

Physical Education Curriculum Progression – Year 5

*2 Units per half term (PE Unit 1 and PE Unit 2)

	Autumn Term 1	Autumn Term 2	Spring Term 1
PE 1 Learning Outcomes	<p>Invasion: Netball</p> <p>The unit of work will challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity.</p> <p>Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their teams.</p>	<p>Invasion: Basketball</p> <p>The unit of work will challenge pupils to apply their prior learning of passing and moving and dribbling to create attacks that result in a shooting opportunity.</p> <p>Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.</p>	<p>Dance: The Circus</p> <p>The unit of work will challenge pupils to bring together the different characters and performers that would have formed a 19th Century (1850) circus. Pupils will be able to distinguish between the different performers through clear movements and expression. Pupils will be able to perform their circus routine as part of a group</p>
Assessment Criteria	<p>Prior Assessment: 5v1 Activity</p> <p>Post Assessment: Netball tournament</p> <p>Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.</p> <p>Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics.</p> <p>Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.</p> <p>By facilitating learning through game- based scenarios, pupils’ self-discipline will be challenged as they focus on trying their best, even when their team is losing.</p>	<p>Prior Assessment: Possession Game</p> <p>Post Assessment: Basketball Tournament with Referees</p> <p>Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.</p> <p>Pupils will begin to create and apply tactics that they can then adapt depending on the situation.</p> <p>Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.</p> <p>By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to try their best and start to take responsibility for others.</p>	<p>Prior Assessment: Exploring behaviours of people in the 1850s Activity</p> <p>Post Assessment: Final Performance</p> <p>Pupils will perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic.</p> <p>Pupils will consolidate their ability to evaluate their own and others’ performances. Pupils will apply effective decision making as they construct their sequences.</p> <p>Pupils can consistently apply life skills such as cooperation and encouragement as they work successfully with others to execute their sequences and group performance.</p> <p>Pupils will demonstrate life skills such as resilience and responsibility as they support others to improve and accept feedback on their own performances.</p>
PE 2 Learning Outcomes	<p>Gymnastics: Counter Balance and Counter Tension</p> <p>The unit of work will focus on exploring Counter Balance and Counter Tension balances on the floor and on apparatus.</p>	<p>Health Related Exercise</p> <p>The unit of work will ensure that all pupils understand the meaning of strength, flexibility and the cardiovascular elements of fitness.</p>	<p>Invasion: Tag Rugby</p> <p>The unit of work will challenge pupils to apply their prior learning of passing and moving, learning how to execute different passes and understanding where, when they are</p>

	<p>Pupils will create sequences by consistently applying flow and challenging their creativity. Pupils will focus on the various ways they can construct the sequence and link the balances with movements.</p>	<p>Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.</p>	<p>used in a game. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.</p>
Assessment Criteria	<p>Prior Assessment: Introducing Counter Balance Activity</p> <p>Post Assessment: Performances</p> <p>Pupils will execute ‘excellent’ balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their balances with movement.</p> <p>Pupils will apply life skills such as evaluation and reflection as they recognise the strengths and weaknesses in their sequences and find ways to improve them.</p> <p>Pupils will demonstrate communication skills and show respect as they watch others’ performances and give feedback on ways to improve.</p> <p>Pupils will apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences.</p>	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Fitness Assessments</p> <p>Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness.</p> <p>Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.</p> <p>Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits.</p> <p>Pupils will develop life skills such as self motivation, resilience and integrity as they strive to improve their own performances.</p>	<p>Prior Assessment: 4v4 Revisit Activity</p> <p>Post Assessment: 5v5 Mini Games</p> <p>Pupils will be able to pass and move accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.</p> <p>Pupils will consolidate their understanding of the difference between attack and defence, understanding when and why to apply certain skills.</p> <p>Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.</p> <p>By facilitating learning through game- based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.</p>

	Spring Term 2	Summer Term 1	Summer Term 2
PE Unit 1 Learning Outcomes	<p style="text-align: center;">Invasion: Football</p> <p>The unit of work will challenge pupils to apply their prior learning of passing, moving and dribbling to create attacks that result in a shooting opportunity.</p> <p>Pupils will be able to develop tactics for both attacking and</p>	<p style="text-align: center;">Striking and Fielding: Cricket</p> <p>The unit of work will challenge pupils to refine and apply their prior learning of the skills required for both batting and fielding.</p> <p>Pupils will be able to create and apply tactics for both batting, and fielding</p>	<p style="text-align: center;">Athletics</p> <p>The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team.</p> <p>Pupils will be able to develop their technique for throwing a shot putt and explore and develop an</p>

	defending and apply these successfully within their team.	(including bowling) and apply these successfully within their teams.	understanding of how to hurdle safely.
Assessment Criteria	<p>Prior Assessment: Possession Game</p> <p>Post Assessment: Football Tournament With Referees</p> <p>Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.</p> <p>Pupils will begin to create and apply tactics that they can then adapt depending on the situation.</p> <p>Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.</p> <p>By facilitating learning through game- based scenarios and mini game situations, pupils will be challenged to try their best and start to take responsibility for others.</p>	<p>Prior Assessment: Run and Return Activity</p> <p>Post Assessment: 4v4 Mini Game</p> <p>Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents.</p> <p>Pupils will create, apply and refine tactics for batting, bowling and fielding, reflecting on the tactics and making any necessary adaptations.</p> <p>Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.</p> <p>By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.</p>	<p>Prior Assessment: Show What You Know Activity</p> <p>Post Assessment: Hurdle Competition</p> <p>Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.</p> <p>Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.</p> <p>Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.</p> <p>Pupils will strive to improve their own technique, ensuring they always apply maximum effort.</p>
PE Unit 2 Learning Outcomes	<p>OAA: Communication</p> <p>The unit of work will refine pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils refining effective communication skills, essential to working within a team to complete the challenges.</p>	<p>Net and Wall: Tennis</p> <p>The unit of work will challenge pupils to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to create tactics in a doubles game in order to score points and win the game.</p>	<p>Swimming</p> <p>Prior Assessment: 25m proficiency</p> <p>Post Assessment: At the end of the block – 25m+ proficiency, Range of Strokes, Self-Rescue</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p>
Assessment Criteria	<p>Prior Assessment: Noughts and Crosses Competition</p> <p>Post Assessment: Capture the Flag Activity</p>	<p>Prior Assessment: Show What You Know: 1v1 Ladder Tournament</p> <p>Post Assessment: 2v2 Ladder Tournament</p>	<p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>

	<p>Pupils will work within teams to refine effective strategies and tactics in order to complete the different problem solving challenges successfully.</p> <p>Pupils will be able to think tactically and communicate these ideas for completing the challenges to their team members.</p> <p>Pupils will refine life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams.</p> <p>Pupils will apply effective leadership skills as they control their own emotions and take responsibility for their team members.</p>	<p>Pupils will be able to execute a wide range of shots and play the ball into space. Pupils will be able to serve the ball accurately to start the game.</p> <p>Pupils will understand where to serve and why. Pupils will begin to create, understand and apply tactics in their games.</p> <p>Pupils will apply effective communication and cooperative skills as they work with their partner in doubles games.</p> <p>By facilitating learning through doubles games, pupils will be challenged to always try their best, even when they are losing.</p>	
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