

Curriculum Intent: PE (2025 - 2027)

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

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

		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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