



Whitegate Physical Education Curriculum

Year Five

'Enjoy Achieving Together'

Statutory requirements: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequencing of movements. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Statutory requirements	Games/Athletics Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (basketball, rounders, etc) And apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Dance Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Gymnastics Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Athletics Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Swimming	Outdoor and adventurous activities Take part in outdoor and adventurous activity challenges both individually and within a team (orienteeing, nightline, rafting, etc)
Year Five	<ul style="list-style-type: none"> Choose and combine techniques in games (running and catching Netball, 	<ul style="list-style-type: none"> Compose creative and imaginative dance sequences Express an idea in an original and imaginative way 	<ul style="list-style-type: none"> Create complex and well executed sequences that include a range of movements 	<ul style="list-style-type: none"> Combine sprinting with hurdles Throw accurately and refine 	<ul style="list-style-type: none"> Swim unaided between 25m/50m Use more than one 	<ul style="list-style-type: none"> Be equipped for OAA Understand a need to manage risks Support

	<p>passing and catching Tag rugby)</p> <ul style="list-style-type: none"> • Work alone or with team mates in order to gain points or possession (basketball) • Strike a bowled or volleyed ball with some accuracy (cricket, tennis) • Choose appropriate tactics for a game • Uphold spirit of fair play and respect in all competitive situations 		<ul style="list-style-type: none"> - Travelling - Balances - Swinging - Bending - Stretching - Twisting - Gestures linking shape • Link sequences of movements effectively • Practise and refine gymnastic techniques • Demonstrate good kinaesthetic awareness 	<p>performance by analysing technique and body shape</p> <ul style="list-style-type: none"> • Compete with others and keep track of personal best, setting own targets for improvement 	<p>stroke</p> <ul style="list-style-type: none"> • Co-ordinate breathing 	<p>others</p> <ul style="list-style-type: none"> • Seek support where necessary • Be an effective team member • Show resilience • Use initiative to try new ways of working • Remain aware of changing conditions
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