

# Year 5: Physical Education

## Warm Up

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

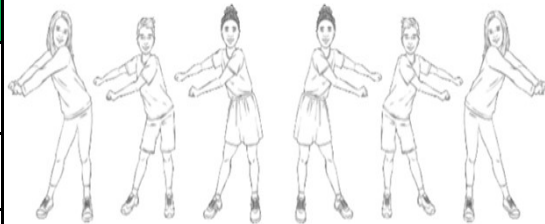
## Dance: What's So Funny

Within your dance, you will include:

- dance phases - clearly showing the beginning, middle and end.
- dance actions - travel, turn, gesture, jump and stillness.
- different relationships - mirroring, unison, canon, complementary and contrasting.
- choreographic devices - motif, repetition and retrograde.
- aesthetic qualities of dance - design, costume, stimuli and content.
- dynamic qualities - speed, energy and continuity.
- space - levels, directions, pathways and body shapes.
- dance styles and traditions.

### Vocabulary

character	To represent a personality type.
communicate	To express thoughts.
costumes	Fashion of clothing appropriate to a particular occasion.
gesture	A movement of the hand, arm, body, head or face that is expressive of an idea.
narrative	A story or an account of events.
repetition	The act of repeating something.
retrograde	When movements are performed in reverse order.



Remember to warm up and cool down safely.

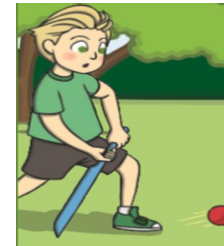
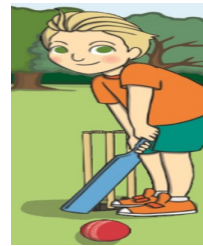


You should be adding exercise to your daily or weekly routines. You could join an exercise club such as gymnastics, football, karate or swimming club. Along with being healthy and exercising regularly, getting enough sleep is very important. Make sure you get at least 9 hours sleep every night and switch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

## Games: Zone Cricket

You will learn how to:

- use a range of techniques to hit the ball.
- use a range of techniques to field the ball.
- explain tactics that you have used.
- move to try and intercept the ball.
- choose an appropriate scoring system.

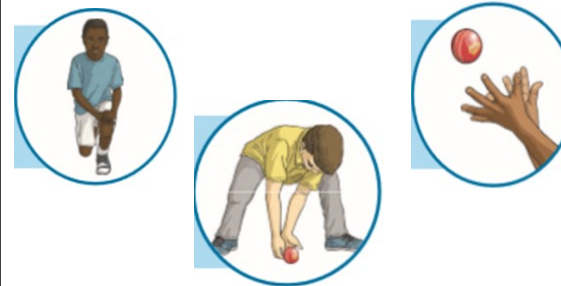


### Key Questions:

When batting, did you choose to hit the ball hard or place it into a space?

What fielding techniques did you use?

Catching through your knees:



### Vocabulary

batting	The act of using a bat in a game of ball.
fielder	A player on the fielding side who is neither the bowler nor the wicket-keeper.
innings	One player's or the team's turn to bat.
keeper	A player who stands behind the wicket or stumps.
scorer	A person officially responsible for recording the score.
wicket	A set of stumps and bails.