

Athletics	Dance	Fitness / Other	Games	Gymnastics	OAA	Swimming
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Year 5	Units to cover	Athletics	OAA	Gymnastics	Dance	Water Safety	Games – Strike & Field
		Games- Invasion	Games – Invasion	Games – Net & Wall	Games – Strike & Field	Games – Net & Wall	Games- Invasion
		<ul style="list-style-type: none"> Cycling – Bikability – Level 1 (Hopefully Level 2) – Run in September Swimming catch up (Jan – July) - for selected students 					

Year 6	Team Pathway	Athletics	Games-Invasion	Games- Invasion	Games – Net & Wall, target		First Aid		Dance	Gymnastics	Games – S&F	OAA
	Individual Pathway	Games – Net & Wall		Games- Target	First Aid		Dance	Gymnastics	Athletics	Games*	OAA	Fitness
	Leadership	OAA		First Aid	Gymnastics	Dance	Games		Multi-sport (Games)		Athletics	Games
	Additional	<ul style="list-style-type: none">Swimming catch up (Sept – Dec) - for selected students										

PE Aims	The 3 Pillars (Taken from the PE Review)	PE Focus Thread	Year 5/6 Word list
<ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities. are physically active for sustained periods of time. engage in competitive sports and activities. lead healthy, active lives. 	<ul style="list-style-type: none"> motor competence – knowledge of the range of movements that become increasingly sport- and physical activity-specific (NOTE: it is not the expectation that PE is a preparation path for elite athletes: PE alone does not have the time, resources, or intent to do this. But PE can provide knowledge through instruction, practise, and feedback for pupils to flourish within their phase and prepare them for the next stages of learning.) rules, strategies, and tactics – knowledge of the conventions of participation in different sports and physical activities healthy participation – knowledge of safe and effective participation 	<ul style="list-style-type: none"> Life Skills – Communication, Concentration, Confidence, Creativity, Empathy, ICT, Independent learning, Organisation, Pride, Problem Solving, Teamwork, Trust, Fundamental Skills (Movement, stability, object manipulation) – Balance, Catching, Climbing, Dodging, Dribbling, Hopping, Jumping, Kicking, Overarm, Running, Skipping, Striking, Throwing, Health & Wellbeing- Body Systems (Skeletal, muscular, cardiorespiratory), Diet (Nutrients, functions, sources), First Aid / Mental health / Water safety, Components of Fitness (Health related – Body composition, CV endurance, Flexibility, Muscular endurance, Muscular strength; Skill related – Agility, Balance, Coordination, Power, Reaction time, Speed,) 	<p>Achieve, attached, available, bruise, category, communicate, competition, determined, develop, environment, equipment, excellent, explanation, forty, frequently, identify, individual, interfere, interrupt, muscle, opportunity, physical, queue, recognise, rhythm, shoulder, stomach, suggest, system, temperature, variety</p>

