

UPPER KEY STAGE TWO PE YEARLY PLAN YEAR 5

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
	GYMNASTICS	DANCE	GAMES INVASION HOCKEY	GAMES INVASION NETBALL	GAMES NET/WALL TENNIS	GAMES STRIKING AND FIELDING CRICKET
INDOOR	<p><u>SKILLS TAUGHT</u> (GYMNASTICS UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I create, practice and refine longer, more complex sequences for performance including changes in level, direction and speed? • Can I choose actions, body shapes and balances from a wider range of themes and ideas? • Can I adapt my performances to the demands of the task? • Can I understand the need for warming up and cooling down and be able to lead them? • Can I make simple judgements on performances? 	<p><u>SKILLS TAUGHT</u> (DANCE UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I compose motifs and plan dances creatively and collaboratively in groups? • Can I adapt and refine the way I use weight, space and rhythm in my dance? • Can I perform different styles of dance? • Can I organise my own warm up and cool down? • Can I understand how to perform safely? • Can I recognise and comment on dances, showing an understanding of style? • Can I suggest ways to improve my own and others work? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass with control? • Can I dribble with control? • Can I shoot with control? • Can I attack an opponent's goal? • Can I defend my goal and mark an opponent? • Can I warm up appropriate to hockey? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass with control? • Can I shoot with control? • Can I move to create space within a game situation? • Can I attack an opponent's goal? • Can I defend my goal and mark an opponent? • Can I warm up appropriate to netball? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (NET GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use the forehand shot with control? • Can I use the backhand shot with control? • Can I use the volley shot with control? • Can I use the overhead shot with control? • Can I understand the need for tactics? • Can I use tactics within a game? • Can I understand basic rules and fair play? • Can I identify appropriate exercises and activities for warming up? • Can I pick out what I and others do well? 	<p><u>SKILLS TAUGHT</u> (STRIKING AND FIELDING GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I strike a bowled ball? • Can I catch with accuracy? • Can I throw with control? • Can I bowl with control? • Can I use a range of tactics? • Can I follow and understand basic rules and fair play? • Can I warm up appropriately to cricket? • Can I evaluate my own performances and suggest ideas and practices for improvement?

UPPER KEY STAGE TWO PE YEARLY PLAN YEAR 5

	GAMES INVASION FOOTBALL	GAMES INVASION BASKETBALL	OAA	GAMES INVASION RUGBY	ATHLETICS	GAMES STRIKING AND FIELDING ROUNDERS
OUTDOOR	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use a range of passing techniques with some control? • Can I use a range of dribbling techniques with some control? • Can I use a range of shooting techniques with some control? • Can I attack an opponent's goal? • Can I defend my goal and mark an opponent? • Can I warm up appropriate to football? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass with control? • Can I dribble with control? • Can I shoot with control? • Can I attack an opponent's basket? • Can I defend my basket and mark an opponent? • Can I warm up appropriate to basketball? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (OAA UNIT 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I choose and perform skills and strategies effectively? • Can I find solutions to problems and challenges? • Can I plan, implement and refine the strategies that I use? • Can I adapt strategies? • Can I work effectively in groups, sharing roles and responsibilities? • Can I identify what I do well as an individual and as part of a group? • Can I suggest ways to improve? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I pass with control? • Can I run with the ball with control? • Can I score a try with control? • Can I attack an opponent's try line? • Can I defend my try line and marking an opponent? • Can I warm up appropriate to rugby? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (ATHLETICS UNIT 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I select the correct running pace for a variety of distances? • Can I perform a controlled take off whilst jumping? • Can I use the correct technique when throwing the shot put, discus and javelin performing with accuracy? • Can I understand power and stamina and relate them to athletics events understanding why they are needed to do well? • Can I identify a good athletics performance and know why it is good? 	<p><u>SKILLS TAUGHT</u> (STRIKING AND FIELDING GAMES UNIT YEAR 5)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I strike a bowled ball? • Can I catch with accuracy? • Can I throw with control? • Can I bowl with control? • Can I use a range of tactics? • Can I follow and understand basic rules and fair play? • Can I warm up appropriately to rounders? • Can I evaluate my own performances and suggest ideas and practices for improvement?