

Our PE journey in Year 5 & 6



"In Y6 I am now ready to move to Secondary school after mastering the skills and knowledge of how I can live an active and healthy lifestyle, with a love and passion for sport"



Outdoor Adventure Activities

We will accept responsibility for personal and group team work and safety.

End of Year 5/6

- Key Words**
- North
 - South
 - East
 - West
 - Delegate
 - Route
 - Safety
 - Features
 - Map
 - Reading
 - Compass

"In Y6 I can navigate a variety of orienteering challenges using map reading and compass skills in unfamiliar settings"

"In Y6 I can plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling & fielding"

We will develop skillset of batting/striking, bowling and fielding principles.

Striking & Fielding



- Key Words**
- Interception
 - Positioning
 - Bowling
 - Batting
 - Contact
 - Variation
 - Rules
 - Team management

"In Y5 I can identify, modify and refine my technique to improve and reach my peak performance"

We will organise, manage and compete in athletic activities well.

Sports Day Activities

- Key Words**
- Explosive
 - Reaction
 - Athlete
 - Fitness
 - Power
 - Diet
 - Compete
 - Maintain
 - Values

Summer Term

We will develop our range & quality of Striking & Fielding games.

"In Y5 I can bowl with control and accuracy, field effectively as part of a team and strike a bowled ball consistently"

We will watch performances & use criteria to make judgements & suggest improvements.

We will identify good athletic performances & explain why it is good, using agreed criteria.

Gymnastics

- Key Words**
- Muscle tension
 - Posture
 - Patterns
 - Unison
 - Tension
 - Fluency
 - Perform
 - Sequence
 - Choreograph
 - Body management

We will make up long sequences & perform them with fluency & clarity of movement.

"In Y6 I can explain how a sequence is formed, using appropriate terminology"

We will play competitive games, using realistic rules and principles [basketball, football, netball].

"In Y5 I can devise appropriate responses to challenges and adapt to changing circumstances"

Spring Term

"In Y5 I can vary direction, levels & pathways, to improve the look of a sequence both on the floor and apparatus"

"In Y5 I can perform a variety of sending, striking and receiving techniques with great control and fluency"

We will use attacking & defending skills appropriately in games.

"In Y5 I can use my developed skills to play in 4v4 & 5v5 games with a good understanding of the sport"

- Key Words**
- Formation
 - Possession
 - Position
 - Ball mastery
 - Transition
 - Support
 - Shield

"In Y6 I can play in realistic games and consider what formations & positions would be best suited for me and my team"

We will identify aspects of our own & others performances and offer advice on how to improve.

"In Y6 I can modify and refine my skills and techniques to improve my performance and adapt in difference scenarios"

Invasion Games

We will develop our ability to utilise effective tactics and strategies in games.

Multi Skills

We will combine & perform skills with control, adapting them to meet the needs of different scenarios.

Autumn Term



- Key Words**
- Awareness
 - Performance
 - Suggestion
 - Support
 - Overarm
 - Underarm
 - Accuracy
 - Attack
 - Defend
 - Combination