

Our PE Journey in Year 5 & 6



We know how to live an active, healthy lifestyle with a love & passion for sport & physical activity.

"In Y6 I have now mastered a range of skills & how to use them in a competitive situation."

"In Y5 I can use the correct technique with increased accuracy and power."

We will communicate, collaborate to organise and manage activities.

"In Y6 I can utilise all the skills learned in this unit in a competitive situation."



Key Vocabulary

- Put
- Chip
- Pace
- Strike
- Innings
- Variation
- Tactics

End of Year

We will identify good athletic performance, explain why & suggest improvements.

"In Y5 I can use the correct technique with increased accuracy and power."

Tri Golf & Rounders
Striking and Fielding Games

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

"In Y6 I can outwit my opponent using appropriate dribble or pass selection, movement and skill."

Key Vocabulary

- Bowling
- Batting
- Fielding
- Problem
- Teamwork
- Communication
- Leadership
- Sprint
- Endurance
- Power
- Accuracy
- Technique
- Control
- Dribble

Summer Term

Quick Sticks & Athletics
Invasion Athletics

We use the skills we prefer with competence & consistency. We understand the need for tactics.

"In Y6 I Pupils can show a range of learnt skills and use them to both attack and defend.."

"In Y5 I can apply running, throwing and catching skills in competitive situations."



Key Vocabulary

- Tension
- Extension
- Sequence
- Apparatus
- Fluency
- Choreography
- Flowing
- Backhand
- Forehand
- Serve
- Footwork
- Drive
- Push

Cricket & OAA
Striking & Fielding & Problem Solving

We choreograph movements/routine inspired by our topics

"In Y6 I can perform linked flight and gymnastics skills using different choreographic techniques."

"In Y5 show fluency & control, vary speed, direction & rhythm when performing a range of dances."

"In Y6 I can create & perform dances in a variety of styles consistently. I am aware of & use musical structure, rhythm & mood

Key Vocabulary

- Explore
- Practise
- Improve
- Perform
- Consolidate
- Challenge
- Travel
- Jump
- Shape

We will keep good body tension and extension throughout.

We will recognise and suggest patterns which will increase chances of success.

Dance & Real Gym
Dance, Gymnastics



"In Y6 I can use tactics to complete the task more efficiently."

"In Y5I can defend on and off the ball Use practised skills in a conditioned game."



Spring Term

Real PE & Basketball
Coordination & Invasion Games

We will see all new challenges as opportunities to learn and develop.

We will play competitive games, using realistic rules & principles.

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

"In Y5 I can use my developed skills to play small side games with a good understanding of the game."

Key Vocabulary

- Accelerate
- Position
- Concentration
- Balance
- Control
- Pivot
- Attack
- Balance
- Set shot
- Defence

Key Vocabulary

- Tactics
- Throw
- Accuracy
- Cradle
- Space
- Defend
- Attack
- Controls
- Symbols
- Direction
- Orientation

We will identify aspects of our own performance & offer advice on how to improve.

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

"In Y5 I can react positively when things become difficult.."

We will create dances using a range of movement patterns, including those from different times, places and cultures.

"In year 6 In can persevere with a task and improve my performance through regular practice"

Swimming



"In Y5 I can swim competently over 25m using a range of strokes."

"In Y6 I can perform safe self-rescue in different water-based situations."

Pop Lacrosse & Orienteering
Invasion Games & OAA

"In Y5 I apply map reading skills to navigate in pairs to and from orienteering controls."

"In Y6 I can navigate in pairs to orienteering controls, applying tactics and techniques."

Autumn Term

