

PHYSICAL EDUCATION Long Term Planning - Summary of YEAR 5 Units

AUTUMN 1	AUTUMN 2
<p><u>Netball</u> Children will be able to pass a ball with speed, precision and good control, perform any stop with a pivot when receiving a ball with good control, use a variety of dodges to get into a space to receive a ball and consistently shoot the ball into the net with success</p> <p>They will learn the rules of hi5 netball and apply into a game situation with correct skills including understanding how to mark a player, stopping them getting the ball and intercept the pass</p> <p>They will assess their own and others performance suggesting improvements.</p>	<p><u>Dance</u> Children will co-operate and collaborate to create a warm up displaying a variety of movement patterns moving in time to the music</p> <p>They will translate ideas from a stimulus into movement, showing precision, control and fluency and copy and repeat a variety of dance steps with musicality</p> <p>Children will dance in unison and perform in a canon with a group showing good energy, timing and a variety of levels when dancing ensuring to use all of the space</p> <p>Children will rehearse a performance with a variety of travelling movements with timing and some fluency</p>
SPRING 1	SPRING 2
<p><u>Gymnastics</u> Children will perform jumps, leaps, T-roll and star roll with control, body tension and pointed toes</p> <p>They will perform a balance sequence with good body tension, control and fluency, perform a cartwheel with straight legs, control and pointed toes, a hurdle step on a springboard with control and a squat on, squat off onto a box top with a short run up (with or without a springboard)</p>	<p><u>Football</u> Children will stop a ball using both the sole and inside of the foot when moving, play a longer pass off the ground with some accuracy and dribble and turn with the ball using their feet</p> <p>Children will sometimes show a good body position when defending in a 2v2 and kick a moving ball past a goalkeeper from different angles with some success</p> <p>They will sometimes evaluate and recognise success to help improve performance in a game.</p>
SUMMER 1	SUMMER 2
<p><u>Cricket</u> Children will be able to roll and throw the ball over varying distances with control and accuracy, and stop the ball using two hands, one hand and a long barrier with speed and efficiency</p> <p>They will be able to bowl underarm and overarm against a batter with speed, control and accuracy, hitting the wicket with success, hit a moving ball with control, accuracy and distance and show a wide variety of the batting and fielding skills working as part of a team, taking on a leadership role, encouraging and helping others</p>	<p><u>Athletics</u> Children will be able to accelerate quickly with speed and control in movement</p> <p>They will throw a javelin and tennis ball with height and distance Perform a jump with control and some distance pace when running at longer distances</p> <p>They will pass and receive a relay baton with control and timing</p>