

Physical Education Knowledge Organiser

Year 5 & 6 Target ad Creative Games

National Curriculum links: To play competitive games, modified where appropriate

To use running, jumping, throwing and catching in isolation and in combination

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> · Self-discipline · Respect · Decision making · Evaluation <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> · accuracy · target · consistency · tactics · opponents · non-invasive · control · invasion 	<p style="text-align: center;">Previous learning</p> <p>In year 3 and 4, children will master most fundamental movement skills from KS1 and start to develop sport specific skills and perform them with some accuracy.</p> <p>These skills will include:</p> <ul style="list-style-type: none"> · Dodging · Catching · Underhand throw · Overhand throw · Rolling a ball · Propelling a ball <p style="text-align: center;">Year 5 & 6 learning</p> <p>In year 5 and 6, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence and control.</p> <p>In year 6, children will also be expected to perform them with speed.</p> <p>The skills that will be focused on are:</p> <ul style="list-style-type: none"> · One handed throw · Catching · Dodging · Sending and receiving skills 	<p><u>Aim and success criteria of target and creative games for year 5 and 6</u></p> <ul style="list-style-type: none"> · Children will learn how to apply simple tactics in a range of target games. · They will also learn how to play the target game of dodgeball. · By year 6, the children will be able to apply their knowledge and understanding of invasion games from year 5 and create their own games, which follows invasion games principles. <p><u>Breakdown of skill for target and creative games</u></p> <p>Running</p> <ul style="list-style-type: none"> · Definite flight phase · Stride length at max · Complete extension of support leg · Arms bent at 90 degrees and swing back and forwards in opposition to legs · Non-support knee bends 90 degrees <p>Overarm throw</p> <ul style="list-style-type: none"> · Arm is swung backward in preparation · Opposite arm is raised for balance/direction · Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm. · Definite turning of the body through legs, hips
Key knowledge	Future learning	

Physical Education Knowledge Organiser

Children need to learn how to apply tactics to game scenarios.

They must also know a range of tactics without the ball, with the equipment and to know a range of defending tactics.

Secondary target and creative games curriculum

To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.

and shoulders

Catching

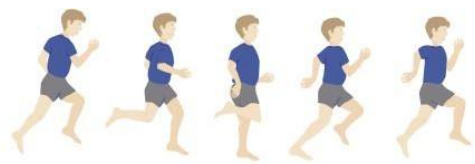
- Body moves directly in path of the ball
- Eyes follow the ball into hands
- Arms "give" on contact to absorb the force of the ball
- Arms adjust to flight of the ball
- Hands grasp ball in well-timed motion

Rolling a ball

- Opposite foot to arm forward
- Ball held in opposite hand to forward foot
- Distinct knee bend
- Forward swing transferring weight from rear to front
- Release at knee level or below
- Eyes are on the target throughout

Supporting resources

Running



© Lancashire County Council 2019

Overarm throw



© Lancashire County Council 2019

Catching



© Lancashire County Council 2019

Rolling a ball



© Lancashire County Council 2019