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| **Year 5 Disciplinary Knowledge**  |
| Dance Invasion Games Gymnastics Net and Wall Athletics Striking and Fielding | **WTS** | **EXS** | **GDS** |
| Actions: understand that different dance styles utilise selected actions to develop sequences in a specific style |  | Rest of class |  |
| Dynamics: understand that different dance styles utilise selected dynamics to express mood. |  | Rest of class |  |
| Space: understand that space relates to where my body moves both on the floor and in the air. |  | Rest of class |  |
| Relationships: understand that different dance styles utilise selected relationships to express mood. |  | Rest of class |  |
| Performance: understand what makes a performance effective and know how to apply these principles to my own and others’ work |  | Rest of class |  |
| *Strategy: know that if I use dance principles it will help me to express an atmosphere or mood.* |  | Rest of class |  |
| Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s&r with better control |  | Rest of class |  |
| Dribbling: know that dribbling in different directions will help to lose a defender. |  | Rest of class |  |
| Space: know that by moving to space even if not receiving the ball will create space for a teammate. |  | Rest of class |  |
| Tactics: understand the need for tactics and identify when to use them in different situations. |  | Rest of class |  |
| Rules: understand and apply rules in a variety of invasion games whilst playing and officiating. |  | Rest of class |  |
| Shapes: understand that shapes underpin all other skills. |  | Rest of class |  |
| Inverted movements: understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum. |  | Rest of class |  |
| Balances: understand how to use contrasting balances to make my sequences look interesting. |  | Rest of class |  |
| Rolls: understand that I need to work within my own capabilities and this may be different to others. |  | Rest of class |  |
| Jumps: understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting |  | Rest of class |  |
| Strategy: know that if I use different pathways, it will help to make my sequence look interesting. |  | Rest of class |  |
| Shots: know which skill to choose for the situation e.g. a volley if the ball is close to the net. |  | Rest of class |  |
| Serving: know that serving is how to start a game or rally and use the rules applied to the activity for serving. |  | Rest of class |  |
| Rallying: know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going. |  | Rest of class |  |
| Footwork: know that using small, quick steps will allow me to adjust my stance to play a shot. |  | Rest of class |  |
| Tactics: understand the need for tactics and identify when to use them in different situations. |  | Rest of class |  |
| Rules: understand and apply rules in a variety of net and wall games whilst playing and officiating |  | Rest of class |  |
| Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances. |  | Rest of class |  |
| Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps |  | Rest of class |  |
| Throwing: know how to transfer my weight in different throws to increase the distance. |  |  |  |
| Rules: understand and apply rules in a variety of events using official equipment. |  | Rest of class |  |
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| Striking: understand that stance is important to allow me to be balanced as I hit. |  |  |  |
| Fielding: know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully |  |  |  |
| Throwing: understand where to throw the ball in relation to where a batter is. |  |  |  |
| Catching: understand when to use a close catch technique or deep catch technique. |  |  |  |
| Tactics: understand the need for tactics and identify when to use them in different situations. |  |  |  |
| Rules: understand and apply rules in a variety of striking and fielding games whilst playing and officiating. |  |  |  |

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| **Dance** |
|  | **WTS** | **EXS** | **GDS** |
| Actions: choreograph dances by using, adapting and developing actions and steps from different dance styles |  | Rest of class |  |
| Dynamics: confidently use dynamics to express different dance styles. |  | Rest of class |  |
| Space: confidently use direction and patterning to express different dance styles. |   | Rest of class |   |
| Relationships: confidently use formations, canon and unison to express a dance idea. |  | Rest of class |  |
| Performance: perform dances expressively, using a range of performance skills, showing accuracy and fluency |  |  |  |

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| **Netball** |
|  | **WTS** | **EXS** | **GDS** |
| Sending & receiving: develop control when s&r under pressure. |  | Rest of class |  |
| Dribbling: dribble with some control under pressure. |  | Rest of class |  |
| Space: explore moving to create space for themselves and others in their team. |   | Rest of class |   |
| Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. |  | Rest of class |  |
| Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands |  | Rest of class |  |

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| **Gymnastics** |
|  | **WTS** | **EXS** | **GDS** |
| Shapes: perform shapes consistently and fluently linked with other gymnastic actions. |  | Rest of class |  |
| Inverted movements: explore progressions of a cartwheel. |  | Rest of class |  |
| Balances: explore symmetrical and asymmetrical balances. |   | Rest of class |   |
| Rolls: develop control in the straight, barrel, forward, straddle and backward roll. |  | Rest of class |  |
| Jumps: select a range of jumps to include in sequence work. |  | Rest of class |  |

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| **Net and Wall** |
|  | **WTS** | **EXS** | **GDS** |
| Shots: develop the range of shots used in a variety of games. |  | Rest of class |  |
| Serving: develop the range of serving techniques appropriate to the game. |  | Rest of class |  |
| Rallying: use a variety of shots to keep a continuous rally. |  | Rest of class |  |
| Footwork: demonstrate effective footwork patterns to move around the court. |  |  |  |

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| **Athletics** |
|  | **WTS** | **EXS** | **GDS** |
| Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. |  | Rest of class |  |
| Jumping: explore technique and rhythm in the triple jump. |  | Rest of class |  |
| Throwing: Develop technique and power in javelin and shot put. |   | Rest of class |   |

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| **Rounders** |
|  | **WTS** | **EXS** | **GDS** |
| Striking: explore defensive and driving hitting techniques and directional batting. |  | Rest of class |  |
| Fielding: develop over and underarm bowling technique. Develop long and short barrier and two-handed pick up |  | Rest of class |  |
| Throwing: demonstrate good technique when using a variety of throws under pressure. |  | Rest of class |  |
| Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations |  | Rest of class |  |

**Next Steps -Learning Points for next enquiry (noting revisit points for Pupils at WTS )**

**1)**

**2)**

**3)**

**4)**

**5)**