

Physical Education



		Year 5	2 double lessons per fortnig	ht
	Wk	Topic	Learning content	Assessment
	1	Invasion games	Head- Find corrections in performance. Hands- identify skills in.	
	2		Heart- Remember rules and expectations.	
Autumn	3		Key vocabulary	
	4		Passing, catching, attacking, defending,	
	5		propel, scoring, space	
	7	College matches	School games intra school competition.	
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	8	Cross country	School games intra school competition to facilitate inter school competition.	
	9	Gym	Head - Identify correct performance. Hands -Create shapes and travel.	
	10		Heart- Demonstrate safety.	
	11	Dance	Head- Comment on a performance using	
	12		green and pink. Hands - Repeat 5 basic actions.	
	13		Heart- Emit expected behaviour.	
	14	OAA	Head - Recognise how to solve problems.	
	15		Hands - Effective communication techniques. Heart - Cooperate and communicate	
	_		Key vocabulary	
	2		Safety, communication, navigate, jumps,	
	3		turns, stillness, travel, gesture, direction, teamwork, sequence, patterns, basic shapes,	
			action	
	4	Fitness	Head- Identify skills which link to fitness	Initial review
Spring	5		stations. Hands-show effective participator skills	
	6		Heart-Aspire to keep going	
			Key vocabulary Injury, heart rate, warm up, cool down, health, skill	
	7	Invasion games	Head - Compare own and others performance. Hands - Show skills in	
	8		Heart- Demonstrate team worker skills.	
	9		Key vocabulary	
	9		Passing, catching, attacking, defending, propel, scoring	
	10			
	11	College matches	School games intra school competition.	Mid-year review
	12	Invasion games	Head- Compare own and others performance. Hands- Show skills in Heart- Demonstrate team worker skills.	
	1	Athletics	Head-Discuss strengths and weaknesses	
	2		Hands-Show a variety of running, throwing, jumping skills. Heart- Show confidence in performance.	
	3		Key vocabulary	
	4		Jump, throw, run, slow-fast	
er	5	Striking and	Head - Explain strengths and weaknesses	
Summer		fielding	Hands- Reproduce skills in. Heart- Consistently show skills.	
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	8		Key vocabulary Batting, bowling, grip, court/ pitch	
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	10			End of year
	4.0			review
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Year 6	2 double lessons per fortnigl	nt
Topic	Learning content	Assessment
Invasion games	Head - Identify the skill shown in a	
	performance.	
	Hands- Revise skill in.	
	Heart- Express team worker skills.	
	Key vocabulary	
	Footwork. decisions, space, warm up,	
	stretches, positions, rules, attack/ defend	
College matches	School games intra school competition.	
conege materies	school games intra school competition.	
Cross country	School games intra school competition to	
	facilitate inter school competition.	
Gym	Head -Discuss strengths and areas to improve	
	Hands- Demonstrate cannon and unison.	
	Heart- Show friendliness.	
Dance	Head - Explain the strengths and areas to	
Dance	improve.	
	Hands-Demonstrate contrast/action and	
	reaction/canon.	
OAA	Heart- Apply friendliness.	
	Head - Show the strengths and areas to	
	improve. Hands - Revise communication techniques.	
	Heart- Demonstrate communication and	
	cooperation.	
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	Key vocabulary	
	Canon, unison, evaluating, relationships,	
	dynamics, space, symbols, demonstrate,	
	levels, mirror, match, balance, contrast	
Fitness	Head Explain and prodict the results	Initial review
ritiless	Head- Explain and predict the results. Hands- Report on your heart rate.	IIIIIIai review
	Heart- Demonstrate effective participator	
	skills.	
	Key vocabulary	
	Injury, heart rate, warm up, cool down,	
	recovery, pulse, intensity	
Invasion games	Head - Identify the strengths and areas to	
invasion games	improve of a skill.	
	Hands- Develop skill in	
	Heart- Model team worker skills.	
	Key vocabulary	
	Footwork. decisions, space, warm up,	
	stretches, positions, rules, invade	
College matches	School games intra school competition.	Mid-year review
Invasion games	Head- Identify the strengths and areas to	
	improve of a skill. Hands - Develop skill in	
	Heart- Model team worker skills.	
Athletics	Head -Classify the strengths and areas to	
	improve of a skill.	
	Hands-Practice a range of running, jumping,	
	throwing, skills. Heart - Demonstrate confidence in	
	performance.	
	Key vocabulary	
	Stride, technique, measure	
Striking and	Head - Summarise the strengths and areas to	
fielding	improve.	
	Hands-Illustrate skill in.	
	Heart - Transfer the skills to a game.	
	Kou vo cabular:	
	Key vocabulary Batting howling forehand hackband	
	Batting, bowling, forehand, backhand, scoring, bowler, fielder, backstop, wicket	
	keeper, placement	End of war
	T = 7 F = 2000	End of year review
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