

Year 5 Finches

PE

Autumn 2



Football

and

O.A.A.

Football:



The pitch is split into two halves with a centre circle and two areas where the GKs can use their hands to catch or save the ball.

Positions/Tactics: Certain players will be better at certain skills which will help decide what position they play: GK, DEF, MID, ATT are the main positions. In a game, you need a balance of positions, and not all of the team can be attackers.

GK: Goal Keeper **DEF:** Defence **MID:** Mid Field **ATT:** Attack

Shooting: In order to win a game, you need to score goals, usually by shooting at the goal. Being able to shoot accurately and powerfully is a perfect recipe for success! Aiming away from the goal keeper and into the corners of the net give the best chance for scoring a goal.

OAA: Outdoor Adventurous Activities

This involves physical activity, adventure and challenge, problem-solving activities and teamwork.

- Work with others to solve problems.
- Describe their work and use different strategies to solve problems.
- Lead others and be led.
- Differentiate between when a task is competitive and when it is collaborative.

Teamwork, Communication and Problem Solving

Effective teamwork involves:

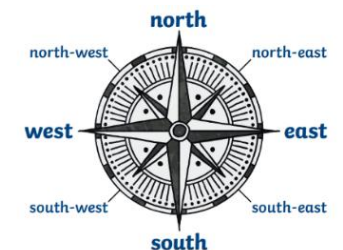
- communicating clearly and listening to other team members;
- using individuals' strengths and skills to help achieve the goal;
- cooperating and working together;
- staying positive and encouraging each other.
- think through possible problems before arriving at a solution.
- take on the point of view of every team member.

Problem-solving involves:

- effective communication;
- teamwork and thinking logically

Orienteering

Using basic map skills, including direction, map key and navigation.



Key Vocabulary		Definition
FOOTBALL	Body position	Good balance and weight moving towards the balls of your feet. Instep – inside of your foot.
	Control	Cushion the ball when it is moving towards you.
	Curl/ swerve	Make the ball travel on a curved pathway (on the ground or in the air).
	Hand ball	No outfield player can touch the ball deliberately with their hand. Shoot – strike the ball towards the goal.
	Instep	Inside part of foot.
	Opposition	Members of the team you are playing against.
	Positions	Goalkeeper, defender, midfielder, winger, attacker.
	Possession	Having and keeping the ball during the game.
	Shoot	Strike the ball towards the goal.
	Strike	Hit the ball hard at the goal.
	Throw ins/ Corners	Awarded when the ball goes out of play over the side line (throw in), end line (corner/goal kick).
	Volley	Strike the ball in the air first time without it bouncing.
	Weight of pass	Understanding of how hard to hit the ball sending it over different distances. Strike – Hit the ball hard at the goal.
O.A.A.	cardinal directions	North, East, South, West.
	communication	Giving, receiving, and sharing information. Can be verbal (spoken) or non-verbal.
	leadership	Taking action to inspire or motivate a group to meet a goal.
	ordinal directions	North-East, South-East, North-West, South-West.
	orienteering	Challenging outdoor adventure sport that exercises both the mind and the body.
	problem solving	Identify problems, create and test solutions.
Tactical	Thinking and planning strategically to achieve a goal.	
teamwork	Effective and efficient work within a group to achieve a goal.	