

Year 5 Physical Education Overview – Curriculum Plan

At GJHA we aim to promote a high-quality physical education curriculum which inspires all pupils to succeed and excel in both competitive and non-competitive sport and other physically demanding activities. Our vision is to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

All pupils will attend 10 consecutive swimming lessons across a period of 10 days in year 5. With a catch up block offered in year six for those pupils not reaching the NC expectation - *Swim competently, confidently and proficiently over a distance of at least 25 metres (at the end of KS2) use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and show confidence in personal water safety*

Orienteering - Outdoor and adventurous activity delivered through HRF and activity days
Intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group

Year	Areas	Term 1	Term 2	Term 3
5 PE	Content	<p>Invasion games/outwitting – FOOTBALL introduction to keeping possession, attacking and defending, shooting and simple team tactics and strategies <i>Develop passing and catching skills, movement, use of space, marking and apply basic principles suitable for attacking and defending</i></p> <p>Net and Wall - TABLE TENNIS - Individual skills, hand eye-co-ordination, simple movement around table <i>Ball handling, movement patterns, forehand, backhand, serve, rallying</i></p>	<p>Health Related Fitness – Importance of a healthy lifestyle, understanding of the cardiovascular system and safety when exercising <i>Warm up, cool down, monitoring heart rate and recover using sports hall athletics as a theme</i></p> <p>Replication of Movement – GYMNASTICS/MOVEMENT STUDIES - Travel, balance, roll, jumps, sequencing and motifs and the use of low level apparatus</p>	<p>Athletics – SPORTS HALL ATHLETICS - Long jump, hurdles, sprinting, middle distance running, 60>400m ball throw, multi skills ABC's <i>Use running, jumping, throwing and catching in isolation and in combination</i></p> <p>Striking and Fielding - ROUNDERS – individual skills, modified games and full rounders <i>Catching and throwing skills Striking skills, batting, bowling</i></p>

		<p>Invasion games/outwitting – RUGBY introduction to keeping possession, passing and receiving, attacking and defending, scoring and simple team tactics and strategies. <i>Develop passing and catching skills, movement, use of space, marking and apply basic principles suitable for attacking and defending</i></p> <p>Net and Wall – BISSY BADMINTON - Individual and pairs challenges through skills circuits <i>Hand eye co-ordination, racket skills, forehand, backhand ABC's, simple attacking and defending, serve and modified games</i></p> <p>Compare their performances own performance with that of previous outcomes and demonstrate improvement to achieve their personal best. Evaluate other pupils performances and provide constructive feedback</p>	<p><i>Develop flexibility, strength, technique, control and balance as an individual, pair and team</i></p> <p>Invasion games/outwitting – BASKETBALL/NETBALL - introduction to keeping possession, attacking and defending, shooting and simple team tactics and strategies <i>Develop passing and catching skills, movement, use of space, marking and apply basic principles suitable for attacking and defending</i></p> <p>Compare their performances own performance with that of previous outcomes and demonstrate improvement to achieve their personal best. Evaluate other pupils performances and provide constructive feedback</p>	<p><i>and fielding skills, continuous rounders, beat the ball, pairs rounders, quick rounders</i></p> <p>Striking and Fielding - CRICKET - Individual skills and team work <i>Batting, bowling and fielding skills - Kwik Cricket, 4/6/8 cricket, diamond cricket.</i></p> <p>Compare their performances own performance with that of previous outcomes and demonstrate improvement to achieve their personal best. Evaluate other pupils performances and provide constructive feedback</p>
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	Literacy link	Rules and regulations, articulation when observing performance and feeding back to peers	Rules and regulations, articulation when observing performance and feeding back to peers	Rules and regulations, articulation when observing performance and feeding back to peers
	Assessment	<p>Assessment areas : performance, knowledge of rules, observation and analysis, ability to coach and help peers, tactics and evaluation skills</p> <p>Physical and performance skills will be assessed through competition and knowledge will be assessed through a number of FROG quizzes</p>	<p>Assessment areas : performance, knowledge of rules, observation and analysis, ability to coach and help peers, tactics and evaluation skills</p> <p>Physical and performance skills will be assessed through competition and knowledge will be assessed through a number of FROG quizzes</p>	<p>Assessment areas : performance, knowledge of rules, observation and analysis, ability to coach and help peers, tactics and evaluation skills</p> <p>Physical and performance skills will be assessed through competition and knowledge will be assessed through a number of FROG quizzes</p>
	Cross curricular links	Speaking and listening, numeracy, science	Speaking and listening, numeracy, science, music	Speaking and listening, numeracy, science