

## Physical education

### **Year 5 and 6 children will be taught**

#### **Swimming**

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.
- Swim fluently with controlled strokes
- Turn efficiently at the end of a length

#### **Football**

- Improve social skills and communication skills
- Keep position with success
- Know and use rules fairly to keep a game going
- Be able to control the ball and defend successfully

#### **Hockey**

- Develop coordination
- Keep control of the ball and pass successfully
- Be able to control the hockey stick to pass the ball in the correct manner
- To decide where the best place is to be during the game (think tactically).
- Dribble successfully.

#### **Gymnastics**

- Create complex and well-executed sequences that include a full range of movements.
- Hold shapes that are strong, fluent and expressive
- Vary speed, direction' level and body rotations during floor performances.
- Demonstrate good kinaesthetic awareness.
- Use equipment to vault and swing whilst remaining upright.

#### **Dance**

- Compose creative and imaginative dance sequences
- Perform expressively and hold a precise and strong body posture.
- Perform and create complex sequences.
- Express an idea in original and imaginative ways.
- Perform complex moves that combine strength and stamina.

## **Netball**

- Understand and be able to follow the rules of netball.
- Intercept the ball and pivot correctly, following the three second rule.
- Be aware of space when defending (3m).
- Pass quickly and accurately to your teammates, using the correct type of pass.
- Be able to make quick decisions to support my team.
- To umpire the game.

## **Athletics**

- Combine sprinting with low hurdles over 60 meters
- Choose the best place for running over a variety of distances
- Show control with take-off and landing when jumping
- Compete with others and keep track of personal best performance, setting targets for improvement.
- Get ready for sports day.

## **Orienteering and team building**

- Develop map reading and tracking skills.
- Work together to solve problems and follow routes.
- Be aware of map symbols and their names.
- Move to the correct position.
- Identify the 8 points of a compass.
- Choose a sensible route.

## **Cricket**

- Effectively use under arm throw to bowl.
- Successfully field and bat to score points.
- Communicate with team members.
- Collaborate as a team to choose, use and adapt rules in games
- Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance
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## **Tennis**

- To use forehand and back hand with a racquet
- Accurately return a ball to my partner