Year 5						
PE Lesson 1 – TW Led						
Unit to cover	Athletics	OAA	Gymnastics	Dance	Swimming	Games – Strike & Field
Space	Playground / SHP	School Playground / SHP	Hall	Hall	Hall / Off site	Playground
Covered activities	Short distance Track, relay, Jumping, Howler	Orienteering	Apparatus	Dance	Water Safety / Road Safety	Rounder's
Criteria	<input type="checkbox"/> To know the difference between a sprint, start for long and short distance. <input type="checkbox"/> To know how to pass a relay baton effectively using different sweep techniques. <input type="checkbox"/> Participate in (Standing) LJ and TJ linking take-off and landing safely. <input type="checkbox"/> Demonstrate correct throwing technique in Howler	<input type="checkbox"/> Dress appropriately for the outdoor environment <input type="checkbox"/> Understand how to complete 4 figure grid references. <input type="checkbox"/> Identify key features on a map. <input type="checkbox"/> Take part in team orienteering using 4 figure grid reference	<input type="checkbox"/> Understand and perform different shaped jumps from medium / high demonstrating safe landing techniques. <input type="checkbox"/> Demonstrate balance and control when traversing and climbing. <input type="checkbox"/> Support peers safely using the correct technique. <input type="checkbox"/> Combine skills to move fluently around equipment	<input type="checkbox"/> To understand the terms mirroring and matching <input type="checkbox"/> To be able to support peers' weight through mirroring and matching. <input type="checkbox"/> Move fluently in and out of movements. <input type="checkbox"/> To move in synchronisation with the group <input type="checkbox"/> To be able to identify the key features of a musical piece and create routine to 2 sections	<input type="checkbox"/> Know what is meant by bodies of water <input type="checkbox"/> Understand what are the water hazards <input type="checkbox"/> Understand what to do if you or someone nearby falls in water <input type="checkbox"/> How to respond to an emergency <input type="checkbox"/> Understand what different signs relating to water mean <input type="checkbox"/> Be able to throw accurately <input type="checkbox"/> <i>Try to get in RNLI</i>	<input type="checkbox"/> Demonstrate correct technique for holding the bat <input type="checkbox"/> Bowl underarm within the height / width boundary with correct speed, power and accuracy <input type="checkbox"/> To understand the scoring system of rounder <input type="checkbox"/> Adapt fielding positions based on opponents' strengths.

PE Lesson 2 – Teacher Led						
Unit to cover	Games- Invasion	Games – Invasion	Games – Net & Wall		Games – Net & Wall	Games- Invasion
Space	Hall / Cage	Playground / Cage	Classroom	Playground	Playground / Cage	Spinney Hill
Covered activities	Dodgeball	Basketball	Table Tennis	Cricket	Tennis	Frisbee
Criteria	<input type="checkbox"/> Demonstrate fast reaction times / agility in order to prevent being hit. <input type="checkbox"/> Work as a team to get the opponent out. <input type="checkbox"/> To continuously move in / out of a space to avoid being hit with a ball.	<input type="checkbox"/> To continuously move in / out of a space to receive a pass from your teammate. <input type="checkbox"/> To apply skills into small, sided games (max 5 v 5) <input type="checkbox"/> To receive a ball whilst on the move,	<input type="checkbox"/> Correctly demonstrate serving technique <input type="checkbox"/> Use a combination or forehand / backhand to send the object over the net. <input type="checkbox"/> Demonstrate agility to receive the object.	<input type="checkbox"/> Be able to strike the ball in a variety of directions into a space <input type="checkbox"/> Be able to bowl the ball underarm (or over arm) with power, speed and direction towards a target (Wickets) <input type="checkbox"/> Identify key fielders positions to restrict	<input type="checkbox"/> Correctly demonstrate serving technique <input type="checkbox"/> Use a combination or forehand / backhand to send the ball over the net. <input type="checkbox"/> Demonstrate agility in order to receive the ball.	<input type="checkbox"/> To continuously move in / out of a space to receive a pass from your teammate. <input type="checkbox"/> To apply skills into small, sided games (max 5 v 5)

	<input type="checkbox"/> To apply skills into small, sided games (max 5 v 5) <input type="checkbox"/> To receive a object whilst on the move, resulting in the opponent becoming out and a team mate rejoining <input type="checkbox"/> Apply rules of the game fairly	immediately looking for the next pass <input type="checkbox"/> To be able to maintain control whilst moving with a ball. <input type="checkbox"/> To observe and adapt directional paths to score. <input type="checkbox"/> To defend opponents restricting their space for movement to maintain possession. <input type="checkbox"/> Apply rules of the game fairly	<input type="checkbox"/> Demonstrate positional awareness throughout a game <input type="checkbox"/> Apply rules of the game fairly	opposition scoring a 4 or 6. <input type="checkbox"/> Demonstrate a short barrier to prevent the ball rolling further. <input type="checkbox"/> Understand (and self-officiate) the rules of dynamo cricket.	<input type="checkbox"/> Demonstrate positional awareness throughout a game <input type="checkbox"/> Apply rules of the game fairly	<input type="checkbox"/> To receive a object whilst on the move, immediately looking for the next pass <input type="checkbox"/> To observe and adapt directional paths to score. <input type="checkbox"/> To defend opponents restricting their space for movement to maintain possession. <input type="checkbox"/> Apply rules of the game fairly
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Start of the Year- Cycling	
Unit to cover	Fitness
Space	Playground / Highfields Area
Covered activities	Cycling
Criteria	<input type="checkbox"/> Check a bike is safe to ride <input type="checkbox"/> Know what is meant by personal safety for cycling <input type="checkbox"/> Safely demonstrate how to mount / dismount a bike <input type="checkbox"/> Ride a bike for a short distance <input type="checkbox"/> Understand how to stop a bike safely <input type="checkbox"/> Understand how to change gears correctly <input type="checkbox"/> Demonstrate arm positions to signal direction <input type="checkbox"/> L2 only – demonstrate competency to ride out on the road

