

Year 5 PE @ VGMS



Competition

You will be introduced to competition – Intra / Inter / Sports Day / School Games

Your journey starts here



Start of Y5

Half Term 1

Fundamental Motor Skills – We will have a look at running, jumping, throwing, catching, hitting and kicking

Sportshall Athletics – High tempo, fun filled, adrenaline pumping lessons!!



Half Term 2

Games 4 Understanding – You will cover a number of different activities introducing attacking and defending principles

Gymnastics – You will focus on floor work including travelling actions and balances



Half Term 3

Invasion Games – Can you transfer the tactics covered in G4U to a number of different invasion games?

Net Games – What games do you play over a net? What is similar about all of these activities?



Swimming

You will complete a swimming unit of work at some point in Year 5



Extracurricular Clubs

We have a number of different clubs for year 5. We encourage everyone to attend at least one club. You are all welcome!



Community Clubs

You will be encouraged to join local clubs linked to the school

Half Term 4

Cultural Games – You will play some sports from other cultures, such as Aussie Rules Football

Dance – Your opportunity to be creative and perform in front of others



Half Term 5

Handball – This sport has it all. A mix of basketball, netball, football and rugby

Athletics – Track and field events. Track events include sprints, middle and long distance. The field events involve throwing and jumping



Assessment in PE



Head



Heart



Hands

Half Term 6

Striking and Fielding – Rounders and cricket. Loads of fun games to get you hitting the ball. How can you be a successful batter?

Orienteering – Do you know how to read a map? Can you locate checkpoints?



Sports Day

End of Y5

