

### What I have already learnt in Year 4

- To be able to combine skills of running, hopping, jumping, throwing and catching both under arm and over arm showing accuracy and knowing when to use each one.
- To enjoy collaborating and competing against each other across a range of sports.
- To compete in a range of increasingly challenging situations.
- To demonstrate dribbling and passing technique across a range of activities.
- To develop tactics and understanding attacking vs defending.
- To show a range of agility, quickness of feet and the ability to move in a variety of ways and speeds.
- To pass a ball in a variety of ways including under, over, chest, bounce, overhead & javelin showing knowledge of when to play each pass.
- To be able to control a ball within a game setting via hands, feet and equipment i.e. hockey stick.
- To cooperate with team mates and work as a team to achieve success.
- To play a game with a set of rules.
- To compare their performances in a range of activities and sports.
- Begin to reflect on your own performance showing perseverance.

### What I will have learnt by the end of this unit (Y5)

I will build on all of the points above plus...

- Work alone, or with team mates in order to gain points or possession
- Lead others when called upon and act as a good role model within a team
- Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.)
- Uphold the spirit of fair play and respect in all competitive situations.
- Choose the most appropriate tactics for a game
- To use tactics in competitive situations.
- Defend and attack tactically by anticipating the direction of play.
- To find and exploit space to achieve success.
- To enjoy collaborating and competing against each other across a range of sports.
- To compete in a range of increasingly challenging situations.
- To understand and use positions within sports.
- To show a range of agility, quickness, coordination of feet and the ability to move in a variety of ways and speeds.
- To pass a ball in a variety of ways including under, over, chest, bounce, overhead & javelin, inside of foot, outside of foot etc and demonstrate knowledge of when to play each pass.
- To demonstrate control when controlling a ball within a game setting via hands, feet and equipment i.e. hockey stick, netball, football, handball etc.
- To cooperate with team mates and work as a team to achieve success.

### What I will have learnt by the end of my Key Stage

- Work both individually and as a team to achieve success knowing what your role is within a team.
- Lead others when called upon and act as a good role model within a team.
- Choose and combine techniques in game situations - running, throwing, catching, passing, jumping, kicking and knowing when to apply each skill to a game situation showing accuracy.
- To be able to dribble, pass and shoot across a range of sports showing control, accuracy and power across a range of positions.
- To implement when to pass, dribble or shoot in a competitive situation.
- To be able to tackle/dispossess an opponent across a range of sports.
- Uphold the spirit of fair play and respect in all competitive situations.
- To show a range of agility, quickness, coordination of feet and the ability to move in a variety of ways and speeds.

### Key Knowledge

**Agility** - The ability to change the position of the body quickly and with control

**Co-ordination** - The ability to use two or more body parts together. This helps all athletes to move quickly and smoothly, especially when all controlling a ball.

**Speed** - The ability to move your body quickly, or at a rate in which someone can perform a movement or cover a distance.

**Skill** - These are learned skills an athlete acquires through practice and training.

### Subject Knowledge Organiser Y5 Multi-Skills - Race to Space

#### Key Vocabulary

**Balance** - remaining upright and steady.

**Personal Best** - to beat your own best score or achievement.

**Target** - an object or place selected as an aim.

**Space** - an area which is free and unoccupied.

**Co-ordination** - The ability to use two or more body parts together. This helps all athletes to move quickly and smoothly, especially when all controlling a ball.

**Accuracy** - being precise with an intended target.

**Agility** - ability to move quickly and easily.

#### My Skills and Knowledge that I may use from other subjects

Maths: adding and counting points gained.

PSHE: thinking about a healthy diet for physical activities.

Geography: direction.



### Recall and Remember

- Explain why a warm up and warm down is important.
- Can demonstrate an improvement of accuracy from the previous session's task.

### Wider opportunities

- Get involved in after school sports clubs available.
- Take part in representing the school at events outside of school.
- Get involved in sporting groups outside of school in the local area.

### Key Skills I will learn/use

Collaboration  
Balance  
Agility  
Co-ordination  
Flexibility

### Key PE Concepts

