

# 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

- Sprint
- Endurance
- Power
- Accuracy
- Technique
- Footwork
- Backhand
- Forehand
- Pivot
- Target
- Accuracy

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."

**Archery, Frisbee & Olympics**  
*OAA, Running, Throwing, Catching, Athletics*

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

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

## Key Vocabulary

- Forehand
- Backhand
- Volley
- Push
- Smash
- Serve
- Control
- Direction
- Serve
- Tag
- Strategy

**Tag Rugby & Tennis**  
*Invasion & Net, Wall Games*

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

"In Y6 I defend & attack effectively, knowing which pass to use when in a game situation."

"In Y5 I can use a range of passes, outwit my opponent and use a change of speed in a game."



Summer Term

**Dodgeball & Netball**  
*Invasion Games*

We will replicate the core skills necessary to outwit opponents

"In Y6 I can perform a variety of skills consistently and effectively in challenging or competitive situations.."

"In Y5 I can use a range of basic shots with accuracy & consistency to outwit opponents."

"In Y6 I can use shots with fluency & control and develop these through game play and conditional situations."

## Key Vocabulary

- Footwork
- Pivot
- Dodge
- Mark
- Position
- Attack
- Defend
- Dodge
- Outwit

## Key Vocabulary

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

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

We will understand criteria to judge performance & suggest improvements.

**Gymnastics & Table Tennis**  
*Net, Wall Games*

Spring Term

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

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



## Key Vocabulary

- Rhythm
- Direction
- Speed
- Fluency
- Control
- Structure
- Agility
- Balance
- Technique
- Performance

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

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

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

**Real PE & Dance**  
*Agility, Reaction, Balance, Movement & Performance*

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

## Key Vocabulary

- Tactics
- Touch
- Accuracy
- Control
- Space
- Defend
- Attack
- Intercept
- Pressure
- Direction
- Evade

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 develop flexibility, strength, technique, control and balance."

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

"In Y6 I vary speed, direction & complexity of movements."

**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."

Autumn Term

**Handball & Football**  
*Invasion Games*

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

"In Y6 I can modify & refine my skills & improve my performance & adapt in different scenarios."

LET'S GO!