Year 6- Team Pathway									
Unit to cover	Athletics	Games- Invasion	Games- Invasion	Games – Net & Wall, target	First Aid	Dance	Gymnastics	Games – Striking & Fielding	OAA
Space	Spinney Hill / School Playground		Highfields	Highfields	Classroom	School Hall		Spinney Hill / Playground	
Covered activities	Athletics – Relays, Triathlon, Decathlon, Team Marathon. Games – Football, Tag Rugby		Basketball, Netball	Pairs Badminton		Potentially looking into Cheer or Parkour – Action Movie Theme		OAA – Problem Solving / Orienteering Games – Rounders / Cricket	
	Athletics <ul style="list-style-type: none"><input type="checkbox"/> Demonstrate accurate start position for different races.<input type="checkbox"/> Demonstrate stamina, correct breathing technique when participating in long distance event.<input type="checkbox"/> Analyse performance to adapt technique to make improvements.<input type="checkbox"/> Jump with control and fluency combining, approach take-off and landing.<input type="checkbox"/> Combine lower body movement to throwing events to generate momentum and power to increase distance in 2 throwing events Games	<ul style="list-style-type: none"><input type="checkbox"/> Discuss simple tactics and adapt to changing circumstances.<input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly.<input type="checkbox"/> Play fairly, respect others and follow the rules accurately.<input type="checkbox"/> Works collaboratively with all players in the group.<input type="checkbox"/> Continue to improve upon fundamental skills used in Invasion Games	<ul style="list-style-type: none"><input type="checkbox"/> Develop techniques used in specific badminton.<input type="checkbox"/> Predict direction of play to send the object back.<input type="checkbox"/> Discuss simple tactics and apply to try and gain advantage.<input type="checkbox"/> Adapt tactics and game play to changing circumstances.<input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly.<input type="checkbox"/> Play fairly, respect others and follow the rules accurately.<input type="checkbox"/> Demonstrate speed, power and agility to move around the court in order to receive the object	<ul style="list-style-type: none"><input type="checkbox"/> To understand what is meant by the term first.<input type="checkbox"/> To know what a first aid kit is and its content.<input type="checkbox"/> To understand what DRSABC stand for<input type="checkbox"/> To safely put someone in the recovery position<input type="checkbox"/> To understand how to perform CPR and us a defib.<input type="checkbox"/> To treat bleed and burns effectively.<input type="checkbox"/> To be able to calmly deal with someone having an asthma attack or choking	<ul style="list-style-type: none"><input type="checkbox"/> To be able to support peers’ weight through basic lifts and supports.<input type="checkbox"/> Link freezes to directional movement to create suspense.<input type="checkbox"/> Move fluently through spaces using different pathways, level, and size of movements.<input type="checkbox"/> Create your own compositional piece differentiating movement for each component of music<input type="checkbox"/> Demonstrate a variety of rolls within a routine.<input type="checkbox"/> Move freely over / around / through / under equipment to combine movement skills.<input type="checkbox"/> Demonstrate skills which are aesthetically pleasing.		OAA <ul style="list-style-type: none"><input type="checkbox"/> Dress appropriately for the outdoor environment<input type="checkbox"/> Take part in team orienteering using 6 figure grid reference.<input type="checkbox"/> <i>Plan - Look into Dragon boating at LOPC</i> Games S&F <ul style="list-style-type: none"><input type="checkbox"/> Strike a ball demonstrating spatial awareness, accuracy, and power.<input type="checkbox"/> Bowl using the correct technique with correct speed, power, and accuracy.<input type="checkbox"/> Demonstrate short barrier technique to stop a ball from travelling.<input type="checkbox"/> Select the appropriate player / base to pass to based on the		

