

## KNOWLEDGE

### Competent learner

- Demonstrate effective leadership
- Demonstrate improvements to their work
- Demonstrate originality, imagination and creativity in techniques, tactics and choreography
- Perform and link skills with control and consistency
- Perform/complete fundamental sports skills with control

### Active & healthy learner

- Clearly understand how personal fitness can improve performance
- Demonstrate sustained levels of fitness

### Reflective learner

- Consistently improve their work
- Describe and comment on their own and others' performance with accuracy of actions
- Know what has made their performance effective

### Engaged learner

- Compete respectfully and fairly following rules
- Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes
- Effectively communicate and collaborate with each other
- Work independently for extended periods of time without the need for guidance

### Disciplined Learner

- Demonstrate self-discipline in all tasks
- Show a positive attitude throughout the lesson
- Be kind, respectful and considerate when working with others
- Show support for their peers
- Take responsibility for their own behaviour

## SKILLS

### Attack – simplified versions of games (2v1, 3v3), hitting, game scenarios

- Varying speed and locomotion skills/agility to beat defender
- Create strategies and tactics to achieve desired result and outwit your opponents
- Understanding the importance of width and depth of playing area and positions/roles within a team – apply game principles
- Shooting methods and importance of accuracy to increase chances of success
- Decision making on when to shoot/distance from net

### Defend - simplified versions of games (2v1, 3v3), game scenarios

- Create strategies and tactics to achieve desired result
- Understanding the importance of width and depth of playing area and positions/roles within a team

### Locomotion skills (Attack) - apply game principles/rules

- Run – identifying space to move into to receive the ball
- Avoid – monitoring opposition and moving accordingly to remain in space

### Locomotion skills (Defend) - apply game principles/rules

- Jump – block, intercept, receive object off target/on the move

### Ball manipulation skills (Attack) – apply game principles/rules

- Send – from a static position and on the move, into a space for a teammate to run on to and receive
- Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass)

## EXPERIENCES

Net & Wall based activities with an emphasis on space. A variety of activities including themes of Table Tennis and Tennis A variety of equipment including balls, nets and rackets Working in small teams Simple competition in pairs and small teams

# Year 5 | Net and Wall

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
<b>Effective leadership</b>	Take charge demonstrating respect, encouragement and effective communication skills to own team
<b>Improvements to their work</b>	Show noticeable progress in performing actions and decision making
<b>Creativity and imagination</b>	Are inventive with their tactics individually and in a team with mixed success
<b>Skill control and consistency</b>	Increasing control and consistency when sending, receiving and shooting from a static position and on the move
<b>Fundamental Sport Skills</b>	Can apply different skills in different sports with increasing control
<b>Personal fitness</b>	Can relate to strength, flexibility and stamina and discuss how this would improve performance
<b>Demonstrate sustained levels of fitness</b>	Reference managing energy levels accordingly and external factors such as diet, sleep and hydration
<b>Consistently improve</b>	Analyse own performance and provide relevant specific actions to improve their work
<b>Comment on own and others performance</b>	Provide specific feedback and offer technical guidance to support, when prompted
<b>Know effective performance</b>	Review performance and identify any strengths, commenting on why they were a strength
<b>Compete respectfully and fairly</b>	Show increasing respect and fair play when an activity is refereed/umpired by a peer
<b>Sporting attitude</b>	Demonstrate enthusiasm before, during and after each lesson, without external influences such as losing a game
<b>Communicate and collaborate</b>	Actively encourage and motivate all in group/team, despite friendships
<b>Work independently</b>	Keep an activity flowing with a designated referee in place
<b>Self-discipline</b>	Do not allow influences such as loss or conflict affect participation or behaviour
<b>Positive attitude</b>	Keep an open mind to trying different tasks or equipment in lesson
<b>Consideration for others</b>	Demonstrate respect and fair play by shaking hands and congratulating others when on the losing team
<b>Supporting peers</b>	Show understanding and encouragement when someone makes a mistake
<b>Taking responsibility</b>	Can discuss and/or demonstrate accountability if or when behaviour does not meet expectations
Additional key vocabulary	Definition
Non-verbal communication	Transmission of messages or signals such as eye contact, thumbs up or pointing to an area you wish to receive the ball
Patterns of play	Sequences that a team repeat over and over again
Zonal marking	Defenders cover an area of the pitch/court rather than a specific opponent