

Knowledge Organiser

Fitness Year 5 and Year 6

About this Unit

Regular participation in physical activities can significantly improve your mood. Exercise releases endorphins, which are natural chemicals in the body that create a feeling of wellbeing. Exercise can also reduce stress and anxiety, improve sleep and give you more energy.

Physical fitness includes different components including agility, balance, co-ordination, speed, stamina and strength. The wonderful thing about fitness is that no matter where your fitness levels are, you can always make improvements with practise.

These are the tests you will use to measure each component of fitness.

- Agility: T-test
- Balance: stork test
- Co-ordination: skipping
- Speed: 30m sprint
- Stamina: 4m run
- Strength: calf raises



Key Vocabulary

abdominals: muscles in the stomach
agility: the ability to change direction quickly
analyse: examine in order to understand
calves: a muscle in the bottom back of leg
co-ordination: moving two or more body parts at the same time
consistent: to repeat something in the same way
drive: a forceful and controlled movement to help move you forward
engage: to activate
measure: to mark a distance
motivate: to encourage
persevere: to continue trying
power: speed and strength combined
quadriceps: the muscles in the thighs
record: to make note of
rhythm: a strong, regular repeated pattern of movement
stable: to be balanced



Ladder Knowledge



Agility:
Year 5: to change direction you need to push off your outside foot and turn your hips.
Year 6: agility requires speed, strength, good balance and co-ordination.

Balance:
Year 5: dynamic balances are harder than static balances as the centre of gravity changes.
Year 6: apply force to maintain control and balance.

Co-ordination:
Year 5: people have varying levels of co-ordination that can improve with practice.
Year 6: co-ordination also requires good balance.

Speed:
Year 5: taking big consistent strides will help to create a rhythm that allows you to run faster.
Year 6: speed can be improved by training. Different distances require different speeds.

Strength:
Year 5: muscles all have different names.
Year 6: you can build up strength by practicing in your own time.

Stamina:
Year 5: keeping a steady breath will help you to move for longer periods of time.
Year 6: different exercises can develop stamina which can be improved by training over time.

Movement Skills

- agility
- balance
- co-ordination
- speed
- stamina
- strength

This unit will also help you to develop other important skills.

Social support and encourage others, collaboration

Emotional perseverance, determination

Thinking observation, analysis, comprehension

Strategy

Identify your areas of strength and your areas for development. Then, think of set your plan to make improvements to that element of fitness. Retest yourself after a period of practice and make sure to notice how you feel. How challenging you find an activity is also a mark of level.

Healthy Participation



- Focus on your own results without comparing them with others.
- Work within your own capabilities.
- All actions need to be performed with control.



If you enjoy this unit why not see if there is an athletics club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Red or black?

What you need: A pack of cards.

How to play:

- One player guesses whether the first card will be red or black.
- If they are correct they get to guess if the next card will be higher or lower than the first.
- If they are correct they get to guess if the next card will be a number in between the first two cards or a number outside of the first two cards.
- If they are correct they win one hand.
- If they are wrong at any stage they complete 10 x of an exercise of their choice and the game begins again.
- The game ends when the player has won 10 x hands.

Red or black / higher or lower / in or out?



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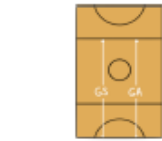
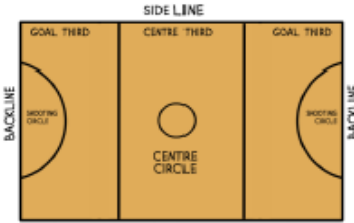
Head to our youtube channel to watch the skills videos for this unit.



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About this Unit

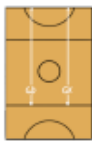
Basketball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.



GS and GA: Anywhere in their own shooting goal third and the centre third, but not the other goal third. GS and GA are allowed to shoot from within the shooting semi circle.



C: Everywhere except in the semi circles. C takes the centre pass to start the game and every other centre.



GD and GK: Anywhere in their opponents shooting goal third, the centre third, but not the other goal third. GD and GK try to stop the GS and GA from scoring.

A netball court is split into thirds and different positions have different roles and are allowed in different areas of the court. In official netball, there are seven players in each team. In this unit, games will be played with five players per team.

- GS: Goal Shooter
- GA: Goal Attack
- C: Centre
- GD: Goal Defence
- GK: Goal Keeper

Can you think of any other invasion games that share these principles?



Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Key Vocabulary

- abide:** act in accordance with the rules
- angle:** formed when two lines come together at a shared point e.g. arm to floor
- assess:** make a judgement of the situation
- ball carrier:** person in possession
- ball side:** the space between the ball carrier and the person you are marking
- close down:** to reduce the amount of space for an opponent
- contest:** an event in which people compete
- definite:** clear
- dominant:** preferred side
- draw:** encourage movement of an opponent
- drive:** a fast movement that helps to tell the ball carrier that you want the ball
- extend:** to make longer
- maintain:** to keep
- possession:** to have
- rebound:** when a player attempts to shoot a goal but the ball hits the ring and bounces back into play
- umpire:** a person who makes sure the rules are followed

Ladder Knowledge



Year 5: not having a defender between you and the ball carrier helps you to send and receive with better control.

