



Year 5 Physical Education - Summer Term: Athletics



1. Movement

Head up, scanning for space
Straight body
Driving arms and legs



2. Throwing

Hands/feet in opposition
Follow through
Release point



3. Throwing for accuracy

Hands/feet in opposition
Appropriate weight
Release point/angle of throw



What skills, rules and techniques are used in athletics?



4. Agility

Low centre of gravity
Bend knees
Fast, small paces



5. Jumping

Four elements
Use of arms for power and balance
Land on two feet



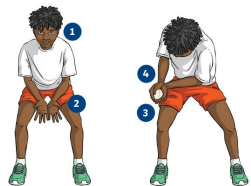
6. Team work

Communicate
Positive
Areas of improvement

agility	angle	balance	communicate	driving	elements
gravity	jumping	opposition	power	trajectory	weight

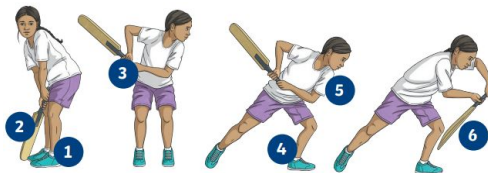


Year 5 Physical Education - Summer Term: Cricket



1. Catching

Watching the ball
Hands together
Fingers pointing to the floor

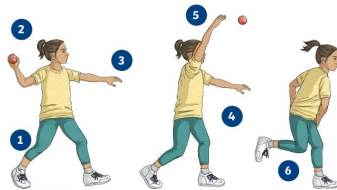


2. Striking

Head still, watching the ball
Contact ball with middle of bat
Appropriate foot movement

Throwing

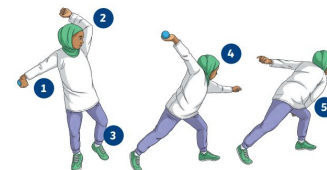
Side on stance
Point at target
Release from high



What skills, rules and tactics are used in cricket?

3. Bowling

Head still, focusing on target
Bowling arm straight
Side on action

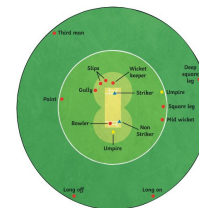


4. Wicket-keeping

Side-to-side footwork
Catch the ball in front of navel

5. Tactics

Identify opposition's tactics
Identify strategies to combat opposition tactics
Communicate clearly



6. Group work

Communicate
Positive
Areas of improvement

bowling	catching	combat	communicate	contact	footwork
opposition	stance	strategies	tactics	target	wicket



Year 5 Physical Education – Summer Term: Rounders



1. Catching

Watching the ball
Two hands together
Cushion ball (soft hands)



4. Long Barrier

Front knee on the floor
Back foot next to, and behind, front knee – no gap!
Hands together, fingers pointing down
Track ball with eyes, move into line of ball



2. Striking

Side on stance (in opposition)
Watch ball (head still)
Step into hit



3. Bowling

Step forward (into opposition)
'Rabbit ears' grip
Release under-arm
Follow through, fingers pointing in direction of bowl



5. Fielding tactics

Communicate with team-mates
Accurate throwing and catching
Analyse/reflect on success (alter as a result)

6. Group work

Communicate
Positive
Areas of improvement

What skills, rules and tactics are used in rounders?

accurate	analyse	bowling	catching	cushion	direction
fielding	opposition	swing	tactics	throwing	track



Year 5 Physical Education - Summer Term: Tennis



1. Forehand:

Dominant side
Non-dominant hand tracks ball
Contact with middle of racket



4 & 5. Attack:

Use of angles
Use of depth (changing)
Employed when close to net



Backhand:

Dominant hand at bottom
Use two hands
Contact on non-dominant side of the body

Employed when far away from net/retreating

2. Direction:

Stance sideways, directed towards target
Swing and follow through in direction of target
Contact at waist height

What skills, rules and tactics are used in tennis?

Depth:

Swing
Power
Trajectory

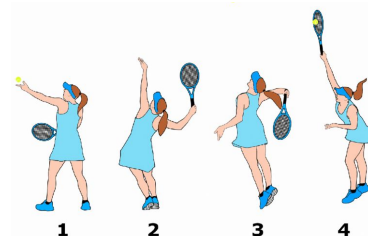
6. Tactics:

Attack: Move opponent (side to side, forwards and backwards)

Defend: Get the ball over and in
Return to centre of the court

3. Over-arm serve:

Toss up (place ball into air, not throw)
Tap/hit over-arm (think high fiving ball)
In opposition, sideways to target



Partner work

Communicate
Awareness (respond and react)
Plan and apply tactics

attack	backhand	backwards	defend / defence	depth	direction
dominant	forwards	height	retreat	tactics	trajectory