

Our PE journey in Year 5



Key Words:

- Coordinate
- Smooth
- Rotate
- Endurance



At the end of Y5 I am now ready to move into Y6, where I can further develop my skills and extend my knowledge of how to live a healthy, active lifestyle, with a love of sport!

Perform athletic throwing events with some technique.

Perform a smooth baton transition in a relay race situation.

Athletics

End of Year

Show leadership and teamwork through organising, managing and leading athletic events.

Perform sprint and long distance runs, maintaining smooth arm/leg technique and increase speed/ head movement over finish line.

Try to rally working with a partner

Applying key skills into a game situation.

Racket sports

Be able to strike the ball when bowled accurately to them

Understand the difference of hitting a ball 'in' and 'out'.

Use a range of throwing relevant to the situation

- Key words**
- Service Box
 - Service Line
 - Top Spin
 - Back Spin
 - T of the court
 - Tram lines
 - Diagonal
 - Volley



Bowl in a practice situation

Use and apply sport specific rules.



Work as a small group to find a feature using navigation tactics.

Plan with team to choose the best route choice to complete the course.

Key Words

- Orientate
- Locate
- Handrail
- Aiming Off
- Attack Point
- Catching Feature
- Scale
- Estimate distance and time
- Compass

- Key words**
- Overarm Bowl
 - Decision Making
 - Run Out
 - Caught Out
 - Stumped
 - Hit Wickets/Mid Wicket
 - Obstruction
 - Triangle
 - Half rounder
 - Long barrier

Summer Term

Striking and fielding

Perform a range of rolls, balances and jumps with control

- Key words**
- Create
 - Sequence
 - Effective
 - Partnership
 - Characteristics
 - Expressions
 - Emotions
 - Feedback
 - Adapt
 - Refine
 - Rhythm

OAA

I can create a singles and pairs routines leading up to a performance

I can peer and peer-assess

Performing a range of dances copying and creating in groups, using a range of movement patterns.



Create & perform dances in a variety of styles, consistently, in small groups.

Key words

- Motivation
- Muscular strength
- Muscular endurance
- Physical fitness
- Biceps
- Triceps
- Static stretch
- Abdominals
- Repetition

- Key words**
- Take off
 - Poise
 - Flexibility
 - Flow
 - Present
 - Cartwheel
 - Support
 - Apparatus

Work safety on apparatus.

Aesthetics

Be able to take part in a fitness circuit.

Spring Term

I can perform pair balances with control

Be able to dribble in order to support a scoring opportunity.

- Key Words**
- Listen
 - Demonstrate
 - Verbal and non verbal
 - Planning
 - Equipment
 - Organisation
 - Fun

Understand and explain the effects of exercises on my body and level of fitness

Fitness

Be able to plan and lead a warm up.

- Key words**
- BEEF
 - Defend
 - Attack
 - Dodge
 - Set shot
 - Stealing
 - Contact

Know how to shoot using a set shot

Ensure your sessions are organised, fun and for everyone



Swimming

Perform safe self-rescue in different water based situations

Apply the rules of travelling, double dribble and contact in a game

Leadership

Plan and lead to other students in your class

Work collaboratively with your peers



Lose a defender to receive a pass.

Land with the correct footwork and catch the ball and balance before they pass

Stop/control a ball on the ground and in the air.

Invasion games

Autumn Term

Use all three passes (chest, shoulder & bounce) correctly

- Key words**
- Centre
 - Contact
 - Dodge
 - Footwork rule
 - Goal attack
 - Goal defense
 - High 5
 - Pivot
 - Wing attack
 - Wing defense

Make a series of passes to a teammate over different distances.

Dribble at different speed and in different directions.

- Key Words**
- Instep Passing
 - Control
 - Shoot
 - Defending
 - Marking
 - Attacking
 - Dribble
 - Laces

