



Physical Education

Cricket Year 5

Unit Purpose

The unit of work will challenge pupils to refine and apply their prior learning of the skills required for both batting and fielding.

Pupils will be able to create and apply **tactics** for both batting, and fielding (including bowling) and apply these successfully within their teams.

Inspire Me

Sir Don Bradman was an Australian cricketer, and is widely acknowledged as the greatest batsman of all time. When Bradman retired from international cricket in 1948 he had a test batting average of 99.94!



Key Success Criteria

- P** Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents.
- C** Pupils will create, apply and refine tactics for batting, bolwing and fielding, reflecting on the tactics and making any necessary adaptations.
- S** Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.
- W** By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.



Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Bowling: is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.

Run Out: A run out occurs when a batter attempting a run, has not reached their ground when the stumps are successfully hit with the ball by the fielding team.



Sport Specific Vocabulary

Wicket-keeper: The wicket-keeper is a fielder who stands behind the stumps opposite the bowler ready to catch and stop the ball.

No ball: A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above waist height or the ball bounces more than once when it is bowled.

Wide: A wide ball is a delivery bowled by the bowler that the batter is unable to reach or hit.

Bye: A bye is a run scored by the batting team when the ball is missed by the wicket keeper and has not been hit by the batter.





Physical Education

Athletics Year 5

Unit Purpose

The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to **sprint** effectively, individually and within a team. Pupils will be able to develop their technique for throwing a **shot putt** and explore and develop an understanding of how to **hurdle** safely.

Inspire Me

At the 1992 Olympics **Derek Redmond** tore his hamstring in the 400 metres semi-final but continued the race limping. With assistance from his father, managed to complete the race as the crowd gave him a standing ovation.



Key Success Criteria

- P** Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.
- C** Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.
- S** Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- W** Pupils will strive to improve their own technique, ensuring they always apply maximum effort.



Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

Evaluation: means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.



Sport Specific Vocabulary

Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.

Personal Best: A personal best is an individual or team's best performance in a given event.

Lap: Is one full completed circuit of a track in a running race.

