

YEAR 6

Invasion – Netball

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Umpire: is an official who watches the game or match closely enforcing the rules and who is responsible for making sure that the game is played fairly. The umpire will resolve any disagreements and their decision is final and should be respected.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Netball Positions: The Goal Keeper (GK) and Goal Defence (GD) can move anywhere in the defending two thirds. The Centre (C), can move anywhere on the court apart from the two semi circles. The Goal Attack (GA) and Goal Shooter (GS), can move anywhere in the two attacking thirds.

Marking: When marking the player with the ball we must stand at least 3 steps away. If a defender invades the attackers space or makes contact with the attacker, a free pass is awarded to the attacking team.

Health Related Exercise

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test: A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Invasion – Football

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Referee: is an official who enforces the rules and is responsible for making sure that the game is played fairly. The referee will resolve any disagreements and their decision is final and should be respected.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

Through Ball: Is a pass made to create a shooting opportunity. The attacker in possession of the ball, passes it between opposing defenders, into open space that a team member can run onto.

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.

Gymnastics – Matching & Mirroring

Flow: This is when a gymnast moves from one action to another without stopping.

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Matching: Matching is where pupils perform exactly the same movements at the same time.

Mirroring: Mirroring is where pupils perform their movements creating a mirror image of each other.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other

Invasion – Tag Rugby

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Knock On: is an offence committed by the attacking team when the ball carrier or an attacker receiving a pass 'drops' the ball forwards towards their opponents try line.

Offside: occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker intercepts the first pass, this is known as offside.

Advantage: Advantage: is applied when an infringement occurs. Instead of stopping the game the referee can apply an 'advantage' to the non-offending if they have/gain possession and create an attack.

Formations: A formation describes how the attackers and defenders position themselves on the pitch.

Dance

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.

Emotion: refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.

Motif: is a series of movements that are repeated.

Rhythm: is a repeated pattern of movements or sounds.

Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to perform

Invasion – Hockey

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Attack: The aim of the game for the attackers is to score a goal. When a team are in possession of the ball they need to work together and apply their understanding of passing, moving and dribbling to create a shooting opportunity.

Defending: The aim of the game for the defenders is to prevent the attackers from scoring. When a team does not have possession they need to work together and apply their understanding of tackling, blocking and marking to gain back possession.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

Free Hit: A free hit is awarded when a foul occurs or the ball hits a players foot. The free hit is taken from where the violation took place.

OAA – Orienteering

Navigate: means to find a way through a planned course often by using a map.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a longterm goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Leadership: Leadership is the ability to guide members of your team towards achieving your goal.

Responsibility: is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Striking & Fielding – Rounders

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring a rounder.

Bowling: is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.

Run Out: A run out occurs when a batter running to a base fails to reach that particular base before the ball and is stumped or a batter overtakes another batter when running around the bases.

Outfielder: An outfielder is a player on the fielding team, not on a base or the backstop. An outfielder is responsible for catching and returning the ball to a base to prevent the batter from scoring a rounder.

Umpire: is an official who watches the game or match closely enforcing the rules and who is responsible for making sure that the game is played fairly.

Net / Wall – Tennis

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Doubles: is a match played by four players, two on either side of the court.

Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

Volley: Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.

Serve: Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.

Backhand: A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

Outwit: means using your intelligence to trick or out smart your opponent to win a point.

Striking & Fielding – Cricket

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Catching: means holding the ball with our hands that is hit or thrown to us. This includes holding a ball struck by a batter before it touches the ground.

Outwit: means using your intelligence to trick or out smart your opponent or the other team.

Batting: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

Strike: means hitting the ball with a bat with the purpose of scoring runs.

Out: is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.

Athletics

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

Evaluation: means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.

False Start: A false start is where an athlete begins a running race before they are permitted to do so.

Events: The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events.