

Year 5 Curriculum subject plan

PE

| YEAR 5 | Fitness | Gymnastics | Dance | Tag Rugby | Athletics | Cricket |
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| | Netball | | Football | Badminton | Rounders | OAA |
| Component knowledge and skills for Year 5 | <ul style="list-style-type: none"> ● I can demonstrate improved body posture and speed when changing direction. ● I can change body position to maintain a controlled centre of gravity. ● I can demonstrate increased speed when coordinating my body. ● I can identify the best pace for a set distance of time. ● I can develop defending and attacking play during even sided games. ● I can use a range of passes to keep possession and attack towards a goal. ● I can think about how skills, strategies and tactics can be used. I can show control and fluency when passing, receiving and shooting the ball. ● I can follow the rules of the game, such as footwork, held ball, contact and obstruction. ● I can create a longer sequence individually, with a partner or with a small group. ● I can include cartwheels and handstands into my sequence. ● I can explore partner relationship such as canon, synchronisation and matching and mirroring. ● I can provide feedback in order to make improvements to my own or others performances. ● I can create and perform a routine with the awareness of the historical and cultural origins of different dances. ● I can use dance terminology to give feedback to others. ● I can show respect towards others. ● I can improve my defending and attacking play and I can understand the principles and tactics of each one. ● I can consistently show control in dribbling, passing and receiving a ball. ● I can learn the basic skills of goalkeeping. ● I can develop key skills such as defending, attacking, throwing, catching, running and dodging in a game form. ● I will develop an understanding of the importance of fair play and honesty. ● I can show the ready position, racket control, serving and hitting over a net. ● I can apply fluency and coordination when running for speed in relay changeovers. ● I can apply speeds for the event. ● I can develop power, control and consistency in jumping for distance. ● I can develop technique and power in javelin and shot put. ● I can develop teamwork skills through completing challenges. | | | | | |

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| | <ul style="list-style-type: none">• I can develop the quality and the consistency of my fielding and my underarm and over arm throw, catching and receiving a ball, possession as well as defending skills.• I can learn how to play in a range of roles, bowler, wicket keeper, fielder and a batter. |
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