

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

- * Applying excellent gymnastic skills
- * Introduction of counter balance
- * Use apparatus to change movements
- * Exploring concept of counter tension
- * 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

