



## KS2 PE Showcase Spring Term, 2015

Welcome to Provo Primary's annual KS2 PE showcase. During the term, the children are working on a range of sports that they will rotate through each half term. This first half term, basketball has been the focus sport for Years 5 and 6 and gymnastics and volleyball for Years 3 and 4. Today we will be showcasing basketball and gymnastics skills. Unfortunately, we will not showcase volleyball due to issues with facilities. We hope you enjoy! Any questions please feel free to ask!

### Years 5/6 Basketball

This half term, Years 5 and 6 have been taking part in a series of basketball sessions together with Mr. Jason and Miss Cara. They have been working on a variety of skills that have enabled them to play in a 4v4 tournament here today.

The children have been taught a range of **defensive skills** such as: shielding the ball with their elbows, marking a player tightly, one person blocking and recovering the ball.

With regards to **offensive skills**, the children are aware of scoring 2 and 3 points and knowing when each is appropriate. You may notice the children scoring through a variety of shots (a one handed shot, jump shot and lay up).

They have also worked on developing their passing techniques; bounce passes, one handed passes and chest passes have all been practiced.

We hope you enjoy watching the tournament and keep a close eye on the skills mentioned above.



# Years 3/4 Gymnastics



This half term, the children in Years 3 and 4 have been working with Ms Shara and Miss Mani on developing their gymnastics skills.

The children have been using the floor and apparatus to create and perform a sequence of contrasting actions. They have been focusing on showing extensions when balancing, and flow when transferring weight. They have also been practicing control on a range of apparatus. Each session, the children are encouraged to improve the quality of their movements.

As you will see, the children are working extremely hard on the three areas of: balance, movement and control.

# Years 3/4 Volleyball

Following our visit last term from a Brazilian International Volleyball Coach, we at Provo Primary have capitalized on this training! This half term, Years 3 and 4 have been learning the key skills to play volleyball with Mr. George. They have been taught the 4 basic shots - the serve, the dig, the volley and the most popular of all the spike. The four shots and their individual skills are below:

- Serve – use palm (overarm) or use wrist (underarms) and follow through. Don't punch or slap ball– swing .
- Dig – use the wrist not the hands, flat base, wide cog, bend knees and follow through.
- Volley – fingertips, wide cog, bend knees, straighten into the shot and follow through.
- Spike – big jump, open heel of hand, transfer weight and follow through.

The children started off working in pairs to learn and practise these shots. They then applied them in an adapted volleyball game format. The main adaptation to the game has been that a point is awarded when the ball bounces twice, instead of once.

