



What are the aims and intentions of this curriculum?

That children:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of swimming strokes effectively
- perform safe self-rescue in different water-based situations

Term	Topic	Knowledge	Skills	Vocabulary
Autumn 1	Tag Rugby	<ul style="list-style-type: none"> • To know what position to take when passing left and right • To know how to close space when defending • To know what a 'knock on' and 'forward' are • To know the offside rule • To know how to organise an attacking and defensive formation 	<ul style="list-style-type: none"> • To grip a ball • To tag an opponent safely • To pass correctly to the right and left • To score a try • To attack in staggered lines • To take up a position in order to receive a pass • To apply attacking and defensive skills to complete in a game 	<ul style="list-style-type: none"> • Tag • Offside • pop pass • pocket pass • try • attacking formation • defensive formation • knock on • ran out
Autumn 1	Gymnastics – Under and Over	<ul style="list-style-type: none"> • To know what an arch and bridge are • To know how to leapfrog safely • To know how to vary speed of movements to demonstrate contrast 	<ul style="list-style-type: none"> • To roll over a partner • To recognise the need for momentum to perform forward and backwards rolls • To form strong arches and bridges 	<ul style="list-style-type: none"> • Arch • Bridge • Leapfrog • Roll



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		<ul style="list-style-type: none"> To know how to refine sequences to improve quality To know how to perform to an audience 	<ul style="list-style-type: none"> To leapfrog others safely To create opportunities for others to travel over and under To travel in a variety of ways over apparatus To travel over a partner by taking weight on hands To perform with good technique and transitions 	<ul style="list-style-type: none"> take weight sequence
Autumn 2	Dance – Dance through the ages	<ul style="list-style-type: none"> To know how to use canon, formation changes, direction and level to improve a motif To know how to recognise good timing, execution and performance skills 	<ul style="list-style-type: none"> To perform in unison with others To create a sequence with defined starting and finishing points To create a sequence involving different formations and pathways To create a sequence involving flight To use choreography to create a sequence To spin on a variety of points and patches To travel on different body parts To create sequences with pathways that cross 	<ul style="list-style-type: none"> Unison Transition Mirroring Canon Pathways Formation Points patches
Autumn 2	Dodgeball	<ul style="list-style-type: none"> To know to aim low to get an opponent out To know that by moving around it is harder to be hit To know when it is appropriate to attempt to catch a ball To know suitable tactics for when a team has a low number of players remaining 	<ul style="list-style-type: none"> To throw the ball hard and low To dodge balls To catch balls thrown at pace To use a ball for blocking To chose suitable moments for attacking and defending To communicate effectively with other team members 	<ul style="list-style-type: none"> Dodge Block Catch Attack Defend Communication Tactics



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Spring 1	Danish Longball	<ul style="list-style-type: none"> • To know the position to get into to throw well • To know the importance of anticipation in sport and reading others' body language • To know how to take responsibility for taking a high catch • To know to play with composure when under pressure • To know how to find space and be aware of others • To know that having too many people shouting instructions can be confusing • To know the importance of having great communication 	<ul style="list-style-type: none"> • To throw with accuracy at a still target • To pick up a ball on the run • To act decisively under pressure • To send and receive whilst on the run • To make decisions in the heat of a game • To intercept a ball • To track an opponent's run • To disguise a throw • To work effectively as part of a team • 	<ul style="list-style-type: none"> • Accuracy • Position • Track • Communicate • Anticipate • body language • composure
Spring 1	Invasion Games skills 4	<ul style="list-style-type: none"> • To know how to travel with head up • To know that a better view of the pitch can be viewed from wide and sideways on • To know that sometimes it is better to go backwards with the ball when nobody is free forwards • To know when to attack and when not to • To know how to create space for teammates • To know that there are different ways to defend • To know strategies for coping with fewer players • To communicate with fellow attackers to confuse defenders 	<ul style="list-style-type: none"> • To dodge • To be aware of the position of others • To adopt a sideways position to receive the ball • To overlap and underlap • To make runs to overload the opponents defence • To track an opponent • To pass attackers on to other defenders when they run across the pitch • To make diagonal runs to confuse defenders 	<ul style="list-style-type: none"> • Travelling • Marking • Overload • Overlap • Underlap • Tracking • low press • zone • narrow the angle



