Our PE journey in Year 5



At the end of Y5 I am now ready to move into Y6, where I can further develop my skills and extend my knowledge of how to live a healthy, active lifestyle, with a love of sport!

Perform athletic throwing events with some technique.

Racket

sports

Perform a smooth baton transition in a relay race situation.

Key Words:

- Coordinate
- Smooth
- Rotate

Endurance



Athletics

Try to rally

partner

working with a



Use a range of

the situation

Bowl in a

practice

situation

throwing relevant to

Show leadership and teamwork through organising, managing and leading athletic events.

Be able to strike the ball when bowled accurately to

them

Perform sprint and long distance runs, maintaining smooth arm/leg technique and increase speed/head movement over finish line.

Understand the difference of hitting a

ball 'in' and 'out'.

Applying key

Key words

Service Box

skills into a

game situation.

- Service Line
- Top Spin **Back Spin**
- T of the court
- Tram lines
- Diagonal
- Volley

the course.

Key Words Orientate Plan with team to choose the Locate best route choice to complete Handrail

Attack Point Catching Feature Scale

Aiming Off

Estimate distance and time



Key words **Overarm Bowl**

- **Decision Making**
- Run Out
- Caught Out
- Stumped
- Hit Wickets/Mid Wicket
- Obstruction
- Triangle Half rounder

I can create a

singles and pairs

to a performance

Key words

Poise Flexibility Flow

Take off

routines leading up

Long barrier

I can peer and

Work safety on

apparatus.

peer-assess

Use and apply sport specific

rules.

Summer **Term**

Perform a range of rolls, balances and jumps with control

Key words

Work as a small

navigation tactics.

group to find a

feature using

- Create
- Sequence
- Effective
- Partnership
- Characteristics
- Expressions **Emotions**
- Feedback
- Adapt
- Refine Rhythm

Performing a range of dances

using a range of movement

patterns.

copying and creating in groups,

Create & perform dances in a variety of styles, consistently, in small groups.

Be able to take part in a fitness circuit_

Understand and

and level of fitness

explain the effects of

exercises on my body

Key words

- Motivation
 - Muscular strength Muscular
- endurance
- Physical fitness
- **Biceps**
- Triceps Static stretch

Abdominals Repetition

Fitness

fairly

Be able to plar

and lead a war

Umpire/referee

Present Cartwheel Support

Key words

Apparatus

- **BEEF** Defend
- Attack
- Dodge
- Contact

Set shot Stealing



I can perform pair balances with control

Apply the rules of travelling, double dribble

and contact in a game

Be able to dribble in order to support a scoring opportunity.

Key Words

- Listen
- Demonstrate

Term

- Verbaland non verbal
- Planning
- Equipment
- Organisation
- Fun

nvasion

eadership

Plan and lead to other students in your class

sessions are

organised, fun

and for everyone

Work collaboratively with your peers

defender to receive a pass.

Lose a

Use all three

shoulder &

bounce) correctly

Key words passes (chest,

- Centre Contact
- Dodge
- Footwork rule
- Goal attack Goal defense

Land with the

and balance

correct footwork

and catch the ball

before they pass

- High 5
- Pivot Wing attack

Wina defense

to a teammate over different distances.

speed and in different directions.

Stop/control a

ground and in

ball on the

the air.

Key Words

- Instep Passing

- Defending

Marking

Term





Autumn

Make a series of passes Dribble at different

Attacking

Dribble

Control Shoot