







Physical Education			Year 5		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p>Multi Skills / Volleyball:</p>	 <p>Dance / Netball:</p>	 <p>Tag Rugby / Gymnastics:</p>	 <p>Football / Fitness:</p>	 <p>Athletics / Tennis:</p>	 <p>Athletics / Rounders:</p>
<p>Multi skills: LI: To demonstrate a range of FUNdamental movements in a competitive setting focusing on trying to lose/ beat an opponent. LI: To demonstrate the ability to throw and catch balls of a variety of shapes and sizes. LI: To hit a target effectively using a variety of projectiles and from a variety of distances. LI: To move and dodge to evade. LI: To demonstrate an effective knowledge and understanding of competitive dodgeball play.</p> <p>Volleyball: LI: To develop volleyball technique – the set – and use it in a competitive game. LI: To develop volleyball technique – the strike – and understand when to</p>	<p>Dance – The Planets: LI: To use a variety of movement styles and improvise actions and gestures to travel through space. LI: To choreograph a motif and develop adaptations of this by changing level, direction and dynamics. LI: To select a stimulus to choreograph a section of dance and perform this using precision, co-ordination and control. LI: To show an understanding of relationships in dance and how they can develop movement. LI: To perform complex phrases of movement showing an awareness of spatial floor patterns, levels, dynamics and direction. LI: To create narrative through motif and dance. LI: To perform a dance with precision, control,</p>	<p>Tag Rugby: LI: To develop ability to beat an opponent with individual running technique and use tag equipment appropriately. LI: To catch and pass the ball effectively over a variety of distances and choose the correct time to run and pass. LI: To demonstrate effective passing and receiving techniques within competitive play by passing backwards. LI: To demonstrate effective tackling technique using tags, in and out of possession to gain territory of the pitch. LI: To apply a range of rugby specific techniques in a competitive game format. LI: To develop tactics relevant to team's strengths and weaknesses to overcome opposition.</p> <p>Gymnastics:</p>	<p>Football: LI: To develop an ability to dribble the ball within a competitive setting. LI: To develop a game to improve the passing skills of players within your team. LI: To demonstrate effective passing techniques within competitive play. LI: To demonstrate effective shooting techniques and know the key coaching points required to contribute to the team. LI: To demonstrate a range of effective techniques by developing a game to improve play and skill in your team. LI: To attempt to deploy appropriate tactics within a team setting relevant to opponents. LI: To coach and advise teammates to use appropriate skills and</p>	<p>Athletics: LI: To identify current level of performance in athletics. LI: To run quickly and use an observation checklist to enhance performance. LI: To start races quickly and understand that bending your knees generates more power when pushing off. LI: To participate in relay races and pass the baton effectively. LI: To develop an ability to throw over larger distances and measure the object thrown. LI: To identify current levels of performance in athletics and recognise progress has been made.</p> <p>Tennis: LI: To maintain a rally with an opponent and understand when to utilise different shots (forehand and backhand).</p>	<p>Athletics: LI: To identify current level of performance in jumping and throwing. LI: To generate power and distance when throwing an object. LI: To understand how to measure accurately in throwing events. LI: To develop the ability to create height and distance when jumping. LI: To perform a triple jump effectively. LI: To identify levels of progress in throwing and jumping activities.</p> <p>Rounders: LI: To demonstrate effective throwing, catching and fielding techniques. LI: To understand how to bowl legally in rounders and demonstrate an effective bowling technique. LI: To demonstrate effective batting technique and understand the benefits</p>

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<p>use it in a competitive game. LI: To pass the ball using a variety of volleyball techniques. LI: To demonstrate ability in starting a game of volleyball through developing the serve. LI: To understand and demonstrate defence strategies in a competitive game. LI: To demonstrate an effective knowledge and understanding of competitive volleyball play.</p>	<p>co-ordination and rhythm. LI: To explain positive to their own and other's performances and begin to suggest improvements. Netball: To understand basic passing technique in netball and which pass to select in different situations. LI: To know the correct technique for dodging in netball. LI: LI: To understand and demonstrate the correct technique for defending in netball (intercepting). LI: To understand the correct technique for shooting in netball. LI: To understand the footwork rule and technique in netball. LI: To demonstrate a range of techniques within a competitive game format.</p>	<p>LI: To explore a wide range of balances, jumps, travels and other movements. LI: To explore and perform a range of balances, including inverted balancing. LI: To perform a forward roll safely and explain the process. LI: To plan an individual sequence, including balancing and travelling. LI: To refine and perform an individual sequence, including balancing and travelling. LI: To understand symmetrical and asymmetrical movements and balances. LI: To explore counterbalancing with a partner.</p>	<p>tactics within a competitive situation. Fitness: LI: To use fitness terms and understand muscle location and names. LI: To understand the importance of a two part warm up. LI: To develop an understanding of a fitness circuit and the effect exercise has on the body. LI: To use NHS fact sheet to discuss the differences between moderate and vigorous exercise. LI: To learn to stretch for an appropriate length of time. LI: To understand and know how to complete the physical activity diary. LI: To work in teams to create a fitness circuit. LI: To complete a fitness circuit with another team and feedback on muscle groups and level of exercise.</p>	<p>LI: To ensure correct body positioning to play forehand shots effectively. LI: To ensure correct body positioning to play backhand shots effectively. LI: To develop an ability to play an effective volley and understand where on the court it should be played from. LI: To understand the basic rules of serving and to be able to play an effective over/ underarm serve. LI: To develop competitive play in a match setting.</p>	<p>and risks of hitting the ball into the air. LI: To understand how to get people out when fielding and improving decision making when fielding. LI: To understand the rules and relevant tactics to effective game play in rounders. LI: To understand the rules and relevant tactics to effective game play in rounders.</p>
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