

# SWIMMING YEAR 3

## STICKY KNOWLEDGE

- I know that swimming is good for your health and works the whole body
- I know that water safety and lifesaving are important life skills due to the dangers of water
- I know the name and the technique of the different swimming strokes – front crawl, breast stroke and backstroke
- I know that Rebecca Adlington is from Mansfield and won 2 gold and 2 bronze medals at the Olympics.
- I know that Trisha Zorn is the most successful Paralympic swimmer having won 55 medals and broken 8 world records.

**Trisha Zorn is an American  
paralympic swimmer,  
who has won 55 medals**



## VOCABULARY

**Co-ordination** – when your whole body moves together to perform a correct action

**Safety Rules** – rules put in place for your own safety

**Breast stroke** – when your arms are pushed forward and then swept back in a circular movement

**Backstroke** – performed on the back with the arms moving backwards out of the water in a circular movement

**Front crawl** – performed on your front with your arms coming forward out of the water one at a time

**Floats** – a piece of equipment designed to keep you afloat

**Rebecca Adlington (OBE) is a  
former Olympian having won  
2 gold medals in 2008.**



# BODY COMBAT YEAR 4

## STICKY KNOWLEDGE

- \* I know that a stimulus arouses the imagination and could be a piece of music, art or literature.
- \* I know that a dance phrase is a sequence of movements that link with fluency and accuracy.
- \* I know that during a dance you can change, speed, levels and actions.
- \* I know that unison means moving together and canon means moving one after the other.
- \* I know that choreography means to design dance phrases that fit in with the music.
- \* I know that to evaluate means to give opinions, make changes and to improve a performance.
- \* I know that an effective warm-up raises the heartrate and a cool down stretches and relaxes the body.
- \* I know that Diversity made a significant contribution to the popularity of street dance.

*Diversity – a British Street Dance Group who won Britian's Got Talent in 2007.*



## VOCABULARY

**Character** – dancing in role to reflect a fictional character

**Fluency** – movements that flow effortlessly from one to the next

**Imagination** – an activity that stimulates imagined ideas

**Improvise** – reacting to music in an individual and personal way

**Evaluate** – to give positives and negatives in order to improve

**Choreography** – to plan an ordered sequence of movements

**Communication** – to talk to each other so that ideas are shared

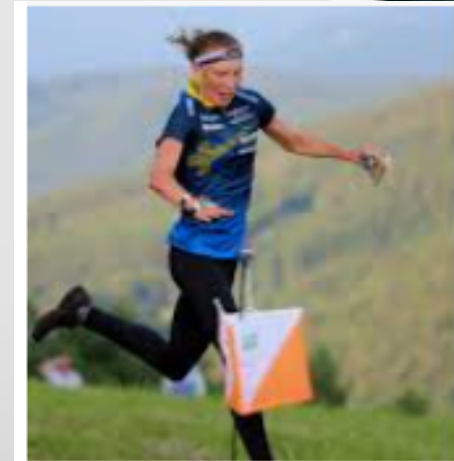
# YEAR 5

## STICKY KNOWLEDGE

- I know that a key on a map helps to orientate around a course.
- I know that control cones or markers are located on a map and provide clues.
- I know that to be successful a team needs to show resilience, speed, strength, stamina and teamwork.
- I know that evaluating the performance of others involves positive comments but also advice on how to improve.
- I know that compasses can be used and the 8 compass points are N S E W NW NE SW SE.
- I know that Tove Alexandersson is an orienteer, skyrunner and ski mountaineer.

## Orienteering

**Tove Andersson is a Swedish land and ski orienteer who has won a total of 25 gold medals.**



## VOCABULARY

**Resilience** – the ability to keep going even when things are difficult and the odds against you

**Evaluation** – reflecting on performance and ways to improve

**Compass** – a piece of navigation equipment using the 8 compass points

**Informed decisions**

**Control** – points located on a map where a clue can be found

# NETBALL YEAR 6

## STICKY KNOWLEDGE

- I know that netball is an invasion game
- I know that a successful team uses tactics, communication and has an awareness of defence and attack.
- I know the name of different throws – chest, shoulder, overarm and bounce
- I know the footwork rules – landing on 2 feet, you can take a step with either/landing on 1 foot you can only pivot on that foot
- I know when attacking I need to find space and pass within 3 seconds
- I know when defending I need to put pressure on the player with the ball
- I know the link between warming up and injuries
- I know that Amelianne Ekenasio is the New Zealand Netball captain



## Vocabulary

**Strategy**– a plan of action to achieve a specific goal

**Direction of Play** – the direction in which the game is flowing

**Intercept** – taking possession of the ball by interrupting a pass between the opposition

**Tactics** – a particular manoeuvre to gain an advantage

**Dodging/sidestepping** – moving feet sideways to dodge around the opposition

**Defence/attack** – to stop scoring/ to try and score

**Evaluation** – making a judgement about how good an activity is being performed

**Amelianne Ekenasio is the captain of the New Zealand netball team (World champions).**

# Orienteering

YEAR 6

## STICKY KNOWLEDGE

- I know that orienteering is an adventurous activity that is mentally and physically challenging.
- I know that equipment includes maps, controls and compasses.
- I know that success relies on good communication, collaboration, the giving of roles, perseverance and effective teamwork.
- I know that when planning a course for others to follow you need to plan, prepare a map, organise the controls, decide on activities and prepare answers.
- I know Karen Drake is a wheelchair user who competes in the British orienteering team and promotes the development of inclusive expeditions and outdoor sport.

## VOCABULARY

**Improved technique**– the ability to perform skills in the correct and accomplished way., yet always striving to improve  
**Personal Performance** – how you yourself performed within the team

**Feedback**– to offer advice and areas for improvement to others

**Evaluation** – making judgements about a performance, looking at the strengths and weaknesses

**Perseverance** – keeping going even when you are not likely to win.



**Karen Drake is a member of the paralympic British Trail Orienteering Team.**