



		Year 5 <i>2 double lessons per fortnight</i>			
	Wk	Topic	Learning content	Assessment	
Autumn	1	Invasion games	Head- Find corrections in performance. Hands- identify skills in. Heart- Remember rules and expectations.		
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		7	College matches	School games intra school competition.	
		8	Cross country	School games intra school competition to facilitate inter school competition.	
		9	Gym	Head- Identify correct performance. Hands-Create shapes and travel. Heart- Demonstrate safety.	
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		11			
		12	Dance	Head- Comment on a performance using green and pink. Hands- Repeat 5 basic actions. Heart- Emit expected behaviour.	
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		14	OAA	Head- Recognise how to solve problems. Hands- Effective communication techniques. Heart- Cooperate and communicate	
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Spring	1	Fitness	Key vocabulary Safety, communication, navigate, jumps, turns, stillness, travel, gesture, direction, teamwork, sequence, patterns, basic shapes, action		
	2				
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		7	Invasion games	Head- Compare own and others performance. Hands- Show skills in Heart- Demonstrate team worker skills.	
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		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.	
Summer	1	Athletics	Head-Discuss strengths and weaknesses Hands-Show a variety of running, throwing, jumping skills. Heart- Show confidence in performance.		
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		6	Striking and fielding	Head- Explain strengths and weaknesses Hands- Reproduce skills in. Heart- Consistently show skills.	
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		12			
				End of year review	

		Year 6 <i>2 double lessons per fortnight</i>			
	Wk	Topic	Learning content	Assessment	
Autumn	1	Invasion games	Head- Identify the skill shown in a performance. Hands- Revise skill in. Heart- Express team worker skills.		
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		7	College matches	School games intra school competition.	
		8	Cross country	School games intra school competition to facilitate inter school competition.	
		9	Gym	Head-Discuss strengths and areas to improve Hands- Demonstrate cannon and unison. Heart- Show friendliness.	
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		11			
		12	Dance	Head- Explain the strengths and areas to improve. Hands-Demonstrate contrast/action and reaction/canon. Heart- Apply friendliness.	
		13			
		14	OAA	Head- Show the strengths and areas to improve. Hands- Revise communication techniques. Heart- Demonstrate communication and cooperation.	
		15			
Spring	1	Fitness	Key vocabulary Canon, unison, evaluating, relationships, dynamics, space, symbols, demonstrate, levels, mirror, match, balance, contrast		
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		7	Invasion games	Head- Explain and predict the results. Hands- Report on your heart rate. Heart- Demonstrate effective participator skills.	Initial review
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		9			
		10			
		11	College matches	School games intra school competition.	Mid-year review
		12	Invasion games	Head- Identify the strengths and areas to improve of a skill. Hands- Develop skill in Heart- Model team worker skills.	
Summer	1	Athletics	Head- Identify the strengths and areas to improve of a skill. Hands- Develop skill in Heart- Model team worker skills.		
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		6	Striking and fielding	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.	
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		12			
				End of year review	