

# GGA- Year 5 PE Knowledge Organiser – Football

## Vocabulary

Power	Consistent
Distance	Fair-play
Goal side	Off side

## Recapped Vocabulary

Shoot	Possession
Position	Teamwork

## Why are we learning this?

To learn the importance of a team game and working together. The ability to understand and play different positions and to understand tactics in competition.

## Why is it important?

Participating in football—like any sport—provides many health benefits for children. It's a physically demanding game that provides an opportunity for players to improve their speed, agility, strength, hand-eye coordination and overall cardiovascular endurance.

## Skills that I am going to learn.

To play effectively in a variety of positions and formations on the pitch.

Relate a greater number of attacking and defensive tactics to game play.

Become more skilful when performing movements at speed.

Can dribble in different directions using different parts of their feet  
Pass for distance.



# GGA- Year 5 PE Knowledge Organiser – Gymnastics

## Vocabulary

Symmetry	Direction
Sequences	Speed
Asymmetrical	Elements
Flexibility	Balance
Strength	<b>Partner</b>
Timing	Flow

## Recapped Key Vocabulary

Tension	Partner
Shapes	Actions
Group	Different
Similar	Bounce
Box splits	Travelling steps

## Why are we learning this?

To use our refined skills to work individually, in pairs and groups to create and adapt. To be able to critique and improve our own and others performances.

## Why is it important?

Gymnastics instruction helps develop better coordination and body awareness..

## Skills that I am going to learn.

Create longer and more complex sequences and adapt performances.

Develop symmetry individually, as a pair and in a small group.

Compare performances and judge strengths and areas for improvement.

Select a component for improvement. For example—timing or flow.

Remember and repeat longer sequences with more difficult actions.



# GGA- Year 5 PE Knowledge Organiser – Netball

## Vocabulary

Pass	Positions
Pivot	Ball handling
Dodging	Bounce pass
Blocking	Intercepting
Power	Strength

## Why are we learning this?

To gain an understanding of the positions and tactics of the game. To use these skills and knowledge in a competitive context. To run drills on effective play to develop and improve skills.

## Why is it important?

Netball requires players to run around the pitch, sprint, and change direction quickly. Therefore, it is a good cardiovascular workout, and will improve overall fitness. Pupils flexibility and strength will increase as well.

## Skills that I am going to learn.

To be able to confidently use specific netball skills in games for example: pivoting, dodging, bounce pass and previously learnt skills.

Netball - To begin to play effectively in different positions on the pitch in both attack and defence.

Defend and prevent attacks by blocking and intercepting.

To increase power and strength of passes, moving the ball over longer distance.

