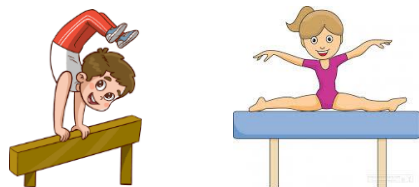




YEAR 5 PE - Knowledge Organiser



Gymnastics



Gymnastics

In gymnastics the children will use low level apparatus including benches, gymnastics tables and spring boards to explore balance, flight and travel.

Key Vocabulary

Apparatus
Bench
Gymnastics table
Mat
Springboard
Balance
Flight
Travel
Points of contact
3 Seconds
Freeze
Safety



I can move and set up gymnastics' equipment safely

I can perform different balances using apparatus

I can use apparatus to aid flight movements

I can use different methods of travel along, around, under and over apparatus

I can use different points of contact when balancing, travelling and executing flight

I can create a routine that includes balance, travel and flight using apparatus



Key Vocabulary

Shoulder Pass
Chest Pass
Bounce Pass
Position
C - Centre
GD - Goal Defence
GA - Goal Attack
GS - Goal Shooter
GK - Goal Keeper
Mark
Defend
Shoot

Netball

In netball the children play stuck in the mud with restrictions on who they can tag and who can tag them based on netball pairings on court. They take part in games to encourage defending and 'marking'.
The children play 5-a-side netball games with zone restrictions



I can choose the appropriate pass within a game situation
I can name positions played in 5-a-side netball
I can identify the correct positional partners in 5-a-side netball
I can identify ways to defend during netball
I know that I need to be about 1m away when defending

Netball

