

# Year 5 Curriculum PE Map

<p><b>NC</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending</p>	<p><b>NC</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending</p>	<p><b>NC</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles suitable for attacking and defending</p>	<p><b>NC</b> Develop flexibility, strength, technique, control and balance  Perform dances using a range of movement patterns</p>	<p><b>NC</b> Develop flexibility, strength, technique, control and balance</p>	<p><b>NC</b> Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><b>NC</b> Take part in outdoor and adventurous activity challenges both individually and within a team</p>
<b>Games: Invasion</b>	<b>Games: Striking &amp; Fielding</b>	<b>Athletics</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Health Related Exercise</b>	<b>OAA</b>
<p><b><u>Handball</u></b> •Refine passing and receiving •Apply passing, footwork and shooting into mini games, introduce officiating •Introduce defending •Refine shooting •Explore the function of other passing styles</p> <p><b><u>Basketball</u></b> •Recap and refine dribbling and passing to create attacking opportunities</p>	<p><b><u>Cricket</u></b> •See Year 3 &amp; 4 cricket plans: introduce batting and fielding in relation to units covered in cricket •Introduce bowling underarm •Refine batting, understand and develop batting tactics •Refine fielding by stooping, catching and throwing •Combine bowling and fielding creating and</p>	<p><b><u>Jumping, Throwing and Running</u></b> •Throwing accuracy vs distance •Throwing for distance; javelin •Throwing for distance; shot put •Throwing for distance; discus •explore how we can use our bodies to jump as far as possible in one jump and using a combination of jumps •explore how we can use our bodies to</p>	<p><b><u>Greeks</u></b></p> <ul style="list-style-type: none"> <li>• Use compositional principles</li> <li>• Extend sequences with a partner using compositional principles</li> <li>• Creating movement using improvisation where movement is reactive</li> <li>• Develop sequences showing interlinking dance moves</li> </ul>	<p><b><u>Counter Balance</u></b> •Introduction to counter balance •Application of counter balance learning onto apparatus •Sequence formation •Counter tension</p>	<p><b><u>Health Related Exercise-</u></b> •Assessing fitness and how it has changed •Understand the cardiovascular system and how aerobic fitness affects our bodies •Understand the meaning of flexibility and how it's effect on our bodies •Understand the meaning of strength and its effect on our bodies</p>	<p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"> <li>• Understand the concept of a map</li> <li>• Use a key correctly to aid navigation</li> <li>• Use a map to follow a route</li> <li>• Orientate and locate points on a map in a set order</li> </ul>

All unit titles link to the relevant sequence from 'Complete PE' planning. These sequences and objectives are subject to change when specialist coaches have been utilised.

<ul style="list-style-type: none"> <li>•Develop marking</li> <li>•Refine shooting</li> <li>•Refine attacking skills, passing, dribbling and shooting</li> <li>•Introduce officiating</li> </ul> <p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>•Refine passing and moving to create attacking opportunities</li> <li>•Explore different passes that can be used to outwit defenders</li> <li>•Refine defending as a team</li> <li>•Create and apply defending tactics</li> <li>•Develop officiating</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>•Recap and refine dribbling and passing to create attacking opportunities</li> <li>•Develop marking</li> </ul> <ul style="list-style-type: none"> <li>•Introduction to Quicksticks</li> <li>•Refine shooting</li> <li>•Refine attacking skills, passing, dribbling and</li> </ul>	<p>applying tactics</p> <p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>•Develop our understanding of how we can win a game of tennis using a racket.</li> <li>•Continue to develop racket technique, exploring a new shot, the volley</li> <li>•Develop the volley thinking about where we hit the ball and why we are hitting it there.</li> <li>•Look at how players can control the game from the beginning (serve)</li> <li>•Look at how the game changes when we play in pairs (doubles).</li> </ul>	<p>make us run as fast as possible</p> <ul style="list-style-type: none"> <li>•to explore running for speed and how this can work as part of a team</li> <li>•To explore pacing and running for distance.</li> </ul>				
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shooting •Introduce officiating						
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