Year 6: making quick decisions about when, how and who to pass to will help you to maintain possession.

Space:

Year 5: moving to space even if you do not receive the ball will help to create space for a teammate.

Year 6: transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

- throw
- catch
- change direction
- change speed
- shoot

Social

communication, collaboration, respect

Emotional

honesty and fair play, pride, empathise, persevere

Thinking

select and apply, decision making, comprehension

This unit will also help you to develop other important skills.

Rules

- **Footwork:** first foot to touch the ground when receiving a ball is the landing foot. The landing foot must remain on the ground, the other foot may be moved in any direction, pivoting on the landing foot.
- **Held ball:** a player has 4 seconds to pass or shoot.
- **Replaying:** a player cannot regain possession of the ball, having dropped or thrown it, before it has been touched by another player or the post.
- **Offside:** a player is offside if they enter an area of the court they are not allowed in.
- **Over a third:** the ball must be touched in each third of the court. If the ball is not touched in each area it is called 'over a third'.
- **Contact:** if a player contacts another player.
- **Obstruction:** defenders are allowed one jump to mark the ball and must be 1m from the ball carrier.

Tactics

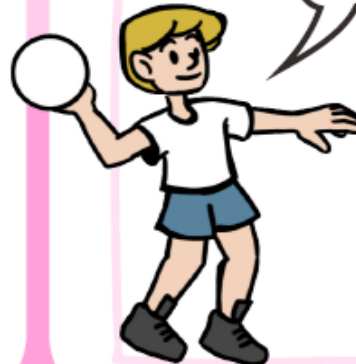
Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a netball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Dodge the Defender

What you need: A chair and a ball or pair of socks, one or two players.

How to play:

- Imagine the chair is a defender that you need to move around. Keep facing forward as you move your feet around the chair. Work for 20 seconds in one direction and then 20 seconds in the other direction. Repeat x 3.
- Move around the chair for 30 seconds, change direction when your partner calls 'change'.
- Add in a ball. Either throw the ball around the chair by yourself and move your feet to collect it or have someone throw the ball to space around the chair for you to collect.
- Work for ten throws then rest and repeat x 4

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Head to our youtube channel to watch the skills videos for this unit.

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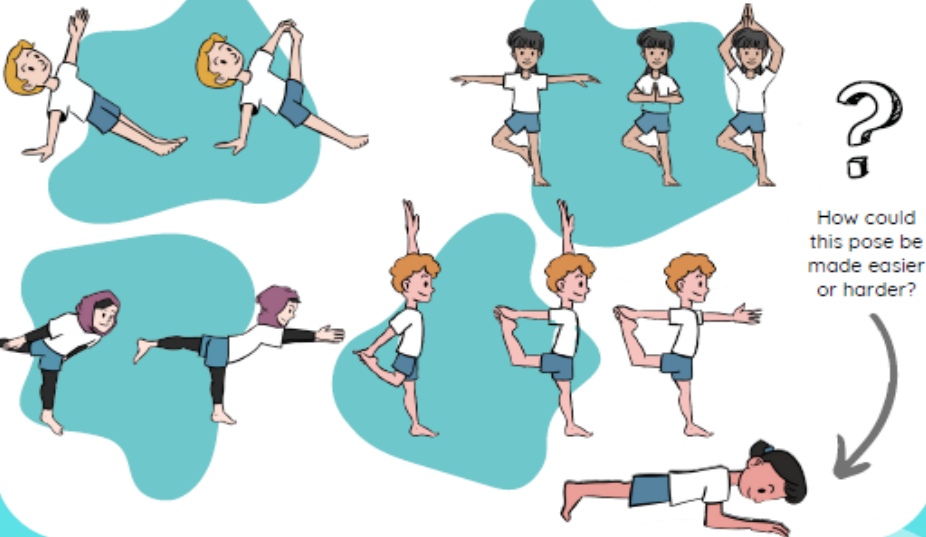
Yoga Year 5 and Year 6

About this Unit

Yoga is an activity that connects body and breath. It includes breathing techniques, poses and mindfulness. Mindfulness is when you focus your attention on the present moment. In yoga people often use breath to hold the poses, developing flexibility, balance and strength.

It is often assumed that yoga is only for flexible people. However, one of the many great things about yoga is that it can be changed to support any age and ability level.

All yoga poses can be made easier or harder. Here are some examples.



Key Vocabulary

- collaborate:** work jointly with others
- concentrate:** focus
- engage:** to activate
- exhale:** to breathe out
- expand:** to get bigger
- fluidly:** flow easily
- inhale:** breathe in
- lengthen:** to make longer
- mindfulness:** to bring attention to experiences occurring in the present moment
- muscles:** tissue that helps us to move our bodies
- notice:** to pay attention to
- practice:** to go over
- quality:** the standard of the skill
- salutation:** a sequence of actions that create a specific flow
- transition:** moving from one action or position to another



Ladder Knowledge



Balance:

Year 5: you need to apply force to maintain balance in a partner pose.

