

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

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.
- Incept 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.

Archery

- Develop hand-eye coordination
- To hold your body in the correct position whilst shooting
- Develop competition skills

Happy Healthy Hearts

- Use running skills to increase out fitness
- Improve fitness
- To communicate with my team.
- Use a variety of skills to improve fitness levels.
- Improve coordination skills.

Circuits

- Improve fitness on a variety of different sports
- Compete against yourself to improve personal best
- Improve personal fitness levels
- To be able to set up circuits for other children and run session safely

Rounders

- To apply consistently rounders rules in conditioned games
- To play small sided games using standard rounders pitch layout
- To use a range of tactics for attacking and defending in role of bowler, batter and fielder