



Whitefield Primary School - Long Term Curriculum Overview -Year 5

**PE**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p><b>Games</b></p> <p>Use apparatus to throw and catch with one hand, as well as hit ball with control and accurately. In games, be able to keep possession of a ball and move into space, selecting, using and adopting tactics, skills and ideas. Make up and play small-sided games.</p> <p><b>Year 5 Games core task (either wall/ net, striking/fielding or invasion)</b></p> <p>Teams to compete against each other in 'Knockout' rounds until a winning team is found</p> <p>Use skills and tactics and apply basic principles suitable for attacking and defending. Work with others to organise and keep games going</p>	<p><b>Gym</b></p> <p>Create and perform fluent sequences on the floor and using apparatus. Include variations in speed, level and direction. Working in pairs to create, repeat and improve a sequence with 3 or more phases.</p> <p><b>Year 5 Gym core task</b></p> <p>Group Gym performances to be judged</p>	<p><b>SPRING 1 - Dance</b></p> <p>Create and perform dances fluently using a range of movements whilst with a partner or group which communicates an idea. After feedback, work on and refine movements. Be able to explain how work is similar and different to others and use this comparison to improve their own work.</p> <p><b>Year 5 Dance core task</b></p> <p>Group Dance performances to be judged</p> <p><b>*Swimming Spring 2 - 10 WEEKS ONLY</b></p> <p>Use a range of recognised strokes and swim forwards and backwards. Assessments to be undertaken by trained swimming instructors at the leisure centre</p> <p><b>4 WEEKS REMAINING / SPRING 2</b></p> <p><b>Games</b> - Make up and play small-sided games.</p>		<p><b>Games</b></p> <p>Use apparatus to throw and catch with one hand, as well as hit ball with control and accurately. In games, be able to keep possession of a ball and move into space, selecting, using and adopting tactics, skills and ideas. Make up and play small-sided games.</p> <p><b>Year 5 Games core task (either wall/ net, striking/fielding or invasion)</b></p> <p>Teams to compete against each other in 'Knockout' rounds until a winning team is found</p> <p>Use skills and tactics and apply basic principles suitable for attacking and defending. Work with others to organise and keep games going</p> <p><b>* QUICK STICKS COMPETITION KS2</b></p> <p><b>*TENNIS COMPETITION KS2</b></p> <p><b>*QUICK CRICKET COMPETITION</b></p>	<p><b>Athletics</b></p> <p>Use running, throwing and jumping skills, both singly and in combination and able to hit a target. Have the ability to run over long distances.</p> <p>Knowing why we warm up for exercises and the importance of keeping fit and healthy.</p> <p><b>Year 5 athletics core task</b></p> <p>Teams or individuals to compete against each other in a number of events, which take the form of 'knockout rounds' until there is a winner</p> <p><b>*QUADKICKS COMPETITION (ATHLETICS)</b></p>

Core Task to be completed at the end of the unit

Within School Competition to be undertaken at the end of the Unit Scheme of work - Val Sabin

