

Year 5	Physical Education					
KS2 Objectives	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Football OAA: Orienteering	Netball Health Related Fitness	Hockey Gymnastics	Tag Rugby Dance	Cricket Badminton	Rounders Athletics
To use running, jumping, throwing and catching in isolation and in combination						Athletics Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles
To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Football Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating	Netball Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles	Hockey Develop defending; block and tacking Recap and refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack	Tag Rugby Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating	Cricket Refine batting, understand and develop batting and bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring Badminton Exploring different forehand /backhand shots Applying different forehand/ backhand shots to win a point Consolidate outwitting an opponent Doubles: Understanding and applying tactics to win a point	Rounders Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games
To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]		Health Related Exercise Cardio Fitness 1 Flexibility Strength Cardio Fitness 2	Gymnastics: Counter Balance & Counter Tension Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion			
To perform dances using a range of movement patterns				Dance: The Circus Developing character movements linked to 19th Century prejudices Creating movements to represent different characters and performers in a 19th Century circus Extending our Performance incorporating props and apparatus linked to the variety of performers		
To take part in outdoor and adventurous activity challenges both individually and within a team	Orienteering Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition					
To compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Comparing, evaluating and improving personal performances in football and orienteering. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in netball and health-related exercise. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in hockey and gymnastics. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in tag rugby and dance. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in cricket and badminton. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?	Comparing, evaluating and improving personal performances in athletics and rounders. How have I performed? What aspects of my performance could be improved? Have I improved my performance? How could I show this improved personal performance?
To swim competently, confidently and proficiently	Taught in Y3 and Y6 21-22					

Year 5	Physical Education					
KS2 Objectives	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Football OAA: Orienteering	Netball Health Related Fitness	Hockey Gymnastics	Tag Rugby Dance	Cricket Badminton	Rounders Athletics
over a distance of at least 25 metres						
To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]						
To perform safe self-rescue in different water-based situations.						
HC Confidence /Aspiration /Resilience / Spirituality						