender.</p> <p>Space: move into space to support a teammate.</p> <p>Possession and tackling: develop using an open stick (block) tackle and jab tackle to gain possession of the ball.</p> <p>Rules: apply the rules and skills you have learnt to play in a hockey tournament.</p>	<p>C r i c k e t</p>	<p>Throwing and catching: develop throwing accuracy and catching skills.</p> <p>Batting: batting accuracy and directional batting.</p> <p>Catching: develop catching skills (close/deep catching and wicket keeping).</p> <p>Bowling: develop overarm bowling technique and accuracy.</p> <p>Fielding: develop a variety of fielding techniques and to use them within a game.</p>	<p>T e n n i s</p>	<p>Shots: develop returning the ball using a forehand groundstroke.</p> <p>Shots: develop returning the ball using a backhand groundstroke.</p> <p>Serving: develop the underarm serve and understand the rules of serving.</p> <p>Rallying: work cooperatively with a partner to keep a continuous rally.</p> <p>Tactics: use a variety of strokes to outwit an opponent.</p>



<p style="text-align: center;">N e t b a l </p>	<p>Passing: develop passing and moving.</p> <p>Space: use the attacking principle of creating and using space.</p> <p>Tactics: change direction and lose a defender.</p> <p>Interception: defend ball side and know when to go for interceptions.</p> <p>Shooting: develop the shooting action.</p>	<p style="text-align: center;">R u g b y</p>	<p>Attacking: develop attacking principles, understanding when to run and when to pass.</p> <p>Defending: develop drawing defence and understanding when to pass.</p> <p>Passing: use the 'forward pass' and 'offside' rules.</p> <p>Dodging: develop dodging skills to lose a defender.</p> <p>Tactics: apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>	<p style="text-align: center;">I n c l u s i v e S p o r t s - A r c h e r y</p>	<p>Starting off: nock the arrow in the string.</p> <p>Aim: determine my dominant eye.</p> <p>Shooting: shoot an arrow whilst carrying out the correct stance.</p> <p>Power: back the string to create different powered shots.</p> <p>Release: use the three finger draw to release an arrow and release/let go of the string by letting go of our fingers.</p>	<p style="text-align: center;">O A A</p>	<p>Communication: build communication and trust whilst showing an awareness of safety.</p> <p>Team work: work as a team to solve problems, sharing ideas and collaborating with one another.</p> <p>Tactics: develop tactical planning and problem solving.</p> <p>Problem solving: share ideas and work as a team to solve problems.</p> <p>Navigational skills: develop navigational skills and map reading and use a key to identify objects and locations.</p>
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