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 Content use 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 safety  swim 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 goal  Use 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 dribble  Use a number of techniques to pass, dribble and shoot  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 | **GYMNASTICS NORTHERN STARR (shapes/ balance/ rolls/ jump (static/ travelling on and off apparatus) (8 11)**  Make complex or extended sequences  Combine action, balance and shape  Perform consistently to different audiences  Movements are accurate, clear and consistent  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 |
| 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 goal  Use 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 dribble  Use a number of techniques to pass, dribble and shoot  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 | **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 goal  Use 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 dribble  Use a number of techniques to pass, dribble and shoot  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 |
| Spring 1 | **DANCE NORTHERN STARR (8 9 11)**  Compose their own dances in a creative and imaginative way  Perform to an accompaniment, expressively and sensitively  Movements controlled  Dance show clarity, fluency, accuracy and consistency  Use their understanding of composition to create dance phrases for themselves and others in their group  Use their knowledge of dance to adapt their skills to meet the demands of a range of dance styles  Show expression in their dances and sensitivity to music  Organise their own warm-up and cool-down exercises  Show that they understand why warming-up is important for a good performance  Identify the form and structure of a dance  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 | **GAMES- UNIT 1- NET/ WALL/ COURT GAMES (6 7 8 11)**  Play shots from various positions around the body with reasonable control  Understand 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 formats  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 |
| Spring 2 | **OUTDOOR ADVENTURE ACTIVITIES (10 11)**  Follow specific rules  Follow a map in an unknown location  Use clues and compass directions to navigate a route  Change their route if there is a problem  Change 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 appropriately  transfer skills across various sports and activities  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 | **GYMNASTICS- NORTHERN STARR (balance, travel, rolls, flight, spins) (8 11)**  Make complex or extended sequences  Combine action, balance and shape  Perform consistently to different audiences  Movements are accurate, clear and consistent  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 |
| Summer 1 | **GAMES- UNIT 4- STRIKING AND FIELDING- (6 7 8 11)**  Use a rounders or cricket bat with confidence  Strike and field with accuracy and consistency  Bowl with accuracy both under and over arm  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**  Are they controlled when taking off and landing in a jump?  Throw with accuracy  Combine running and jumping  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 |
| Summer 2 | **DANCE- NORTHERN STARR (8 9 11)**  Compose their own dances in a creative and imaginative way  Perform to an accompaniment, expressively and sensitively  Movements controlled  Dance show clarity, fluency, accuracy and consistency  Use their understanding of composition to create dance phrases for themselves and others in their group  Use their knowledge of dance to adapt their skills to meet the demands of a range of dance styles  Show expression in their dances and sensitivity to music  Organise their own warm-up and cool-down exercises  Show that they understand why warming-up is important for a good performance  Identify the form and structure of a dance  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**  Are they controlled when taking off and landing in a jump?  Throw with accuracy  Combine running and jumping  Recognise and concentrate on what they need to improve.  Link skills, techniques and ideas and apply them accurately and appropriately  transfer skills across various sports and activities  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 |

**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