

Year Five: Autumn 1

Topic title: Fundamental Movement Skills

**Prior learning:**

- Consistently show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers.
- Show hopping and jumping actions, including running as transition in between, attempting different take offs and landings, while maintaining balance.
- Jump for distance and height, showing balance and control.
- Throw with some accuracy and power towards a target area.
- Demonstrate good balance when performing other fundamental skills.
- Show balance when changing direction at speed in combination with other skills.
- Begin to coordinate their body at speed in response to a task.

**Future learning:**

- Demonstrate a controlled running technique over longer distances or for longer periods of time.
- Show a clear understanding of agility and evasion, running in different directions at speed, and changes of speed and changes direction to avoid peers.
- Transition between running, jumping and hopping actions with greater control and coordination.
- Consistently show control at take-off and landing in more complex jumping activities, with running transitions in-between.
- Show accuracy and good technique when throwing for distance, regularly hitting the target.
- Change direction with a fluent action, transitioning smoothly between varying speeds and directions.
- Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.

**Knowledge:**

- Develop agility and coordination through multidirectional running activities.
- Understand agility and coordination through multidirectional jumping activities.
- Develop agility and coordination through multidirectional movement activities.
- Develop agility and coordination through multidirectional balance activities.
- Develop agility and coordination through dynamic throwing and catching activities.

**Skills:**

- Develop agility and speed through multidirectional running activities.
- Execute direction changes while running e.g side shuffles and quick turns.
- Demonstrate agility and coordination during running-based games or obstacle courses.
- Participate in partner drills focusing on reaction time and coordination.
- Execute direction changes while jumping e.g. lateral jumps, 180-degree jumps.
- Execute direction changes with coordination e.g side steps, quick turns.
- Execute direction changes with balance e.g. side steps, lunges, pivot turns.
- Execute direction changes with agility e.g. crossover steps, back pedal.
- Execute direction changes while throwing and catching e.g. moving laterally, forward, backward.

Year Five: Autumn 2

**Topic title: Gymnastics**

**Prior learning:**

- Perform balances on their own and with a partner showing good tension.
- Demonstrate increasing control, strength, and technique when taking their own and others' weight in balances and actions.
- While performing more challenging balances, they continue to show good tension and stability.
- Plan and perform sequences that flow while showing control and technique with and without a partner.

**Future learning:**

- Combine and perform more complex balances with control and technique that is fluid.
- Demonstrate more complex actions with a good level of technique and strength.
- Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.
- Plan and perform with control, precision and fluency, a sequence of actions that includes a wide range of different skills and balances.

**Knowledge:**

- Continue the around the world theme.
- Learn how canon is developed within dance.
- Learn a set of different jumps and include them in the routine.
- Discuss Chinese New Year and the traditions that are used every year.
- Learn and develop an African dance.
- Learn the new skill improvisation.
- Learn about the rehearsal process.

**Skills:**

- Use travel within the movements.
- Use travel in different formations.
- Engage throughout the whole lesson.
- Learn and develop an African dance.
- Develop everything learnt so far into a sequence.
- Rehearse the routine that they have been learning throughout the previous weeks.

**Year Five: Spring One**

**Topic title: Dance – Around the world**

**Prior learning:**

- Copy, remember and adapt set choreography.
- Choreograph considering structure individually, with a partner and in a group.
- Use action and reaction to represent an idea.
- Change dynamics to express changes in character or narrative.
- Use counts when choreographing short phrases.

**Future learning:**

- Perform dances confidently and fluently with accuracy and good timing.
- Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.
- Improvise and combine dynamics demonstrating an awareness of the impact on performance.
- Use counts when choreographing and performing to improve the quality of work.

**Knowledge:**

- To learn how cannon is developed within dance.
- To learn a set of different jumps and include them in our routine.
- Discuss Chinese New Year and the traditions that are used every year.
- Learn and develop an African dance sequence.
- Learn what improvisation is.

**Skills:**

- Use travel within their movements.
- Travelling in different formations.
- Engagement throughout the lesson
- To develop everything learnt so far into a sequence.
- Rehearsing and showing all the skills and choreography they have learnt over the past 6 weeks.

**Topic title: Multi Sports**

**Prior learning:**

Change direction when dribbling with feet with some control in game situations.  
 Receive a ball sent to them using different parts of the foot under pressure.  
 Create and use space with some success in game situations.

**Future learning:**

Confidently use a variety of techniques to change direction to successfully outwit an opponent.  
 Effectively create and use space for self and others to outwit an opponent.  
 Change the direction of play while dribbling, with control under pressure.  
 Use a variety of dribbling techniques to maintain possession under pressure.

**Knowledge:**

- Understand the decision making involved to increase probability of scoring.
- Learn when to use different types of passes.
- Begin to understand defending tactics.
- Begin to understand attacking tactics.
- Learn how to defend the ball.

