



Physical Education

Health and Related Exercise Year 5

Unit Purpose

The unit of work will ensure that all pupils understand the meaning of **strength, flexibility** and the **cardiovascular** elements of **fitness**.

Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.

Inspire Me

Did you know... that after just 20 minutes of exercise, your body will have started to grow new brain cells at a rapid rate! This means that by exercising, we are increasing our capacity to learn!



Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness.
- C** Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits.
- W** Pupils will develop life skills such as self motivation, resilience and integrity as they strive to improve their own performances.



Vocabulary for Learning

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.



Sport Specific Vocabulary

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.



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.