

Curriculum Intent: PE (2024 - 2025)

Year 5 PE					
ADVENT 1 Children will...	ADVENT 2 Children will...	LENT 1 Children will...	LENT 2 Children will...	PENTECOST 1 Children will...	PENTECOST 2 Children will...
Swimming (Y3/4) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop an understanding of buoyancy and balance in the water. L2: know how to develop independent movement and submersion. L3: know how to develop gliding and crawl legs. L4: know how to develop front crawl breathing. L5: know how to develop gliding and backstroke. L6: know how to develop rotation, sculling and treading water.	Swimming (Y5/6) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop gliding, front crawl and backstroke. L2: know how to develop rotation, sculling and treading water. L3: know how to develop front crawl stroke and breathing technique. L4: know how to develop the technique for backstroke arms and legs. L5: know how to develop breaststroke technique. L6: know how to develop breaststroke technique.	Football (Y5/6) L1: know how to develop ways to move the ball and apply them to different situations. L2: know how to send and receive under pressure. L3: know how to communicate with my team, move into space and take the ball towards goal. L4: know how to use defensive techniques to win possession. L5: know how to apply defending tactics as a team. L6: know how to use and apply skills, principles and tactics to a game situation. Badminton (Y5/6) L1: know how to use the serve with consideration of attacking principles.	Gymnastics L1: know how to perform symmetrical and asymmetrical balances. L2: know how to perform interesting symmetrical and asymmetrical balances using apparatus. L3: know how to develop the straight, forward, straddle and backward roll. L4: know how to develop the straight, forward, straddle and backward roll into a sequence. L5: know how to explore different travelling actions using both canon and synchronisation. L6: know how to explore different methods of travelling, linking actions in both	Basketball (Y5/6) L1: know how to develop ways to move the ball and apply them to different situations. L2: know how to develop movement skills to lose a defender in different situations. L3: know how to communicate with my team, move into space and take the ball towards the goal. L4: know how to defend an opponent and know when to try to intercept. L5: know how to develop shooting and explore when to pass, dribble or shoot. L6: know how to use and apply skills, principles and tactics to a game situation. Dance (Dance by Chance and Rock 'n' Roll)	Athletics L1: know how to understand pace and apply different speeds over varying distances. L2: know how to develop fluency and co-ordination when running for speed. L3: know how to develop technique in relay changeovers. L4: know how to build momentum and power in the triple jump. L5: know how to develop throwing with force for longer distances. L6: know how to develop throwing with greater control and technique. Cricket (Y5/6) L1: know how to develop throwing catching skills and

		<p>L2: know how to explore an underarm return with consideration of attacking principles.</p> <p>L3: know how to explore an underarm return with consideration of attacking principles.</p> <p>L4: know how to explore the overhead forehand with consideration of attacking principles.</p> <p>L5: know how to select and apply skills and tactics to play competitively.</p> <p>L6: know how to apply rules, skills and tactics to play in a tournament.</p>	<p>canon and synchronisation.</p> <p>Dodgeball (Y5/6)</p> <p>L1: know how to develop throwing skills and apply them appropriately to the situation.</p> <p>L2: know how to develop dodging skills and apply them appropriately to the situation.</p> <p>L3: know how to use develop catching skills and apply them appropriately to the situation.</p> <p>L4: know how to develop blocking skills and apply them appropriately to the situation.</p> <p>L5: know how to understand the need for tactics and identify how to create and use them.</p> <p>L6: know how to apply rules, skills and tactics when playing in a tournament.</p>	<p>L1: know how to create using a random structure and perform the actions showing quality and control.</p> <p>L2: know how changing dynamics changes the appearance of the performance.</p> <p>L3: know how to use relationships and space to change how a performance looks.</p> <p>L4: know how to copy and repeat movements in the style of rock 'n' roll.</p> <p>L5: know how to work with a partner to copy and repeat actions keeping in time with the music.</p> <p>L6: know how to work collaboratively with a group to create a dance in the style of rock 'n' roll.</p>	<p>apply them relevantly to the situation.</p> <p>L2: know how to develop bowling accuracy and perform the skill within the rules of the game.</p> <p>L3: know how to develop batting skills, identify when I am successful and what I need to do to improve.</p> <p>L4: know how to develop fielding techniques and begin to use these under some pressure.</p> <p>L5: know how to understand the need for tactics and identify when to use them.</p> <p>L6: know how to apply skills and knowledge to complete in a tournament, using tactics identified throughout the unit.</p>
VOCABULARY					
<p>Swimming</p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p>	<p>Swimming</p> <p>Personal best, exhale surface, inhale, endurance, propel, continuous, streamline, retrieve</p>	<p>Football</p> <p>Control, tactics, opponent, intercepting, possession, tracking, consistently, conceding, outwit,</p>	<p>Gymnastics</p> <p>Symmetrical, asymmetrical, extension, rotation, synchronisation, canon, inverted, progression, aesthetics</p>	<p>Basketball</p> <p>Referee, double dribble, tactics, set shot, foul, possession, conceding, travelling, jump shot, opponent, rebound, outwit</p>	<p>Athletics</p> <p>Technique, compete, continuous pace, flight, determination, personal best, momentum, stride, downsweep, upsweep, officiate, rhythm</p>
		<p>Badminton</p> <p>Backhand, control, ready position, forehand, co-</p>	<p>Dodgeball</p> <p>Pressure, tactics, opponent, officiate, referee,</p>	<p>Dance</p> <p>Levels, actions, formation, timing, relationship,</p>	<p>Cricket</p>

		operatively, outwit, rally, return, serve, ready position, defensive, attacking, opponent, attacking, continuously	fair play, consistently, outwit, sportsmanship, support, tournament, co- operatively	performance, expression, unison, posture, dynamics, canon	Strike, batting, wicket keeper, fielding, wicket, tracking, consistently, tracking, retrieve, support, obstruction
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