



What are the aims and intentions of this curriculum?

That children:

- Begin to adapt the tactics used in a variety of competitive games depending on the situation.
- Recognise what they have done well and know what they could develop further.

Term	Topic	Knowledge	Skills	Assessment
Autumn 1	Tag Rugby	<ul style="list-style-type: none"> • To know what position to take when passing left and right • To know how to close space when defending • To know what a 'knock on' and 'forward' are • To know the offside rule • To know how to organise an attacking and defensive formation 	<ul style="list-style-type: none"> • To grip a ball • To tag an opponent safely • To pass correctly to the right and left • To score a try • To attack in staggered lines • To take up a position in order to receive a pass • To apply attacking and defensive skills to complete in a game 	
		<p>Vocabulary: Tag, offside, pop pass, pocket pass, try, attacking formation, defensive formation, knock on, ran out</p>		
Autumn 1	Swimming	<ul style="list-style-type: none"> • To know how to perform a variety of strokes (front crawl, breaststroke, backstroke, butterfly) • To know how to tread water • To know how to push and glide • To know how to perform a tuck float • To know how to perform a safe and controlled exit from the pool 	<ul style="list-style-type: none"> • To tread water for 30 seconds • To swim a recognised front stroke for 25m • To swim a recognised back stroke for 25m • To push and glide and swim a minimum of 25m • To perform a safe entry and exit from the pool • To float on back for 60 seconds 	
		<p>Vocabulary: push, glide, skull, submerge, controlled, tread, front crawl, backstroke, butterfly, breast stroke, tuck float</p>		



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Autumn 2	Dance – The Haka	<ul style="list-style-type: none"> To know how to use canon, formation changes, direction and level to improve a motif To know how to recognise good timing, execution and performance skills 	<ul style="list-style-type: none"> To perform in unison with others To create a sequence with defined starting and finishing points To create a sequence involving different formations and pathways To create a sequence involving flight To use choreography to create a sequence To spin on a variety of points and patches To travel on different body parts To create sequences with pathways that cross 	
		<p>Vocabulary: unison, transition, mirroring, canon, pathways, formation, points, patches</p>		
Spring 1	Gymnastics – Under and Over	<ul style="list-style-type: none"> To know what an arch and bridge are To know how to leapfrog safely To know how to vary speed of movements to demonstrate contrast To know how to refine sequences to improve quality To know how to perform to an audience 	<ul style="list-style-type: none"> To roll over a partner To recognise the need for momentum to perform forward and backwards rolls To form strong arches and bridges To leapfrog others safely To create opportunities for others to travel over and under To travel in a variety of ways over apparatus To travel over a partner by taking weight on hands To perform with good technique and transitions 	
		<p>Vocabulary: attacker, goal shooter, centre, goal defender, goal keeper, shoulder pass, chest pass, bounce pass, pivot, step, land, disguise, anticipate</p>		
Spring 1	Dodgeball	<ul style="list-style-type: none"> To know to aim low to get an opponent out To know that by moving around it is 	<ul style="list-style-type: none"> To throw the ball hard and low To dodge balls To catch balls thrown at pace 	



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		<p>harder to be hit</p> <ul style="list-style-type: none"> To know when it is appropriate to attempt to catch a ball To know suitable tactics for when a team has a low number of players remaining 	<ul style="list-style-type: none"> To use a ball for blocking To chose suitable moments for attacking and defending To communicate effectively with other team members 	
		<p>Vocabulary: dodge, block, catch, attack, defend, communication, tactics</p>		
Spring 2	Basketball	<ul style="list-style-type: none"> To know how to use the body to protect the ball To know how to create space to receive the ball To know how to defend against an attacking player To know the difference man v man defence and zone defence To know how to create shooting opportunities To understand the principles of attacking and defending in a competitive game 	<ul style="list-style-type: none"> To control a basketball with both hands To protect the ball when under pressure To pass the ball with good technique To vary speed and direction to get passed opponents To mark a player To mark the correct area of the court to limit opportunities To dribble, pass and shoot the basketball during a competitive game 	
		<p>Vocabulary: dribble, shoot, bounce pass, chest pass, BEEF (balance, elbow, eye line, follow through) man v man defence, zone defence</p>		
Summer 1	Invasion Games skills 4	<ul style="list-style-type: none"> To know how to travel with head up To know that a better view of the pitch can be viewed from wide and sideways on To know that sometimes it is better to go backwards with the ball when nobody is free forwards To know when to attack and when not to 	<ul style="list-style-type: none"> To dodge To be aware of the position of others To adopt a sideways position to receive the ball To overlap and underlap To make runs to overload the opponents defence To track an opponent To pass attackers on to other defenders 	



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		<ul style="list-style-type: none"> To know how to create space for teammates To know that there are different ways to defend To know strategies for coping with fewer players To communicate with fellow attackers to confuse defenders 	<ul style="list-style-type: none"> when they run across the pitch To make diagonal runs to confuse defenders 	
		<p>Vocabulary: travelling, marking, overload, overlap, underlap, tracking, low press, zone, narrow the angle</p>		
Summer 1	Cricket	<ul style="list-style-type: none"> To know to slide the bat over the crease when running To know how to grip the bat correctly To know which ground fielding technique to use and why To know which calls to make when batting To know that the batsman can leave the crease to strike the ball To know the importance of communication when batting 	<ul style="list-style-type: none"> To catch under pressure To throw accurately overarm To pull a ball from a short delivery to leg side To bowl from the crease line To bowl with a run up To bowl with consistent accuracy and length To show tactical awareness as a fielder To play a square cut shot 	
		<p>Vocabulary: crease, wicket, overarm, ground fielding, overthrow, square cut, leg side, offside, fielding</p>		
Summer 2	<u>Athletics</u>	<ul style="list-style-type: none"> To know how to control running over middle distances To know how to position the body sideways when throwing To know how the non throwing arm is helpful when throwing To know the technique for triple jump To know how to hurdle efficiently To know the position to be in when 	<ul style="list-style-type: none"> To sustain running pace over longer distances To throw with power and accuracy using the pull technique To perform the correct technique for triple jump To combine sprinting with hurdling To transfer a relay baton to a teammate 	



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		receiving a baton		
		Vocabulary: pace, sustain, pull technique, take off foot, lead leg, transfer		