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Spring 2	Gymnastics – synchronisation and Canon	<ul style="list-style-type: none"> To know how to coordinate moves in time with a partner To know what counter tension balances are To know what unison and canon are To know how to work in symmetry and asymmetrically To know how to work cooperatively and collaboratively with others To know how to perform to an audience 	<ul style="list-style-type: none"> To slide, scramble, push and spin To perform in canon to a consistent tempo To create a sequence working at different levels and different dynamics To perform balances on patches and in unison To perform in a group demonstrating change of level, speed and direction To perform a routine as a group displaying canon and unison 	<ul style="list-style-type: none"> Coordinate Canon Unison Tension collaborate speed level direction
Spring 2	Swimming	<ul style="list-style-type: none"> To know how to perform a variety of strokes (front crawl, breaststroke, backstroke, butterfly) To know how to tread water To know how to push and glide To know how to perform a tuck float To know how to perform a safe and controlled exit from the pool 	<ul style="list-style-type: none"> To tread water for 30 seconds To swim a recognised front stroke for 25m To swim a recognised back stroke for 25m To push and glide and swim a minimum of 25m To perform a safe entry and exit from the pool To float on back for 60 seconds 	<ul style="list-style-type: none"> Push Glide Skull Submerge Controlled Tread front crawl backstroke butterfly breast stroke tuck float
Summer 1	Cricket	<ul style="list-style-type: none"> To know to slide the bat over the crease when running To know how to grip the bat correctly To know which ground fielding technique to use and why To know which calls to make when batting To know that the batsman can leave the crease to strike the ball 	<ul style="list-style-type: none"> To catch under pressure To throw accurately overarm To pull a ball from a short delivery to leg side To bowl from the crease line To bowl with a run up To bowl with consistent accuracy and length 	<ul style="list-style-type: none"> Crease Wicket Overarm ground fielding overthrow square cut leg side offside



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		<ul style="list-style-type: none"> To know the importance of communication when batting 	<ul style="list-style-type: none"> To show tactical awareness as a fielder To play a square cut shot 	<ul style="list-style-type: none"> fielding
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Summer 2	Athletics	<ul style="list-style-type: none"> To know how to control running over middle distances To know how to position the body sideways when throwing To know how the non throwing arm is helpful when throwing To know the technique for triple jump To know how to hurdle efficiently To know the position to be in when receiving a baton 	<ul style="list-style-type: none"> To sustain running pace over longer distances To throw with power and accuracy using the pull technique To perform the correct technique for triple jump To combine sprinting with hurdling To transfer a relay baton to a teammate 	<ul style="list-style-type: none"> Pace Sustain pull technique take off foot lead leg transfer
Summer 2	<u>Basketball</u>	<ul style="list-style-type: none"> To know how to protect the ball using your body To know how to create space to receive a pass To know how to defend against an attacking player To know the difference between man v 	<ul style="list-style-type: none"> To control a basketball with both hands To protect the ball when under pressure To pass the ball with good technique To vary speed and direction to get passed opponents To mark a player To mark the correct area of the court to limit opportunities 	<ul style="list-style-type: none"> Dribble Shoot bounce pass chest pass, BEEF (balance, elbow, eye line, follow through) man v man defence



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		<p>man and zone defence</p> <ul style="list-style-type: none">• To know how to work as a team to create shooting opportunities• To know how to communicate with teammates	<ul style="list-style-type: none">• To dribble, pass and shoot the basketball during a competitive game	<ul style="list-style-type: none">• zone defence
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