**Skills:**

- Improve passing to a partner, stationary & dynamic.
- Improve catching with two hands.
- Practise how to score a try (rugby).
- Practise the body position needed to make a successful tackle, without making contact with the opposition player.
- Kick the ball to different targets over different distances.
- Be able to shoot in a height appropriate net. (basketball)
- Be able to control the ball when passing.

**Year Five: Summer One**

**Topic title: Cricket**

**Prior learning:**

Link dribbling the ball with other actions with increasing control.  
 Change direction when dribbling with feet with some control in game situations.  
 Use a variety of throwing techniques with increasing success in game situations.  
 Kick with increasing success in game situations.

**Knowledge:**

- Gain an understanding of where to bowl the ball.
- Understand how to stand correctly when hitting the ball.
- Understand where to hit the ball to score the most runs.
- Begin to understand simple rules.

**Skills:**

- Begin to learn how to bowl the ball correctly.
- Demonstrate how to hit the ball correctly using the correct grip.
- Be able to hit the ball consistently.
- Stand with the weaker foot closest to the bowler to allow for a clean swing.

<p>Catch a ball passed to them using one and two hands with increasing success.  Receive a ball sent to them using different parts of the foot under pressure.  Strike a ball using varying techniques with increasing accuracy.  Change direction to lose an opponent while maintaining some control of the ball with some success.  Create a new space with some success in game situations.  Use simple tactics to help that team score or gain possession.</p> <p><b>Future learning:</b>  Change the direction of play whilst dribbling, with control under pressure.  Use a variety of dribbling techniques to maintain possession under pressure.  Use a variety of throwing techniques with control, under pressure, following the tactical decisions made to find success.  Choose and complete with success, the appropriate kicking technique with control.  In game situations, catch and intercept a ball using one and two hands with increasing success.  Receive and control a ball with consideration to the next move.  Strike a ball using a wider range of skills to outwit an opponent.  Apply these with increasing control under pressure.  Confidently use a variety of techniques to change direction to successfully outwit an opponent.  Effectively create a new space for self and others to outwit an opponent.  Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p>	<ul style="list-style-type: none"> <li>• Be able to put the rules into a gaming situation.</li> <li>• Understand what catching technique to use depending on how the ball is approaching.</li> <li>• Learn tactics that can be used in a game.</li> <li>• Understand why hitting the ball close to the floor is important.</li> </ul>	<ul style="list-style-type: none"> <li>• Catch the ball consistently when fielding using a variety of techniques.</li> <li>• Bowl accurately and consistently.</li> <li>• Be able to use the correct technique.</li> <li>• Use the correct overarm throwing technique to bowl.</li> <li>• Be able to bowl with a small run up for power.</li> <li>• Be able to hit the ball accurately.</li> <li>• Be able to successfully hit the ball into an open space minimising the chances of it being caught.</li> </ul>
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**Year Five: Summer Two**

**Topic title:**

<p><b>Prior learning:</b></p> <ul style="list-style-type: none"> <li>• Consistently show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers.</li> </ul>	<p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>• Develop strategies for maximising jumping performance.</li> <li>• Develop strategies for maximising throwing performance.</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Refine sprinting techniques for optimal performance.</li> <li>• Develop strategies for improving sprint times.</li> </ul>
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<ul style="list-style-type: none"> <li>• Show hopping and jumping actions, including running as transition in between, attempting different take offs and landings, while maintaining balance.</li> <li>• Jump for distance and height, showing balance and control.</li> <li>• Throw with some accuracy and power towards a target area.</li> <li>• Demonstrate good balance when performing other fundamental skills.</li> <li>• Show balance when changing direction at speed in combination with other skills.</li> <li>• Begin to coordinate their body at speed in response to a task.</li> </ul> <p><b>Future learning:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate a controlled running technique over longer distances or for longer periods of time.</li> <li>• Show a clear understanding of agility and evasion, running in different directions at speed, and changes of speed and changes direction to avoid peers.</li> <li>• Transition between running, jumping and hopping actions with greater control and coordination.</li> <li>• Consistently show control at take-off and landing in more complex jumping activities, with running transitions in-between.</li> <li>• Show accuracy and good technique when throwing for distance, regularly hitting the target.</li> <li>• Change direction with a fluent action, transitioning smoothly between varying speeds and directions.</li> <li>• Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore advanced long-distance running strategies.</li> <li>• Develop strategies for maintaining focus and motivation during runs.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore advanced jumping techniques and variations.</li> <li>• Mastery of advanced throwing techniques such as the javelin throw or shotput.</li> <li>• Application of strategies to improve throwing performance e.g. footwork, arm motion.</li> <li>• Mastery of more advanced running techniques such as stride length and gate.</li> <li>• Application of strategies to maintain focus and motivation during runs.</li> </ul>
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