	<div><div><input type="checkbox"/> Discuss simple tactics and adapt to changing circumstances.</div><div><input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly.</div><div><input type="checkbox"/> Play fairly, respect others and follow the rules accurately.</div><div><input type="checkbox"/> Works collaboratively with all players in the group.</div><div><input type="checkbox"/> Continue to improve upon fundamental skills used in Invasion Games</div></div>					consistently changing situation.
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Year 6- Individual Pathway						
Unit to cover	Games – Net & Wall	Games- Target	First Aid	Dance / Gymnastics	Athletics	OAA / Fitness
Space	Highfields	School Hall	Classroom	School Hall	Spinney Hill / Playground	School
Suggested activities	Badminton	Archery, Boccia,		Individual Apparatus / routine	Track, Throwing, Jumping,	Orienteering, problem solving
	<input type="checkbox"/> Develop techniques used in allocated sports. <input type="checkbox"/> Predict direction of play to send the object back. <input type="checkbox"/> Discuss simple tactics and adapt to changing circumstances. <input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly. <input type="checkbox"/> Play fairly, respect others and follow the rules accurately. <input type="checkbox"/> Be able to set up / take down a badminton net correctly. <input type="checkbox"/> To keep a rally going showing control. <input type="checkbox"/> To compete in an individual tournament (Competitive)	<input type="checkbox"/> Change tactics to adapt to changing circumstances. <input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly. <input type="checkbox"/> Play fairly, respect others and follow the rules accurately. <input type="checkbox"/> Continue to improve upon fundamental skills used in Target Games Team game (Possibly) <input type="checkbox"/> Discuss simple tactics and adapt to changing circumstances. <input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly. <input type="checkbox"/> Play fairly, respect others and follow the rules accurately. <input type="checkbox"/> Works collaboratively with all players in the group. <input type="checkbox"/> Continue to improve upon fundamental skills used in Invasion Games	<input type="checkbox"/> To understand what is meant by the term first. <input type="checkbox"/> To know what a first aid kit is and its content. <input type="checkbox"/> To understand what DRSABC stand for <input type="checkbox"/> To safely put someone in the recovery position <input type="checkbox"/> To understand how to perform CPR and us a defib. <input type="checkbox"/> To treat bleed and burns effectively. <input type="checkbox"/> To be able to calmly deal with someone having an asthma attack or choking	<input type="checkbox"/> Link freezes to directional movement to create suspense. <input type="checkbox"/> Move fluently through spaces using different pathways, level, and size of movements. <input type="checkbox"/> Create your own compositional piece differentiating movement for each component of music. <input type="checkbox"/> Demonstrate a variety of rolls within a routine. <input type="checkbox"/> Move freely over / around / through / under equipment to combine movement skills. <input type="checkbox"/> Demonstrate skills which are aesthetically pleasing.	<input type="checkbox"/> Demonstrate accurate start position for different races. <input type="checkbox"/> Demonstrate stamina, correct breathing technique when participating in long distance event. <input type="checkbox"/> Analyse performance to adapt technique to make improvements. <input type="checkbox"/> Jump with control and fluency combining, approach take-off and landing. <input type="checkbox"/> Combine lower body movement to throwing events to generate momentum and power to increase distance in 2 throwing events	<input type="checkbox"/> Dress appropriately for the outdoor environment <input type="checkbox"/> Take part in orienteering based activities using 6 figure grid references. <input type="checkbox"/> <i>PLAN - Take part in a permanent orienteering trail.</i> Look into doing climbing / Kayaking at LOPC

