



PE Year 5 Overview

Autumn	Spring	Summer
KS2 National Curriculum		
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics], compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>		
Year 5 Key Learning	Year 5 Key Learning	Year 5 Key Learning
<p><u>Athletics</u></p> <ul style="list-style-type: none"> To use a linked combination of jumping techniques with control To perform the technique for a shot-put throw using a small ball To understand how to improve stamina <p><u>Gymnastic</u></p> <ul style="list-style-type: none"> To use rotations to increase the difficulty of a jump To select and use a range of sitting, standing and support shapes in a sequence To change the starting or finishing position of a roll to increase the difficulty 	<p><u>Dance</u></p> <ul style="list-style-type: none"> To repeat a short movement sequence in time with the beat and other group members Knowledge of how to use expression and emotion to support a theme or character To show good understanding of how the strengths of others can contribute to creating a dance sequence To use different speeds, levels, dynamics, direction to enhance the performance <p><u>Tactics and strategies - Hockey</u></p> <ul style="list-style-type: none"> Identify how a team can improve attacking and defending. 	<p><u>Linking actions – Cricket</u></p> <ul style="list-style-type: none"> To confidently strike a ball with increasing control To use a bat to defend the wicket To improve overarm bowling technique <p><u>OAA</u></p> <ul style="list-style-type: none"> Use teamwork to complete challenges. Understand map symbols and why maps have keys. Understand cardinal compass points. Complete an orienteering course using a map and markers.

<ul style="list-style-type: none"> To assess the effectiveness of a performance 	<ul style="list-style-type: none"> Consistently select the most appropriate passing technique for the situation, including the right time to pass. Accurately pass a ball to a partner as part of a small, sided game. 	
<p>Athletics – Cardiovascular, determination, inspiration, pace, power, resilience and perseverance</p> <p>Gymnastics – sequence, synchronisation, stamina, speed, control, excellence and element</p>	<p>Dance – expression, inspiration and flexibility</p> <p>Tactics and strategies hockey – tactics, strategies, attacking, defending, passing, improving, performance and intercept</p>	<p>Linking actions cricket – target, positioning, fielding, accuracy and wicket</p> <p>OAA – map, orientate, compass, cardinal, teamwork, symbol, key, markers and controls</p>