



YEAR 5 PE - Knowledge Organiser



Tennis

I can describe a forehand and a backhand
I can hit a tennis ball towards a target
I can use a forehand in a game situation
I am beginning to use a backhand in a game situation
I can describe an over-arm tap serve
I know when the ball is in or out in a game situation

Tennis Key Vocabulary

Forehand
Backhand
Target
Hit
Aim
Push-serve
Over-arm
Tap serve
Out
In
Net
Court

OAA

I can play games based on teamwork, listening and communication
I can identify key areas of the school on a map and make my way to that location
I can complete an orienteering course finding letters and decoding a word
I can complete an orienteering course with control point clips using the skills of teamwork, listening and communication



OAA Key Vocabulary

Teamwork
Listening
Communication
Orienteering
Photograph
Map
School
Clip
Letter
Control Point
Resilience

Health and Fitness

I can describe how exercise affects my body
I know that exercise is key to a healthy heart
I can complete a fitness circuit that exercises different muscles in my body and focusses on different sports
I know that yoga can improve my flexibility and core strength
I know that yoga and stretching is good way to avoid injury



Health and Fitness Key Vocabulary

Exercise, fitness, circuit, muscle, heart, heart rate, healthy, flexibility, yoga, stretching, core strength, sit ups, plank, wall sit, lunges, spotty dogs, squats, press ups, shuttle run, sport specific, football, gymnastics, boxing