

Year 5: Physical Education

Warm Up

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

Outdoor and Adventure: Crystal Star Challenge

This involves working in teams of five, to navigate around the school site and complete problem-solving challenges within a set time.

Equipment you will need:



planning before starting challenges



listening, contributing ideas and cooperating with others



using the map to find their way between checkpoints



choosing efficient approaches to challenges

Athletics: 3 Jump Challenge

This involves selecting and performing three consecutive jumps with the aim of travelling as far as possible.

Equipment you will need:



performing a range of basic jumps in isolation



putting together a combination of jumps



selecting appropriate jumps to help them travel further



increasing the distance they jump

Vocabulary

contributing	To give ideas in order to achieve the task.
cooperating	To work jointly together.
listening	To give your attention to what someone says.
self-assessment	To evaluate your own actions, attitude and performance.
transferring	To change to another place or route.



showing control and coordination in their physical skills



transferring ideas and skills to new challenges

Being healthy includes eating healthily, getting lots of exercise, managing our weight, getting plenty of sleep and maintaining our personal hygiene. If we don't get enough sleep, then we experience negative side-effects to our ability to learn, to concentrate, to be patient and to our happiness.

A lack of sleep affects our mental health too!

If you are concerned about your health, speak to a trusted adult!

Vocabulary

combination	Joining different parts.
further	A greater distance.
isolation	To be alone.
propel	To drive or push something forwards.
run up	The beginning phrase to a jump: 1 - run up 2 - take off 3 - flight through the air 4 - landing