

PE Year 5 Summer 1

Physical Competitions and Challenges

- Work effectively in a team with different players.
- Involve others in team games/competitions.
- Understand the use of substitutions and why they are used.
- Evade and dodge objects thrown at them.
- Use different tactics as a team to protect targets.
- Use effective teamwork to deal with problems.
- Communicate effectively to overcome a problem.
- Motivate, encourage, and support others with success.
- Perform various difficult exercises to improve fitness and succeed.
- Perform a variety of skills as part of a skills challenge showing accuracy and technique.
- Effectively show a development of skills to overcome a challenge.



Split the group into each box and explain that each box will have a different exercise to perform for 60 seconds with 30 seconds rest.

MVP



Each round, the teams will need to select their MVP and inform everyone who it is. If this person is hit, their team lose!

Question

Can you use tactics to overcome challenges?

Vocabulary

Work effectively, involve others, use substitutions, evade, dodge, tactics, protect, deal with problems, communicate effectively, motivate, encourage, support, succeed, accuracy, technique, develop skills.