

Year 5	Autumn term			Spring term			Summer term		
PE (mixed)	Hockey	Marathon Kids	Badminton	Fitness	Indoor Athletics	Tchoukball /Lacrosse	Athletics	Rounders	Tennis
Boys games	Rugby	Flag football	Basketball	Football		Gymnastics	Athletics	Cricket	Rounders
Girls games	Football	Netball	Rugby	Gymnastics/ Dance		Basketball	Athletics	Cricket	Rounders
Wet weather	Bench ball/ Sit down volleyball			Table tennis/ Bench ball/ Indoor Cricket/ Badminton			Indoor Cricket/ Indoor Athletics		

Invasion games	Net and wall games	MK/ Athletics	Strike and field	Gymnastics/ Dance
<p>Developing basic skills: throwing, catching, passing, running, jumping and dribbling in isolation leading to performing those skills in combination through adapted games e.g. 1v1/ 2v1/ 2v2</p> <p>Introduction to basic rules</p> <p>Playing fairly, being a good team player</p>	<p>Coordination skills</p> <p>Grip</p> <p>Serving & receiving in isolation</p> <p>Rally work</p>	<p>Introduction to sustained running</p> <p>Demonstrate different paces</p> <p>Throwing different implements</p> <p>Combining running and jumping</p>	<p>Throwing and catching skills</p> <p>Fielding techniques</p> <p>Batting grip/ stance</p> <p>Basic scoring</p>	<p>Travelling and balancing in a controlled way</p> <p>Creating and performing a sequence</p> <p>Able to work on your own and with a partner</p>