Leadership Pathway						
Unit to cover	OAA	First Aid	Gymnastics / Dance	Games	Multi-sport	Athletics / Games
Space	School Hall / Classroom	Classroom	School Hall	Highfields	Highfields	Highfields
Suggested activities	Problem solving / Orienteering		Apparatus	Badminton / Netball / Basketball		Rounder / Athletics
Focus question	<ul style="list-style-type: none"> What makes a good leader? Skills / Qualities and characteristics What are the 2 main types of communication How can we split into groups? 		<ul style="list-style-type: none"> What is meant by the terms health & Safety, hazard, risk and contingency plan? What is a risk assessment? 	<ul style="list-style-type: none"> How can you differentiate a session? What is meant by the term PACER? What are the fundamental skills / components of fitness you can develop in a session? 	<ul style="list-style-type: none"> What are the different types of sporting tournament? What are the roles and responsibilities of officials? What is needed to run a successful sporting event? 	<ul style="list-style-type: none"> How can you use feedback to improve someone's performance
	<input type="checkbox"/> Dress appropriately for the outdoor environment <input type="checkbox"/> Take part in team problem solving activities to come up with solutions. <input type="checkbox"/> Identify core characteristic of leaders. <input type="checkbox"/> Take part in orienteering based activities using 6 figure grid references.	<input type="checkbox"/> To understand what is meant by the term first. <input type="checkbox"/> To know what a first aid kit is and its content. <input type="checkbox"/> To understand what DRSABC stand for <input type="checkbox"/> To safely put someone in the recovery position <input type="checkbox"/> To understand how to perform CPR and use a defib. <input type="checkbox"/> To treat bleed and burns effectively. <input type="checkbox"/> To be able to calmly deal with someone having an asthma attack or choking	<input type="checkbox"/> To be able to support peers' weight through basic lifts and supports. <input type="checkbox"/> Link freezes to directional movement to create suspense. <input type="checkbox"/> Move fluently through spaces using different pathways, level, and size of movements. <input type="checkbox"/> Create your own compositional piece differentiating movement for each component of music	<input type="checkbox"/> Develop techniques used in allocated sports. <input type="checkbox"/> Predict direction of play to send the object back. <input type="checkbox"/> Discuss simple tactics and adapt to changing circumstances. <input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly. <input type="checkbox"/> Play fairly, respect others and follow the rules accurately. Games <input type="checkbox"/> Discuss simple tactics and adapt to changing circumstances.	<input type="checkbox"/> What part do officials have in an event? <input type="checkbox"/> What are the roles and responsibilities of an official? <input type="checkbox"/> Understand what is needed to run a successful tournament <input type="checkbox"/> Plan and organise a tournament <input type="checkbox"/> Deliver and review a tournament event	Games S&F <input type="checkbox"/> Strike a ball demonstrating spatial awareness, accuracy, and power. <input type="checkbox"/> Bowl using the correct technique with correct speed, power, and accuracy. <input type="checkbox"/> Demonstrate short barrier technique to stop a ball from travelling. <input type="checkbox"/> Select the appropriate player / base to pass to based on the consistently changing situation. Athletics

			<input type="checkbox"/> Demonstrate a variety of rolls within a routine. <input type="checkbox"/> Move freely over / around / through / under equipment to combine movement skills. <input type="checkbox"/> Demonstrate skills which are aesthetically pleasing.	<input type="checkbox"/> Increase knowledge of rules and skills required to play the game correctly. <input type="checkbox"/> Play fairly, respect others and follow the rules accurately. <input type="checkbox"/> Works collaboratively with all players in the group. <input type="checkbox"/> Continue to improve upon fundamental skills used in Invasion Games		<input type="checkbox"/> Demonstrate accurate start position for different races. <input type="checkbox"/> Demonstrate stamina, correct breathing technique when participating in long distance event. <input type="checkbox"/> Analyse performance to adapt technique to make improvements. <input type="checkbox"/> Jump with control and fluency combining, approach take-off and landing. <input type="checkbox"/> Combine lower body movement to throwing events to generate momentum and power to increase distance in 2 throwing events
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