



Year 5 Physical Education - Autumn/Spring: Netball

1. Passing

Chest pass -Fingers in a 'W' shape,
Elbows pulled into body
Step into pass

Shoulder pas -One hand to throw,
one to steady
Feet shoulder width apart
Step into pass

Catching on the move
Move forward to receive
Fingers in a 'W' shape
Watch ball into hands



2. Footwork & Pivoting

Footwork
Pivot on landing foot
On balls of feet
Stable body

Pivoting
Landing foot does not move
Use 'finding' foot to change direction
Head up

Which skills, rules and tactics are used in netball?



3. Marking

Closing down space

Communication
Team work
Timing

Man marking

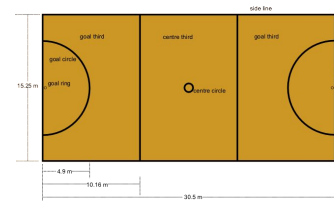
Wonky 'T'
No contact
On your toes
Peripheral vision

5. Basic Rules

Footwork rule to be obeyed
Can't mark with arms up
- one intercepting jump,
1m away from the player
Can only hold the ball for
up to 4 seconds

4. Shooting

Body and feet facing the direction of the shot
Feet shoulder width apart
Bent elbows and knees,
extend as you push the ball towards net
Aim for witches hat on the top of the rim
Ball to roll over every finger on the hand



Body position	catching	Chest pass	communication	direction	footwork
interception	interception	landing	Peripheral vision	pivot	shooting



Year 5 Physical Education - Autumn/Spring: Hockey



1. Dribbling

Head up
Ball on stick
Lock and key grip



Passing on the move

Head up
Stick on ball in 3 o'clock position
Transfer weight from back foot to front foot

Shooting

Use appropriate skill shoot
Stick finish in the direction of the target

2. Block tackle

Stick flat on the floor
Two hands on stick
Watch the ball

Jab tackle

Left hand only at top of stick
Jab with stick head
Timing



3. Defending

Channelling
Keep goal side
Shadow player with stick



4. Keeping possession

Create space
Communication
Support from other players in a triangular formation.



Which skills, rules and tactics are used in hockey?



6. Attacking as a team

Create space
Communicate
Triangular support position

Defending as a team

Support team-mates
Early pressure
Clear ball to the side of the pitch

5. Keeping Possession

Push pass on the move:

Stick on ball
Ball at 3 o'clock
Bend knees

Overcoming pressure:

Create space in order for peers to pass the ball
Pass the ball square and straight

Attack	Block tackle	Channeling	Communicate	Defending	dribbling
formation	Jab tackle	Passing	Possession	Shooting	space



Year 5 Physical Education - Autumn/Spring: Football



1. To pass and shoot with control

Focus on and face target
Non-kicking foot by side of ball
Lock ankle and strike centre of the ball

To dribble with control

Use different parts of feet
Recognise when to take big and small touches of the ball
Change direction



2. Defending 1v1

Track opponent who has the ball and move towards them (press)
Watch the ball at opponent's feet and keep body low, a metre away (delay)
When ball is out of control, (away from feet) take it (win)



Which skills, rules and tactics are used in football?

3. Defending with a partner

Nearest to ball press
Partner covers behind at angle
Partners remain at angle with no spaces between them (balance)
Partner work
Identify where your partner is at all times
Communicate with your partner
Work together to achieve a goal

4. Tactics of keeping the ball

(possession)

(On the ball) Decision making - when to keep the ball and when to pass
(Off the ball) Create angles and passing channels to receive
(Off the ball) Make area as big as possible (width and depth)

5. Attacking principles

Penetration (moving ball forward towards goal)
Support from teammates (width and depth),
Mobility/movement, Creativity/Improvisation



6. Defending principles

Delay (press)
Deny
Win

angles	attack	channels	communicate	defend	delay
deny	dribble	opponent	penetration	strike	tackle



Year 5 Physical Education - Autumn/Spring: Tag Rugby



1. Side-step

Step off opposite foot to direction travelling,
Accelerate in direction you want to travel,
Stay balanced.



2. Passing

Side on stance
Aim the pass at the target
Lateral throwing motion with fingers extended on release



3. Catching

Eyes tracking the ball's flight
Hands positioned at chest height, creating a target
Bring ball into the body with arms

5. Retain possession of the ball

Scan playing area to locate positions of team-mates before deciding whether to pass or move with the ball
Only move and pass to a team-mate in open space
Develop effective communication with team-mates to develop basic strategy.

4. Catching

Eyes tracking the ball's flight
Hands positioned at chest height, creating a target
Bring ball into the body with arms



Which skills, rules and tactics are used in tag rugby?

6. Team work

Communicate
Tactics
Areas of improvement



balance	catching	communicate	extend	flight	lateral
passing	possession	scan	side-step	tactics	tracking