

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Topic Title	Health Related Fitness	Dance	Gymnastics	Games	Athletics	Athletics and games	
Year 5	PE	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Increase fitness levels through a range of physical activities</li> <li>- Choose their favourite ways of running, jumping and throwing.</li> <li>- Choose the best equipment for different activities.</li> <li>- Know how to plan a run so they pace themselves evenly or unevenly.</li> <li>- Plan to cover distances as a team to get the best results possible.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Compose creative and imaginative dance sequences.</li> <li>- Perform expressively and hold a precise and strong body posture.</li> <li>- Perform and create complex sequences.</li> <li>- Express an idea in original and imaginative ways.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> <li>- travelling</li> <li>- balances</li> <li>- swinging</li> <li>- springing</li> <li>- flight</li> <li>- vaults</li> <li>- inversions</li> <li>- rotations</li> <li>- bending, stretching and twisting</li> <li>- gestures</li> <li>- linking skills.</li> </ul> </li> <li>- Hold shapes that are strong, fluent and expressive.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>- Work alone, or with team mates in order to gain points or possession.</li> <li>- Strike a bowled or volleyed ball with accuracy.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Choose their favourite ways of running, jumping and throwing.</li> <li>- Choose the best equipment for different activities.</li> <li>- Know how to plan a run so they pace themselves evenly or unevenly.</li> <li>- Plan to cover distances as a team to get the best results possible.</li> <li>- Mark a run up for jumping and throwing.</li> <li>- Set themselves and others targets in different events.</li> <li>- Watch a partner's athletic performance and identify the main strengths.</li> <li>- Identify parts of the performance that need to be practised and refined, and suggest improvements.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Understand what to include in a warm up in order to improve performance.</li> <li>- Understand why exercise is good for their fitness, health and well-being.</li> <li>- Show ways to keep ball away from defenders.</li> <li>- How to shield the ball.</li> <li>- Change speed, direction with ball to get away from defender.</li> <li>- Shoot accurately in a variety of ways.</li> <li>- Mark an opponent.</li> <li>- Watch and evaluate the success of the games they play in.</li> <li>- Identify parts of the game that are going well and parts that need improving.</li> <li>- Explain how confident they feel in different positions.</li> </ul>