

# Physical Education Knowledge Organiser

## Year 5 Invasion Games

**National Curriculum links:** To use running, jumping, throwing and catching in isolation and in combination

To play competitive games, modified where appropriate [for example, badminton, basketball,

cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> <li>· Respect</li> <li>· Co-operation</li> <li>· Teamwork</li> </ul> <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> <li>· accuracy</li> <li>· technique</li> <li>· invasion</li> <li>· apace</li> <li>· attacking</li> <li>· outwit</li> <li>· tactics</li> <li>· skills</li> <li>· strategies</li> <li>· territory</li> <li>· consistency</li> <li>· dribbling</li> <li>· receive</li> </ul>	<p style="text-align: center;"><b>Previous learning</b></p> <p>In year 4, the children will learn to master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.</p> <p>The children will develop the following skills:</p> <ul style="list-style-type: none"> <li>· running</li> <li>· a range of passes</li> <li>· dodging</li> <li>· catching</li> <li>· bouncing a ball</li> <li>· shooting a ball</li> </ul> <p style="text-align: center;"><b>Year 5 learning</b></p> <p>In year 5, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence and control.</p> <p>The lessons will focus on the following skills:</p> <ul style="list-style-type: none"> <li>· running</li> <li>· dodging</li> <li>· a range of passing</li> <li>· shooting</li> <li>· catching</li> <li>· kicking</li> <li>· dribbling a ball</li> </ul>	<p><u>Aim and success criteria of invasion games for year 5</u></p> <ul style="list-style-type: none"> <li>· Children will learn how to work well as a team when attacking and explore a range of ways to defend.</li> <li>· Children will also learn a wider range of sport specific techniques for passing, dribbling and shooting.</li> <li>· They will learn to apply basic principles for attacking and defending.</li> </ul> <p><u>Skills breakdown for invasion games</u></p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>· Definite flight phase</li> <li>· Stride length at max</li> <li>· Complete extension of support leg</li> <li>· Arms bent at 90 degrees and swing back and forwards in opposition to legs</li> <li>· Non-support knee bends 90 degrees</li> </ul> <p><b>Throwing (overarm)</b></p> <ul style="list-style-type: none"> <li>· Arm is swung backward in preparation</li> <li>· Opposite arm is raised for balance/direction</li> <li>· Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.</li> <li>· Definite turning of the body through legs, hips and shoulders.</li> </ul>
<p><b>Key knowledge</b></p>	<p style="text-align: center;"><b>Future learning</b></p>	<p><b>Catching</b></p>

# Physical Education Knowledge Organiser

Children need to learn about attacking and defending tactics.

- To use a range of passes
- To get away from a defender to receive a pass.
- To pass ahead of supporting players.

In year 6, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.

The skill they will focus on are:

- running
- dodging
- a range of passes
- shooting
- catching
- kicking
- dribbling
- receiving passes

- Body moves directly in path of the ball
- Eyes follow the ball into hands
- Arms "give" on contact to absorb the force of the ball
- Arms adjust to flight of the ball
- Hands grasp ball in well-timed motion

## **Bouncing a ball**

- Ball held at waist height
- Ball pushed down to ground, following through with arm, wrist and fingers
- Relaxed fingertips control the bounce
- Can control the height of the bounce consistently

## **Kicking**

- Arms swing in opposition during kicking action
- Eyes focussed on the ball
- Non-kicking foot placed beside ball
- During backswing of leg, knee bent at least 90 degrees
- Contact the ball with top of foot
- Follow through high towards target

## **Supporting resources**

### **Running**



### **Overarm throw**



### **Catching**



© Lancashire County Council 2019

### **Bouncing a ball**



© Lancashire County Council 2019

### **Kicking**



© Lancashire County Council 2019