



Physical Education – Year 5

Year 5 PE days are: Indoor – Monday Outdoor – Thursday

Please be aware that days may change, dependent on external provision for PE. You will be informed by your child's class teacher of any changes.

	Indoor	Outdoor
Autumn 1	<p><u>Dance</u> Pupils will perform dances using a range of movement patterns, understanding that dances can be narratives that tell stories. Pupils will begin to choreograph their own dances, knowing that artistic intention is the aim of the dance choreography.</p> <p>Key vocabulary: emotion, climax, artistic intention, stimulus, style, variation, respond, energy, posture</p>	<p><u>Cricket</u> Pupils will develop the use of overarm and underarm throwing techniques over a distance and will develop bowling towards a target. They will learn to strike a ball and will develop movement into an appropriate position to catch a ball. They will learn about tactics and develop game play.</p> <p>Key Vocabulary: Distance, bowl, position, prepare, scoring, bounce, fielding, batting, wicket, backstop, wicket keeper, post</p>
Autumn 2	<p><u>Badminton</u> Pupils will use forehand and backhand shots with increasing accuracy. They will develop the knowledge and understanding of a smash and a drop shot.</p> <p>Key Vocabulary: alternative shots, overhead, serving position, continuous rally, spaces, shots</p>	<p><u>Netball</u> Pupils will pass, receive and shoot with increasing accuracy. Pupils will develop their knowledge of the rules and positions of netball, whilst increasing their understanding of attacking, defending and using tactics in a game.</p> <p>Key Vocabulary: foot speed, directional changes, attacking, track, intercept, positions, foul, obstruction, offside, onside</p>
Spring 1	<p><u>Learn and move fitness</u> Pupils will develop flexibility, strength, technique, control and balance using a range of movements. They will develop an understanding of how this helps with different activities.</p> <p>Key Vocabulary: Speed, strength, agility, balance, coordination, stamina</p>	<p><u>Hockey</u> Pupils will perform dribbling, passing, shooting and receiving with increasing control and accuracy, selecting from their widening knowledge of the skills of hockey. Pupils will improve their knowledge of defending, developing their understanding of ways to tackle and intercept.</p> <p>Key Vocabulary: Foot speed, directional changes, attacking, tackle, track, intercept, close down, positions, foul, obstruction, offside, onside</p>
Spring 2	<p><u>Seated Volleyball</u> Pupils will experience playing a Paralympic sport, developing their knowledge of performing a range of skills needed for seated volleyball</p>	<p><u>Tennis</u></p>

	<p>Key Vocabulary: alternative shots, overhead, serving position, continuous rally, spaces, shots</p>	<p>Pupils will use forehand and backhand shots with increasing accuracy and an understanding of choices of shots. Pupils will learn to serve overhead to begin a point.</p> <p>Key Vocabulary: Alternative shots, overhead, serving position, continuous rally, spaces, shots</p>
Summer 1	<p><u>Dance</u> Pupils will perform dances using a range of movement patterns, understanding that dances can be narratives that tell stories. Pupils will begin to choreograph their own dances, knowing that artistic intention is the aim of the dance choreography.</p> <p>Key vocabulary: emotion, climax, artistic intention, stimulus, style, variation, respond, energy, posture</p>	<p><u>Orienteering</u> Pupils will navigate around a course using a map and will gain confidence at orienteering a map. They will learn to work effectively with a partner or small group and will be encouraged to reflect on successful challenges, whilst deciding how they could improve their strategy and techniques.</p> <p>Key Vocabulary: Tactical, collaborate, collective, navigation, orienteering, control card</p>
Summer 2	<p><u>Athletics</u> Pupils will perform a range of jumps, showing control at take off and landing. They will learn to throw for distance with accuracy, power and technique. Pupils will begin to run over hurdles and will learn how to pass a baton using good technique. They will strive to persevere to achieve their personal best and when working collaboratively, they will take on the role of coach, official and timer.</p> <p>Key Vocabulary: Feedback, hurdles, baton, perseverance, coach, official, timer</p>	<p><u>Football</u> Pupils will learn to dribble, pass, receive and shoot the ball under pressure and with increasing power and accuracy in the context of the sport of football. They will develop abilities in attacking and defending, working collaboratively to make decisions.</p> <p>Key Vocabulary: Foot speed, directional changes, attacking, tackle, track, intercept, close down, positions, foul, obstruction, offside, onside</p>