

Year 5: Physical Education

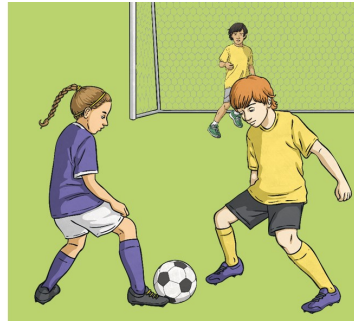
Warm Up

Doing different warm up exercises can prepare your body for invasion games and gymnastics. You will need to get your heart pumping faster, stretch and strengthen your muscles.

Invasion Games: Calling the Shots

Ways of moving with the ball:

- **pass** - move the ball from one person to another
- **control** - move carefully and steadily without losing touch of the equipment
- **dribble** - keeping close contact to the ball with control
- **shoot** - aim the ball to the goal or net to score a goal



You will need to make **quick decisions** in the game. This means thinking fast and responding to your **opponents**. You need to stay **focused** and pay attention to the game.



Tactics are an action or method you use to meet an aim or outcome. You will need to discuss your tactics with your team and find out how to win!

During the game, you might need to change roles or players.

Invasion game rules:

- listen to your team
- stay safe around others
- follow the rules of the game



You should be adding exercise to your daily or weekly routines. You could join an exercise club such as gymnastics, football, karate or swimming club. Along with being healthy and exercising regularly, getting enough sleep is very important. Make sure you get at least 9 hours sleep every night and switch off technology at least one hour before you sleep.

Acrobatic Gymnastics

COUNTER BALANCE



Counter balance is where you **push** against your partner's weight to balance.

COUNTER TENSION



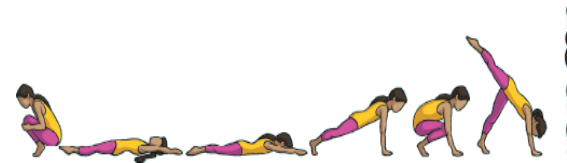
Counter tension is where you **pull** your partner's weight to balance.



Some balances are **symmetrical**, where each person is doing the same movement.

Some balances are **asymmetrical**, where each person is doing a different movement.

You should be using **levels** and thinking about where you start and finish your sequence.



Vocabulary

acrobatic	a form of gymnastics where pairs or groups use balance and symmetry to perform routines
adapting	changing something for a purpose
balance	an even distribution of weight
direction	the way that something moves or faces
extension	to lengthen or reach out
sequence	order of movements
speed	how fast or slow something moves
tension	the force of stretching or being pulled tight