

## Year 5 - Physical Education

| Autumn 1   | Autumn 2  | Spring 1   | Spring 2  | Summer 1   | Summer 2   |
|--|---|--|---|--|--|
| <b>Badminton</b>   | <b>Dance</b>  | <b>Swimming</b>  | <b>Swimming</b>   | <b>Handball</b>  | <b>Fitness</b>   |
| <ul style="list-style-type: none"> <li>Consider attacking principles when serving</li> <li>Consider attacking principles when exploring an underarm return</li> <li>Consider attacking principles when exploring the overhead forehand</li> <li>Play competitively by selecting and applying skills and tactics</li> <li>Apply rules, skills and tactics to play in a game/tournament</li> </ul> | See dance website page.   | See swimming website page.   | See swimming website page.  | <ul style="list-style-type: none"> <li>Send and receive under pressure</li> <li>Select skills to create space and move towards goal, away from defenders</li> <li>Combine attacking skills to create shooting opportunities and use defensive skills to gain possession</li> <li>Defend as a team, denying space and gaining possession</li> <li>Apply rules, tactics, skills and principles to play in a game/tournament</li> </ul> | <ul style="list-style-type: none"> <li>Understand how speed, strength, agility, balance co-ordination and stamina help in other activities and apply this</li> </ul>   |
| <b>Dodgeball</b>   | <b>Hockey</b>   | <b>Gymnastics</b>  | <b>OAA</b>  | <b>Athletics</b>   | <b>Tennis</b>  |
| <ul style="list-style-type: none"> <li>Develop throwing, dodging, catching and blocking skills and apply them appropriately to the situation</li> <li>Understand the need for tactics and identify how to create and use them</li> <li>Apply rules, skills and tactics when playing in a game/tournament</li> </ul>  | <ul style="list-style-type: none"> <li>Use attacking skills to beat a defender</li> <li>Send and receive under pressure</li> <li>Take the ball towards a goal by communicating with the team and moving into a space</li> <li>Learn defensive techniques and use defending tactics to gain possession</li> <li>Apply rules, skills and principles to play in a game/tournament</li> </ul> | <ul style="list-style-type: none"> <li>Perform interesting symmetrical and asymmetrical balances including using apparatus</li> <li>Develop straight, forward, straddle and backwards roll and embed within a sequence</li> <li>Explore different travelling actions using both canon and synchronisation and begin to link these</li> <li>Perform progressions of inverted movements</li> <li>Explore matching and mirroring in sequence work both on the floor and on apparatus</li> </ul> | <ul style="list-style-type: none"> <li>Develop strong communication and negotiation skills to solve challenges</li> <li>Develop planning and problem-solving skills</li> <li>Share ideas and work as a team to solve problems</li> <li>Develop navigation skills and map reading</li> <li>Create and follow a key and route on a map</li> </ul> | <ul style="list-style-type: none"> <li>Apply different speeds over distances and show an understanding of pace</li> <li>Develop fluency and co-ordination when running for speed</li> <li>Develop technique in relay changeovers</li> <li>Build momentum and power in the triple jump</li> <li>Develop throwing with force for longer distances</li> <li>Develop throwing with greater control and technique</li> </ul>              | <ul style="list-style-type: none"> <li>Return the ball using forehand and backhand groundstroke under pressure</li> <li>Keep a continuous rally going using a variety of shots</li> <li>Understand the rules of serving and develop the underarm serve</li> <li>Develop the volley and understand when to use it</li> <li>Apply rules, skills and principles to play against an opponent in a match</li> </ul> |

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|  |  | <ul style="list-style-type: none"><li>• Create both a partner and group sequence using apparatus</li></ul> |  |  |  |
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