

Physical Education Vision Map

Year 5 – Fitness

Crucial Knowledge	Intent
<ul style="list-style-type: none">• My heart is in my chest (<i>on the left-hand side</i>)• I can control oxygen better by inhaling (breathe in) a large breath and exhaling (breathe out) slower• Stamina is being able to do something for a longer time• To have pace over a longer distance means to start slower and get faster	<ul style="list-style-type: none">• Increasing heart rate• Improving my fitness• Sustaining stamina over a longer period of time• Controlling breathing whilst running over a longer distance• Cross country running - maintaining pace

Year 5 – Team Building

Crucial Knowledge	Intent
<ul style="list-style-type: none">• A team helps each other• Everyone's job is important to help the team to be successful	<ul style="list-style-type: none">• Working within a larger team• Taking on a range of different responsibilities• Giving and following instructions from team-mates accurately

<ul style="list-style-type: none"> • For the team to be successful, everyone must listen and follow instructions accurately • It is important to talk about how things have worked and how things could be better 	<ul style="list-style-type: none"> • Team work: sharing, implementing and evaluating ideas
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Year 5 – Movement

<p>Crucial Knowledge</p> <ul style="list-style-type: none"> • Rhythm is a repeated move or sound. Rhythm can change • Sequence means in an order • Emotion is showing feelings 	<p>Intent</p> <ul style="list-style-type: none"> • Moving my body to different rhythms • Sequenced dance moves to different beats • Making shapes with our body and using them for a roll, jump, balance to a piece of music whilst using apparatus • Conveying emotion through movement
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Year 5 – Attacking and defending

<p>Crucial Knowledge</p> <ul style="list-style-type: none"> • Tactics are a plan, of a way to do something better • Attacking means trying to score (win a point) 	<p>Intent</p> <ul style="list-style-type: none"> • Tactical scoring for a competitive purpose • Attacking: implementing discussed tactics in play
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<ul style="list-style-type: none"> Defending is trying to stop another team from scoring a point Fair play is important as it means everyone follows the rules and treats each other well Being respectful in sports means considering people's feeling on and off the pitch (game) 	<ul style="list-style-type: none"> Defending: teamwork of tactics and effective communication Following more complex rules Fair play - showing respect
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Year 5 – Ball Skills

<p>Crucial Knowledge</p> <ul style="list-style-type: none"> A hockey must always stay below knee level It is easier to control a ball using the inside of a foot Look at the target whilst aiming The part of my foot that touches the ball must be facing the way I want the ball to travel 	<p>Intent</p> <ul style="list-style-type: none"> Controlling an object with a stick (hockey) Controlling a ball with feet Passing a ball with control Aiming a ball towards a target
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Year 5 – Athletics

<p>Crucial Knowledge</p>	<p>Intent</p>
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- A sprint is running as fast as you can
- A relay is a team (made up of four members) taking it in turns to sprint
- The shot put must be thrown over-arm from within the shoulder and neck area
- A discus is placed underneath the palm of a hand and the arm is kept straight
- One leg goes first when jumping over a hurdle
- A long jump begins with a sprint to a line and then a leap from one foot
- A triple jump begins with a sprint, a hop, a skip (change of foot) and then a leap

- Sprint, relay and distance running
- Distance throwing: shot put, discus and javelin
- Jumping: mini hurdles, long jump and triple