



		Year 5 <i>2 double lessons per fortnight</i>			
	Wk	Topic	Learning content	Assessment	
Autumn	1	Invasion games	Heart – work well in a team. Head – make decisions in a drill. Hands – demonstrate a variety of sporting techniques e.g. shooting and passing. <i>Key vocabulary</i> Passing, catching, attacking, defending, propel, scoring		
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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	Heart – work cooperatively with others. Head – problem solving Hands – successfully navigate a map using compass directions.	
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		11	Dance	Heart – enjoy being active. Head – identify specific skills. Hands – explore the 5 actions of dance.	
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		13	OAA	Heart – use equipment safely. Head – identify specific skills. Hands – explore ways of jumping, rolling, travelling and balancing.	
		14			Mid-year review
		15			<i>Key vocabulary</i> Safety, communication, navigate, jumps, turns, stillness, travel, gesture, direction, teamwork, sequence, patterns, basic shapes.
Spring	1				
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	4	Fitness	Heart – how can you raise your heart rate. Head – positive attitude towards lessons. Hands – shows effort, participating in warm up activities. <i>Key vocabulary</i> Injury, heart rate, warm up, cool down, health		
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	7	Invasion games	Heart – work well in a team Head – make decisions in a drill or game. Hands – demonstrate a variety of sporting techniques. <i>Key vocabulary</i> Passing, catching, attacking, defending, propel, scoring		
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		11	College matches	School games intra school competition.	Mid-year review
		12	Invasion games		
Summer	1	Athletics	Heart – encourage and motivate others Head – identify strengths and weaknesses in our own and others performance. Hands – perform a variety of running, throwing and jumping events. <i>Key vocabulary</i> Jump, throw, run		
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	6	Striking and fielding	Heart – perform with confidence Head – know how to respond in a variety of situations. Hands – throwing and Catching over a variety of distances <i>Key vocabulary</i> Batting, bowling, grip		
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	10			End of year review	
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		Year 6 <i>2 double lessons per fortnight</i>		
	Topic	Learning content	Assessment	
Autumn	Invasion games	Heart – work well in a team Head – make decisions in a small game or drill Hands – To demonstrate a variety of sporting techniques e.g. footwork and defending. <i>Key vocabulary</i> Footwork, decisions, space, warm up, stretches, positions, rules		
	College matches	School games intra school competition.		
	Cross country	School games intra school competition to facilitate inter school competition.		
	Gym	Heart – follow rules and expectations. Head – To use key terminology/vocabulary when describing own and others work. Hands – To construct a Gymnastic sequence.		
	Dane			
	OAA	Heart – enjoy being active Hands – To incorporate dance relationships into a paired/group or whole class dance. Heart – know when to listen and talk Head – reflect on communication Hands – verbal and non-verbal communication		
				Mid-year review
				<i>Key vocabulary</i> Canon, unison, evaluating, relationships, dynamics, space, symbols, demonstrate, levels, mirror, match, balance.
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4	Fitness	Heart – explain how to tale HR Head – demonstrate positivity Hands – perform pulse raiser activities and interpret results. <i>Key vocabulary</i> Injury, heart rate, warm up, cool down, recovery, pulse, intensity		
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7	Invasion games	Heart – work well in a team Head – make decisions in a small game or drill Hands – demonstrate a variety of sporting techniques e.g. footwork and defending <i>Key vocabulary</i> Footwork, decisions, space, warm up, stretches, positions, rules		
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	11	College matches	School games intra school competition.	Mid-year review
	12	Invasion games		
Spring	Athletics	Heart – set own performance targets. Head – be confident in various roles e.g. measurer, recorder, official. Hands – perform a variety of running, throwing and jumping events. <i>Key vocabulary</i> Stride, technique		
	Striking and fielding	Heart – perform with confidence. Head – identify specific skills. Hands – develop ‘bat on ball’ techniques <i>Key vocabulary</i> Batting, bowling, forehand, backhand, scoring, bowler, fielder, backstop, wicket keeper		
			End of year review	
			End of year review	