LONGTON LANE PRIMARY SCHOOL SUBJECT: PE YEAR 5

 *‘Believe and Achieve’*

Acquiring and Developing Skills Evaluating and Improving Health and Fitness Dance Games Gymnastics Athletics Outdoor Adventure Swimming

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| National Curriculum Subject Contentuse running, jumping, throwing and catching in isolation and in combination (6)play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending (7)develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] (8)perform dances using a range of movement patterns (9)take part in outdoor and adventurous activity challenges both individually and within a team (10)compare their performances with previous ones and demonstrate improvement to achieve their personal best. (11)Swimming and water safetyswim competently, confidently and proficiently over a distance of at least 25 metres (12)use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] (13)perform safe self-rescue in different water-based situations. (14) |

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| Autumn 1 | **GAMES- RUGBY- SAINTS (6 7 8 11)**Understand and show how a team can retain possession and move towards an opponent’s goalUse a range of skills to move with, pass and receive a ball.Demonstrate a range of skills using feet or equipment to pass, receive and dribbleUse a number of techniques to pass, dribble and shootRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important | **GYMNASTICS NORTHERN STARR (shapes/ balance/ rolls/ jump (static/ travelling on and off apparatus) (8 11)**Make complex or extended sequencesCombine action, balance and shapePerform consistently to different audiencesMovements are accurate, clear and consistent Recognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important |
| Autumn 2 | **GAMES- UNIT 2- INVASION AND TARGET GAMES (6 7 8 11)**Understand how to position their body to receive and play shots, taking account of available space.Understand and show how a team can retain possession and move towards an opponent’s goalUse a range of skills to move with, pass and receive a ball.Demonstrate a range of skills using feet or equipment to pass, receive and dribbleUse a number of techniques to pass, dribble and shootRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important | **GAMES- TOPS PE- UNIT 3- INVASION GAMES (6 7 8 11)**Understand and show how a team can retain possession and move towards an opponent’s goalUse a range of skills to move with, pass and receive a ball.Demonstrate a range of skills using feet or equipment to pass, receive and dribbleUse a number of techniques to pass, dribble and shootRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important |
| Spring 1 | **DANCE NORTHERN STARR (8 9 11)**Compose their own dances in a creative and imaginative wayPerform to an accompaniment, expressively and sensitivelyMovements controlledDance show clarity, fluency, accuracy and consistencyUse their understanding of composition to create dance phrases for themselves and others in their groupUse their knowledge of dance to adapt their skills to meet the demands of a range of dance stylesShow expression in their dances and sensitivity to musicOrganise their own warm-up and cool-down exercisesShow that they understand why warming-up is important for a good performanceIdentify the form and structure of a danceRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important | **GAMES- UNIT 1- NET/ WALL/ COURT GAMES (6 7 8 11)**Play shots from various positions around the body with reasonable controlUnderstand how to position their body to receive and play shots, taking account of available space.Play a range of net/ wall and court games of varying formatsRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important |
| Spring 2 | **OUTDOOR ADVENTURE ACTIVITIES (10 11)**Follow specific rulesFollow a map in an unknown locationUse clues and compass directions to navigate a routeChange their route if there is a problemChange their plan if they get new information Recognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important | **GYMNASTICS- NORTHERN STARR (balance, travel, rolls, flight, spins) (8 11)**Make complex or extended sequencesCombine action, balance and shapePerform consistently to different audiencesMovements are accurate, clear and consistent Recognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important |
| Summer 1 | **GAMES- UNIT 4- STRIKING AND FIELDING- (6 7 8 11)**Use a rounders or cricket bat with confidenceStrike and field with accuracy and consistencyBowl with accuracy both under and over armRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**Are they controlled when taking off and landing in a jump?Throw with accuracyCombine running and jumpingRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important |
| Summer 2 | **DANCE- NORTHERN STARR (8 9 11)**Compose their own dances in a creative and imaginative wayPerform to an accompaniment, expressively and sensitivelyMovements controlledDance show clarity, fluency, accuracy and consistencyUse their understanding of composition to create dance phrases for themselves and others in their groupUse their knowledge of dance to adapt their skills to meet the demands of a range of dance stylesShow expression in their dances and sensitivity to musicOrganise their own warm-up and cool-down exercisesShow that they understand why warming-up is important for a good performanceIdentify the form and structure of a danceRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**Are they controlled when taking off and landing in a jump?Throw with accuracyCombine running and jumpingRecognise and concentrate on what they need to improve.Link skills, techniques and ideas and apply them accurately and appropriatelytransfer skills across various sports and activitiesShow good control in their movementsCompare and comment on skills, techniques and ideas that they and others have used and how to make improvementsUse their observations to improve their workExplain some important safety principles when preparing for exerciseExplain what effect exercise has on their bodyExplain why exercise is important |

**SWIMMING (12 13 14)**

Swim between 25 and 50 metres unaided

Keep swimming for 90 seconds, using swimming aids and support.

Use a variety of basic arm and leg actions when on their front and on their back.

Swim on the surface and lower themselves under water.

Use all 3 strokes.

Control their breathing

Describe good swimming technique and explain it to others.

Perform some personal survival techniques

Recognise and concentrate on what they need to improve.

Link skills, techniques and ideas and apply them accurately and appropriately

Show good control in their movements

Compare and comment on skills, techniques and ideas that they and others have used and how to make improvements

Use their observations to improve their work

Explain some important safety principles when preparing for exercise

Explain what effect exercise has on their body

Explain why exercise is important