

Year 5's Physical Education Journey

Creative:	Physical:	Social
Respond imaginatively to different situations.	Use combinations of skills confidently in sport specific contexts.	I cooperate well with others and give helpful feedback.
Adapt and adjust my skills, movements or tactics so they are different from or in contrast to others	Perform a range of skills fluently and accurately in practice situations	I help organise roles and responsibilities and can guide a small group through a task.

Tennis (sum 2) - Introduce volley shots and overhead shots. Apply new shots into a game situation. Play with others to score and defend points in a competitive game. Further

Cricket (spring 2) - — to use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding.

Fundamental Movement (sum 1) - — Health and Fitness—To self select and perform appropriate warm-up and cool down activities. To identify possible dangers when planning an activity. Fundamental skills coordination and agility.

Circuit training—(sum 2)- To focus on a range of different types of exercise and sporting values. Children will learn about the effects of different types of exercise and they will take part in upper body, lower body and core muscle exercises.

Summer Term

Tag rugby (spring 2) - children will combine basic tag rugby skills such as catching and quickly passing in one movement. They will select and implement appropriate skills in a game situation and begin to play effectively when attacking and de-

Gymnastics (aut 2) - - children will learn to choose and apply basic compositional ideas to the sequences they create, and to adapt them to new situations.

Athletics (sum 1) - - children will learn to develop the consistency of their actions in a number of events and to increase the number of techniques

Spring Term

Dance (spring 1) - — children will learn to compose dances by using, adapting and developing steps, formations and patterning from different dance styles and to perform dances expressively, using a range of performance skills.

Fundamental Movement spring 1—Creative—To recognise similarities and differences in movements and expression. To make up my own rules and versions of activities. Fundamental movements—Static balance.

Basketball (aut 2) - —children will develop an awareness of catching and throwing the ball whilst on the move, building upon strategies, coordination and teamwork.

Autumn Term

Fundamental Movement (aut 1) -social—To be happy to show and tell others about my ideas. To show patience and support others. Fundamental movement—counter balance, dynamic balance.

handball (aut 1)- Use a small range of sending, receiving and travelling techniques in games, with varied control; know what their team

