

Year 5 Physical Education Must Knows - RealPE and RealGYM

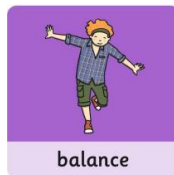


Top Vocabulary

Agility - move and change the direction and the position of the body	Balance - the ability to maintain a controlled body position during task performance,
Co-ordination - the brain's ability to control movement of different body parts at the same time.	Movement - moving the large muscles in the body
control - means your body is doing what your mind wants it to do	rules- Instructions set by an adult that tell you what to do in an activity
heart - a large muscle that pumps blood around our bodies	muscle- tissue in the body that moves parts of the body
sequence - repeated and/or organized patterns of movement.	oxygen - is a chemical in the air that we breathe. We need it to survive.
persevere - using your mind and body to overcome a challenge.	Mental health - physical activity helps our mental health and well-being
tactics - tactics are the skills required in any game that allows a player or team to effectively use their talent and skill to the best possible advantage.	

Fundamental Movement Skills

(ABC's)



Basic Fitness Components

- Strength - power need to move
- Stamina- allows you to move for longer
- Speed - allows you to move quickly
- Flexibility - allows you to move in a variety of ways

Warm up

We warm up our bodies and minds to get ready for exercise.

Cool down

We do a cool down to help the body recover safely from exercise.

Body changes in exercise

When we exercise, our muscles demand more oxygen. Our body responds by increasing our breathing rate. Our heart beats faster in order to pump blood around our bodies to our muscles
Taking our pulse before and after exercise helps us to see how hard we are working

I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents

Learning focus cogs

I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others

I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations



I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately

I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets

I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity



RealGYM

The skill element of real gym is made up of 5 areas - Shape, Balance, Travel, Flight and Rotation.

