



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



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



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Spring 1	Invasion Games skills 4	<ul style="list-style-type: none"> <li>• To know how to travel with head up</li> <li>• To know that a better view of the pitch can be viewed from wide and sideways on</li> <li>• To know that sometimes it is better to go backwards with the ball when nobody is free forwards</li> <li>• To know when to attack and when not to</li> <li>• To know how to create space for teammates</li> <li>• To know that there are different ways to defend</li> <li>• To know strategies for coping with fewer players</li> <li>• To communicate with fellow attackers to confuse defenders</li> </ul>	<ul style="list-style-type: none"> <li>• To dodge</li> <li>• To be aware of the position of others</li> <li>• To adopt a sideways position to receive the ball</li> <li>• To overlap and underlap</li> <li>• To make runs to overload the opponents defence</li> <li>• To track an opponent</li> <li>• To pass attackers on to other defenders when they run across the pitch</li> <li>• To make diagonal runs to confuse defenders</li> </ul>	<ul style="list-style-type: none"> <li>• Travelling</li> <li>• Marking</li> <li>• Overload</li> <li>• Overlap</li> <li>• Underlap</li> <li>• Tracking</li> <li>• low press zone</li> <li>• narrow the angle</li> </ul>
Spring 2	Gymnastics – synchronisation and Canon	<ul style="list-style-type: none"> <li>• To know how to coordinate moves in time with a partner</li> <li>• To know what counter tension balances are</li> <li>• To know what unison and canon are</li> <li>• To know how to work in symmetry and asymmetrically</li> <li>• To know how to work cooperatively and collaboratively with others</li> <li>• To know how to perform to an audience</li> </ul>	<ul style="list-style-type: none"> <li>• To slide, scramble, push and spin</li> <li>• To perform in canon to a consistent tempo</li> <li>• To create a sequence working at different levels and different dynamics</li> <li>• To perform balances on patches and in unison</li> <li>• To perform in a group demonstrating change of level, speed and direction</li> <li>• To perform a routine as a group displaying canon and unison</li> </ul>	<ul style="list-style-type: none"> <li>• Coordinate</li> <li>• Canon</li> <li>• Unison</li> <li>• Tension</li> <li>• collaborate</li> <li>• speed</li> <li>• level</li> <li>• direction</li> </ul>
Spring 2	Swimming	<ul style="list-style-type: none"> <li>• To know how to perform a variety of strokes (front crawl, breaststroke, backstroke, butterfly)</li> <li>• To know how to tread water</li> </ul>	<ul style="list-style-type: none"> <li>• To tread water for 30 seconds</li> <li>• To swim a recognised front stroke for 25m</li> <li>• To swim a recognised back stroke for</li> </ul>	<ul style="list-style-type: none"> <li>• Push</li> <li>• Glide</li> <li>• Skull</li> </ul>



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		<ul style="list-style-type: none"> <li>To know how to push and glide</li> <li>To know how to perform a tuck float</li> <li>To know how to perform a safe and controlled exit from the pool</li> </ul>	<p>25m</p> <ul style="list-style-type: none"> <li>To push and glide and swim a minimum of 25m</li> <li>To perform a safe entry and exit from the pool</li> <li>To float on back for 60 seconds</li> </ul>	<ul style="list-style-type: none"> <li>Submerge</li> <li>Controlled</li> <li>Tread</li> <li>front crawl</li> <li>backstroke</li> <li>butterfly</li> <li>breast stroke</li> <li>tuck float</li> </ul>
Summer 1	Cricket	<ul style="list-style-type: none"> <li>To know to slide the bat over the crease when running</li> <li>To know how to grip the bat correctly</li> <li>To know which ground fielding technique to use and why</li> <li>To know which calls to make when batting</li> <li>To know that the batsman can leave the crease to strike the ball</li> <li>To know the importance of communication when batting</li> </ul>	<ul style="list-style-type: none"> <li>To catch under pressure</li> <li>To throw accurately overarm</li> <li>To pull a ball from a short delivery to leg side</li> <li>To bowl from the crease line</li> <li>To bowl with a run up</li> <li>To bowl with consistent accuracy and length</li> <li>To show tactical awareness as a fielder</li> <li>To play a square cut shot</li> </ul>	<ul style="list-style-type: none"> <li>Crease</li> <li>Wicket</li> <li>Overarm</li> <li>ground fielding</li> <li>overthrow</li> <li>square cut</li> <li>leg side</li> <li>offside</li> <li>fielding</li> </ul>
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<p>Summer 2</p>	<p>Athletics</p>	<ul style="list-style-type: none"> <li>• To know how to control running over middle distances</li> <li>• To know how to position the body sideways when throwing</li> <li>• To know how the non throwing arm is helpful when throwing</li> <li>• To know the technique for triple jump</li> <li>• To know how to hurdle efficiently</li> <li>• To know the position to be in when receiving a baton</li> </ul>	<ul style="list-style-type: none"> <li>• To sustain running pace over longer distances</li> <li>• To throw with power and accuracy using the pull technique</li> <li>• To perform the correct technique for triple jump</li> <li>• To combine sprinting with hurdling</li> <li>• To transfer a relay baton to a teammate</li> </ul>	<ul style="list-style-type: none"> <li>• Pace</li> <li>• Sustain</li> <li>• pull technique</li> <li>• take off foot</li> <li>• lead leg</li> <li>• transfer</li> </ul>
<p>Summer 2</p>	<p><u>Basketball</u></p>	<ul style="list-style-type: none"> <li>• To know how to protect the ball using your body</li> <li>• To know how to create space to receive a pass</li> <li>• To know how to defend against an attacking player</li> <li>• To know the difference between man v man and zone defence</li> <li>• To know how to work as a team to create shooting opportunities</li> <li>• To know how to communicate with teammates</li> </ul>	<ul style="list-style-type: none"> <li>• To control a basketball with both hands</li> <li>• To protect the ball when under pressure</li> <li>• To pass the ball with good technique</li> <li>• To vary speed and direction to get passed opponents</li> <li>• To mark a player</li> <li>• To mark the correct area of the court to limit opportunities</li> <li>• To dribble, pass and shoot the basketball during a competitive game</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble</li> <li>• Shoot</li> <li>• bounce pass</li> <li>• chest pass, BEEF (balance, elbow, eye line, follow through)</li> <li>• man v man defence</li> <li>• zone defence</li> </ul>