

# Year 5 Term 2 P.E: Dodgeball



Curriculum Key Question: How can I look after myself and others?

Topic: What is it like to be a Hindu?

## What should I already know?

- I understand the rules of the game and I can use them often and honestly.
- I can catch with increasing consistency.
- I can communicate with my teammates to apply simple tactics.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can return to the ready position to defend myself.
- I can throw with some accuracy at a target.
- I share ideas and work with others to manage our game.

## Dodgeball Year 5

### Key Skills: Physical

- Throwing
- Catching
- Dodging
- Blocking

### Key Skills: S.E.T

- Social: Collaboration
- Social: Respect
- Social: Leadership
- Emotional: Honesty
- Emotional: Determination
- Emotional: Confidence
- Thinking: Decision making
- Thinking: Selecting and applying tactics



## Skills I will develop:

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can identify when I was successful and what I need to do to improve.
- I can throw accurately at a target.
- I can work co-operatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to use these.



### Throwing

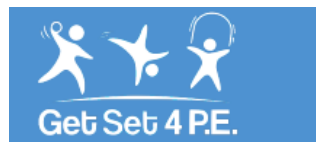
Demonstrate clear technique when throwing under pressure.

### Catching

Demonstrate good technique and consistency in catching skills under pressure.

### Striking (Golf)

Develop a wider range of striking techniques and begin to use them under pressure.



## Key Vocabulary

- Pressure- to put pressure on an opponent.
- Tactics-an action or strategy carefully planned to achieve a specific end.
- Opponent-someone who competes with or opposes another in a game
- Officiate- act in charge of a sporting event.
- Referee-the person in charge of a game, who applies the rules of the game.
- Fairplay –respect for the rules or equal treatment of all concerned.
- Consistently- in a fair way all the time.
- Outwit-to beat or trick an opponent.
- Sportsmanship –fair behaviour or treatment of others
- Support-to give help.
- Tournament-a series of contests between a number of competitors
- Co-operatively- playingn together respectfully.

## Key Questions...

How does exercise affect our body?

Can you describe what happens in your body when you warm up?

Can you identify other activities that can increase stamina, strength, agility, and flexibility?

What muscles can you feel working during the different activities you do?