

YEAR 5

Net & Wall – Tennis

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Outwit: means using your intelligence to trick or out smart your opponent to win a point.

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

Backhand: A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

Volley: Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.

Serve: Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.

Accuracy: is the ability to control where we hit the ball on our opponents side of the court.

Invasion – Netball

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Possession: Is when we have physical control of the ball or other implement of play. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score.

Marking: Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Shoulder Pass: The shoulder pass is used to cover bigger distances on court than the chest pass. The ball is thrown at a greater height so it's another way you can outwit defenders.

Bounce Pass: A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Invasion – Football

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Pressure: Pressure is the term used to immediately try to gain possession of the ball back. Rather than leaving the ball alone, teams or an individual can apply pressure in an attempt to regain possession.

Tackle: Is a method of defending in football. The main objective of tackling is to dispossess an opponent of the ball. A missed timed tackle could result in a foul being awarded.

Marking: Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.

Shadowing: The defending play keeps their eyes on the ball and mirrors the attackers movements. This technique is used to apply pressure to the attacker in an attempt for them to lose possession of the ball.

Tracking Back: Is a term used when a player loses possession of the ball and then follows back an opponent and tries to tackle them, or to stop them from getting the ball.

OAA – Communication & Tactics

Communicate: Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Adapt: is the ability to change or modify something depending on the situation. An individual or team may need to adapt their tactics to help them achieve their goal.

Motivation: are the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task.

Strategy: is a planned set of actions that are used by a team or individual to achieve a longterm goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Invasion – Tag Rugby

Tactics: are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Outwit: means using your intelligence to trick or out smart your opponent or the other team.

Loop Pass: is a pass used in tag rugby where the ball carrier runs in a straight line and after making a normal pass to a supporting player, then runs behind the supporting player to receive a pass from them.

Miss Pass: is a pass used in tag rugby where the attacker receiving the ball, receives a pass from the ball carrier that has missed out another attacker.

Offside: occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker intercepts the first pass, this is known as offside.

Health Related Exercise

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test: A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Invasion – Hockey

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Marking: Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.

Attack: The aim of the game for the attackers is to score a goal. When a team are in possession of the ball they need to work together and apply their understanding of passing, moving and dribbling to create a shooting opportunity.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of particular player on the opposite team.

Goal Side: is a defensive tactic used when a defender marks an opponent. This is where the defender positions themselves between the attacker and the goal, increasing the defenders chances of preventing an attack.

Gymnastics – Counter Balance and Counter Tension

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Flow: This is when a gymnast moves from one action to another without stopping. Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Counter Balance: A counter balance is a pushing balance.

Counter Tension: A counter tension is a pulling balance.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.

Striking & Fielding – Cricket

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Wicket-keeper: The wicket-keeper is a fielder who stands behind the stumps opposite the bowler ready to catch and stop the ball.

Wide: A wide ball is a delivery bowled by the bowler that the batter is unable to reach or hit. **No ball:** A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above waist height or the ball bounces more than once when it is bowled.

Bowling: is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.

Bye: A bye is a run scored by the batting team when the ball is missed by the wicket keeper and has not been hit by the batter.

Run Out: A run out occurs when a batter attempting a run, has not reached their ground when the stumps are successfully hit with the ball by the fielding team.

Dance

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.

Emotion: refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.

Motif: is a series of movements that are repeated.

Compositional: means the ability to create a dance performance in relation to a poem or piece of music.

Improvisation: means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Athletics

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

Evaluation: means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.

Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.

Personal Best: A personal best is an individual or team's best performance in a given event.

Lap: Is one full completed circuit of a track in a running race.