

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

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.

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

Ultimate Frisbee

- Develop agility through quick turns and positions
- Use squats whilst catching to develop fitness levels
- Improve fitness through running to score
- Play 7 a side games
- Use the rules to play a fair game

Boccia

- Inclusive sport
- Increase accuracy whilst trying to hit a target
- Develop muscle control and accuracy
- Be able to run Boccia sessions for other children

Badminton

- Develop rapid movement through jumps, smashes and crunches to help score
- Develop ballistic moves (moves that require small bursts of power).
- Play single and double games adjusting games to the rules
- Making and applying decisions

Basketball

- Control and catch the ball

- Understand tactics and rules
- Use defending and attacking skills
- Practise invasion games

Multisports

- To become confident and expert in a range of techniques and recognise their own success
- To apply strength and flexibility to a broad range of throwing, running and jumping activities
- To work in collaboration and demonstrate improvement when working with self and others
- To accurately and confidently judge across a range of activities