

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.

Perform a smooth baton transition in a relay race situation.

Key Words:

- Coordinate
- Smooth
- Rotate
- Endurance

Athletics



Try to rally working with a partner

Applying key skills into a game situation.

Key words

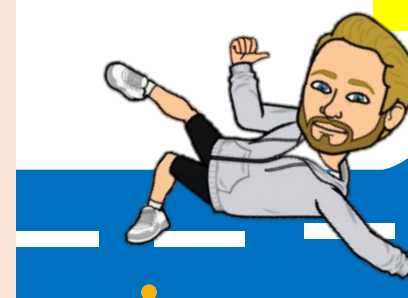
- Service Box
- Service Line
- Top Spin
- Back Spin
- T of the court
- Tram lines
- Diagonal
- Volley



Key Words

- Orientate
- Locate
- Handrail
- Aiming Off
- Attack Point
- Catching Feature
- Scale
- Estimate distance and time
- Compass

OAA



Key words

- Motivation
- Muscular strength
- Muscular endurance
- Physical fitness
- Biceps
- Triceps
- Static stretch
- Abdominals
- Repetition

Be able to plan and lead a warm up.

Fitness

Understand and explain the effects of exercises on my body and level of fitness

Ensure your sessions are organised, fun and for everyone

Plan and lead to other students in your class

Work collaboratively with your peers

Umpire/referee fairly

Leadership

Key Words

- Listen
- Demonstrate
- Verbal and non verbal
- Planning
- Equipment
- Organisation
- Fun

Aesthetics

Performing a range of dances copying and creating in groups, using a range of movement patterns.

Work safety on apparatus.

I can peer and peer-assess



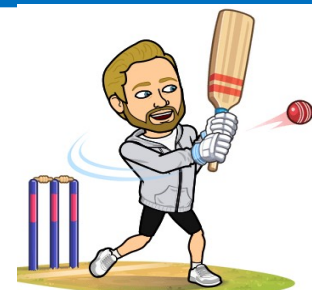
Key words

- Take off
- Poise
- Flexibility
- Flow
- Present
- Cartwheel
- Support
- Apparatus

I can create a singles and pairs routines leading up to a performance

Perform a range of rolls, balances and jumps with control

Striking and fielding



Use and apply sport specific rules.

Bowl in a practice situation

Key words

- Overarm Bowl
- Decision Making
- Run Out
- Caught Out
- Stumped
- Hit Wickets/Mid Wicket
- Obstruction
- Triangle
- Half rounder
- Long barrier

Key words

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

Spring Term

Invasion games



Stop/control a ball on the ground and in the air.

Land with the correct footwork and catch the ball and balance before they pass

Apply the rules of travelling, double dribble and contact in a game

Know how to shoot using a set shot

Key words

- BEEF
- Defend
- Attack
- Dodge
- Set shot
- Stealing
- Contact

Lose a defender to receive a pass.

Use all three passes (chest, shoulder & bounce) correctly

Key words

- Centre
- Contact
- Dodge
- Footwork rule
- Goal attack
- Goal defense
- High 5
- Pivot
- Wing attack
- Wing defense

Make a series of passes to a teammate over different distances.

Dribble at different speed and in different directions.

Key Words

- Instep Passing
- Control
- Shoot
- Defending
- Marking
- Attacking
- Dribble
- Laces

Autumn Term