Year 6: different poses will require you to apply force in different places and at different times to maintain control and balance.

Flexibility:

Year 5: you can improve your flexibility when moving with your breath.

Year 6: identify which muscles require more practice to increase your flexibility.

Strength:

Year 5: different poses will use different muscles to hold them.

Year 6: you can build up strength by practicing in your own time.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

This unit will also help you to develop other important skills.

- Social** respect, co-operate leadership, communication, share ideas, work safely
- Emotional** focus, concentration, confidence, independence, determination
- Thinking** identify, create, select and apply, observe and provide feedback

Strategies

There are different techniques you can use to control how you feel.

When you experience a stressful event (like an unexpected dinosaur in your classroom), your heart rate increases and your breathing becomes lighter.

Deep breathing helps to get more oxygen into your body and helps you calm down, lower stress, and focus. Counting your breath is a great way to focus your attention. Breathe in for four counts and out for four counts.

Mindfulness activities used in your everyday life can be helpful for your wellbeing.

Practicing mindfulness means being aware of the present moment. It involves breathing, imagery, and other practices to relax your body. It can help reduce stress, focus on the task at hand, and develop a positive outlook on life.

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

If you enjoy this unit why not see if there is a yoga club in your local area.



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Bumble Bee Breath



What you need: a quiet space

Breathing techniques help our bodies to relax, slow our heart rate and feel calmer.

How to play:

- Keep your lips lightly sealed.
- Breathe in through your nose and then breathe out making a 'mmmmm' sound until you need to breathe in again.
- The longer your 'bee hum', the more relaxed you are likely to be.

Try this breath before school or after lunchtime.

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Head to our youtube channel to watch the skills videos for this unit.



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Handball Year 5 and Year 6

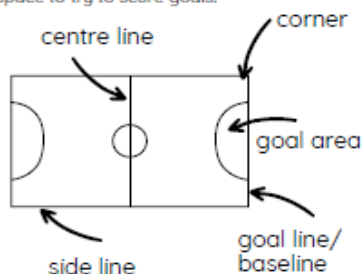
About this Unit

Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

An official handball team has seven players who each have a certain role:

- Goalkeeper: defends the goal
- Left wing: covers the left side of the court
- Right wing: covers the right side of the court
- Centre back: helps with providing attack and defence options.
- Left back: covers left side of the court and prevents opposition from scoring.
- Right back: covers right side of the court and prevents opposition from scoring.
- Pivot: an attacking player who has to shoot from a range of positions.

Could you consider how you set up with your teammates when playing games?



Only the goal keeper is allowed in the goal area (unless an attacker has landed after releasing the ball when shooting).

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Can you think of any other invasion games that share these principles?



Key Vocabulary



- abide:** act in accordance with the rules
angle: formed when two lines come together at a shared point e.g. arm to floor
appropriate: suitable approach
close down: to reduce the amount of space for an opponent
consistently: every time
create: to make space
dictate: to give order
draw: encourage movement of an opponent
maintain: to keep
possession: to have
react: to respond to quickly
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan that helps you to attack or defend
transition: moving from attack to defence or defence to attack

Ladder Knowledge



Sending & receiving:

Year 5: not having a defender between you and the ball carrier helps you to send and receive with better control.

Year 6: making quick decisions about when, how and who to pass to will help you to maintain possession.

Dribbling:

Year 5: dribbling in different directions and at different speeds will help you to lose a defender.

Year 6: choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

Year 5: moving to space even if you do not receive the ball will help to create space for a teammate.

Year 6: transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

- throw
- catch
- run
- dribble
- shoot
- change direction
- change speed

This unit will also help you to develop other important skills.

- Social** communication, kindness, respect, collaboration
- Emotional** confidence, honesty and fair play, determination, perseverance
- Thinking** select and apply, decision making, problem solving, comprehension, reflection

Rules

The rule of three:

- If you have the ball in your hands you can take three steps then you either have to pass, shoot or dribble.
- If you choose to dribble, once you stop dribbling your options are to pass, shoot or take another three steps.
- If you choose to take another three steps, you then have to pass or shoot, you cannot dribble again as this would be double dribble.
- Can only hold the ball for three seconds if standing with the ball.

Double dribble:

- Cannot dribble, stop, then dribble again.
- Cannot dribble with two hands.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team. All players must be three big steps away from the person taking the free pass.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a handball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

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Three in a row

What you need: a partner, a ball, nine markers e.g. cushions or books, six socks each (one colour for one person and a different colour for the other person)

How to play:

- Place nine markers approx four big steps away in a 3x3 grid.
- Take turns with a partner to throw overarm to hit one of the markers.
- For each successful hit, place one of your coloured socks on it.
- First person to get three in a row wins the game.
- Make this harder by moving the grid further away.



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Head to our youtube channel to watch the skills videos for this unit.

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