

YEAR 3

STICKY KNOWLEDGE

- * I know that all games need rules so that they can be played fair.
- * I know to have 'W' hands when I am catching a ball.
- * I know when throwing underarm I need to swing my arm to the front of my body transferring my weight from back foot to front foot.
- * I know when throwing overarm I stand side on and step towards the target with my arm at shoulder height
- * I know that you can improve by listening to others and setting targets
- * I know that it is important to warm up so that muscles aren't sore and you don't get injured. I know that exercise makes our heart beat faster, makes us sweat and makes us breathe more heavily.

Striking and Fielding

Brian Lara is a Trinidadian cricketer who is thought to be one of the greatest batsmen of all time.



VOCABULARY

batting - hitting a ball to score points

underarm - an underarm swing over a short distance

overarm - an overarm swing over a long distance

link movements – movements that follow on from each other to perform a skill

stamina – the mental and physical ability to keep going

space – an area around you away from others

Competitive - having the will to success

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, breathstroke 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

Breathstroke – 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.**



Year 4 Orienteering

STICKY KNOWLEDGE

- * I know that a map has a key that identifies features around a course.
- I know that performance can be improved by improving the time of completion.
- I know that within a team there are many roles and that collaboration is essential.
- I know that evaluating a performance involves watching and offering suggestions and ideas for improving.
- I know the importance of strength and determination in order to finish a course.

Olav Lundanes is a Norwegian orienteer who has won 10 gold Medals in the World Orienteering Championships.



VOCABULARY

Physical challenge – a challenge that involves moving around and pushing yourself physically.

Roles within a team – when team members take on different jobs to complete the task.

Informed decision – making decisions that are based on information.

Completion time – the time it takes to finish a course.

Modify– to make changes so as to improve.

Collaborate – sharing ideas for the success of the team

Co-operate – working amicably together so everyone is involved.

Orienteering course – a course that involves following a map, has a clear start and finish and a series of control points.

YEAR 4

Tennis

STICKY KNOWLEDGE

- * I know that tennis is a net game.
- I know the basic grip for a racket means forming a v with your forefinger and thumb.
- I know to hit a ball using forearm in tennis you turn sideways, keep your eye on the ball and swing your arm smoothly and continuously.
- I know that a rally is 3 or more passes.
- I know that rules need to be followed for a game to be fair and that tactics can cause problems for the opposition.
- I know that performances can be improved by listening to suggestions from others.
- I know that Boris Becker was a German tennis player who, at 17, was the youngest to ever win at Wimbledon.
- * I know that Steffi Graf dominated women's tennis in the 1990s.



Steffi Graf, a German, dominated women's tennis in the 1990s.



Boris Becker became the youngest ever winner of Wimbledon at the age of just 17.

Vocabulary

Grip – how you hold the tennis racket

Adapt – to make changes to your game in order to win

Rally – continuous hitting of the ball between 2 players before going out of play

Opponent – the person who you are playing against.

YEAR 5

Tennis

STICKY KNOWLEDGE

- * I know that tennis is a net game.
- * I know that a tennis ball can be hit with either the forehand or the backhand.
- * I know that to grip a racket correctly my thumb should be at the top as if I was shaking a hand.
- * I know that to improve performance you should listen to advice and set yourself targets.
- * I know that warming up involves an increased blood supply to the muscles, which is important to avoid injury.
- * I know that physical activity is not only good for your heart but also your mental well being.
- * I know that Andy Murray won Wimbledon twice in 2013 and 2016, the first British male to do so in 77 years.
- * I know that Serena Williams revolutionised women's tennis with her powerful style and for winning 23 single titles, more than any other woman.

Vocabulary

Grip – how you hold the tennis racket

Technique – using specific movements to perform a skill correctly

Strike – how you hit the ball, which is either forehand or backhand

Tactics – a particular manoeuvre to gain an advantage

Stamina – having the ability to keep going even when you are tired or the game is going against you.



Serena Williams won 23 singles titles.



Andy Murray is a British tennis player who has won Wimbledon twice.