

Year 5 - Nightjars

PE

Autumn 1

Gymnastics

and

Netball

Netball Positions: There are 7 positions on a netball team:

Goal Shooter (GS) – to score goals and work in and around the circle with the GA.

Goal Attack (GA) – to feed and work with the GS to score goals.

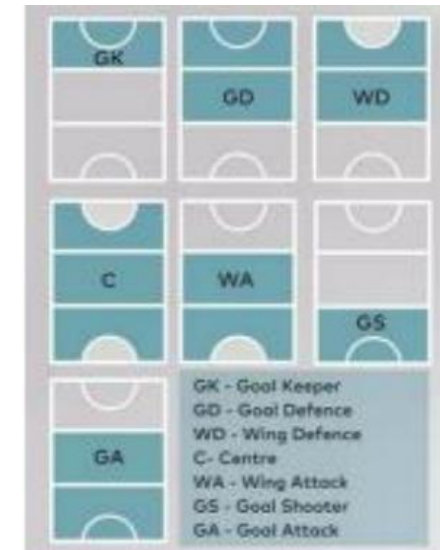
Wing Attack (WA) – To feed the GA and GS, giving them shooting opportunities.

Centre (C) – To take the centre pass and to link defence and attack.

Wing Defence (WD) – To look for interceptions and prevent opposition WA feeding the circle.

Goal Defence (GD) – To win the ball and stopping the opposition GA from shooting.

Goal Keeper (GK) – To work with the GD preventing the opposition GA/GS from scoring.



	Key Vocabulary	Definition
Gymnastics	asymmetrical	Not symmetrical – not being equal or the same on either side
	balance	The ability to move or to remain in a position without losing control or falling
	counter balance	The use of an opposing person to balance against each other. It is a push force
	counter tension	The use of an opposing person to straighten or elongate something. It is a pull force.
	extension	Having pointed toes and fingers, head up and elongating the limbs
	mirroring	Performing the same movement or balance, as a mirror image to your partner
	shapes	A particular way of holding one's body. (Like pike, straddle or tuck)
Netball	travel	Moving the body from place to place using different movement styles
	chest pass	A type of pass used in netball for short distances.
	footwork	Not moving with the ball. When catching the ball, the foot that lands first must stay in contact with the floor until the ball is passed.
	offside	When a player is in part of the court that their position is not allowed into.
	obstruction	When a defender is closer than 1m to the player with the ball.
	positions	Where players stand when the game is started and re-started after a goal is scored.

Fundamentals and creating sequences

Ladder Knowledge

Shapes:

Shapes underpin all other skills.

Inverted movements:

Sometimes you need to move slowly to gain control and other times you need to move quickly to build momentum.

Balances:

Use contrasting balances to make your sequences look interesting.

Rolls:

Work within your own capabilities, this may be different to others.

Jumps:

Use jumps to link actions. Change the shape of your jumps to make your sequence look interesting.

Shapes in gymnastics



Pike



straddle



tuck



front support



back support



dish