Year 5 PE – Learning Journey

Summer

Golf
- Striking the ball accurately
- Team alternate shot format
- Consolidate and combine their skills
- Tournament

Tennis
- Doubles
- Think tactically
- Organise, umpire and manage games
- Act as coaches
- Tournament

Athletics
- Distance running
- Throwing
- Jumping
- Mini competitions

Tag Rugby
- Passing and moving
- Tagging and defensive formations
- Prevent scoring opportunities
- Attacking and defensive tactics
- Tournament

Autumn

Netball
* Passing in netball
* How to receive the ball
* How to create space in netball?
* Where can we pass
* Why should we pass there?
* Footwork

Gymnastics Matching & Mirroring
* Applying excellent gymnastic skills
* Matching and mirroring
* Use apparatus to change movements
* Apply matching and mirroring movements
* Perform a sequence of moves

Game sense invasion
* Attacking skills
* Dribbling the ball
* Defence
* Creating tactics
* Tactical application
* Tournaments

Hockey
* Passing, dribbling, moving skills
* Successful attacking
* Defending, marking and blocking

Spring

Dodgeball
* Aiming the ball
* Possession of the ball
* Understanding the rules of dodgeball
* Attack and defence tactics
- Bring learning together for a tournament

Dance: The Circus
Dance
* Perform technical movements with control and rhythm
* Choreograph a routine
* Create movements from a stimulus
* Sequence movements
* Compositional principles
* Perform dance sequences

Cricket
* Fielding skills and tactics
* Batting
* Attacking tactics
* Bowling skills and tactics
* Defence
* Sequence of learning into a mini game

Health Related Exercise
- Impact of exercise on the body
- Understanding the cardiovascular system
- Understanding flexibility
- Complete a more complex circuit
- The aerobic system
- The state of being physically, mentally and socially healthy as a result of proper nutrition and exercise