



Moorside Primary School

Year 5 PE Overview

	Dance	Individual Sports	Team Sports	OAA and Health Related Fitness
National Curriculum reference	<p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Develop flexibility, strength, techniques, control and balance (for example, through athletics and gymnastics)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Knowledge and Skills	<p>Can create a series of phrases to be performed using a range of formations, attempting transitions in movements and patterns.</p> <p>Can identify some choreographic devices within performance such as Unison and Canon.</p> <p>Can identify expression within dance, understanding the intended impact on the audience.</p> <p>Can observe performances identifying strengths and weaknesses.</p>	<p>Gymnastics</p> <p>Can warm up a large group, understanding the importance of preparing both the body and mind.</p> <p>Can perform a wide range of sequences with smooth transitions whilst working alongside others.</p> <p>Understands different ways of travelling on the apparatus. Throughout sequences, children can use mirroring and perform exercises in unison with a partner.</p> <p>Can identify and demonstrate the following Shapes: Straight, Tuck, Star, Landing shape, Pike, Straddle, Squat sit, Straddle stand, Needle, Front support and Back support.</p> <p>Can identify and demonstrate the following Balances: 1, 2, 3&4 point balances, bridge and partner balances.</p> <p>Can identify and demonstrate the following Jumps: Straight, Tuck, Star, Straddle, Half Turn, Bunny hops, over apparatus, Pike, over and off higher apparatus.</p>	<p>Invasion Games</p> <p>Can send and receive a ball in a variety of ways, attempting to retain possession.</p> <p>Children can understand and demonstrate some basic rules of play in a variety of invasion games.</p> <p>Can understand the need for different positions within a game situation.</p> <p>Can identify the need for tactics and can implement some of these into a game situation.</p> <p>Striking and Fielding Games</p> <p>Can attempt to catch a high ball on the move.</p> <p>Can understand the need to move the ball in different ways.</p> <p>Can attempt overarm bowling during skills and drills activities.</p> <p>Children can talk about the basic rules and positions, demonstrating some of these within play.</p>	<p>OAA</p> <p>Children can read a map, beginning to match symbols that are more complex.</p> <p>Can identify and use non-verbal communication.</p> <p>Solve more complex problems through discussion and evaluation</p> <p>Children can attempt to solve problems that are more complexed through discussion.</p> <p>Health Related Fitness</p> <p>Children can warm up prior to exercise and are able to sustain performance over a period of time.</p> <p>Can compete and challenge themselves to improve.</p> <p>Children can understand the benefits of regular exercise</p> <p>Can identify the basic components of fitness – speed, agility, coordination, power, strength, flexibility, muscular strength and cardiovascular endurance.</p>



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		<p>Can identify and demonstrate the following Rolls: Pencil, Egg, Forwards Roll, Teddy Bear and Backwards.</p> <p>Athletics</p> <p>Children can demonstrate a triple jump, complete with a run up.</p> <p>Can run and jump higher hurdles with same leg lead, attempting to bring the opposite arm forwards to balance the lead leg.</p> <p>Can identify how to pace longer distance running</p> <p>Can transfer a relay baton on the move in alternative hands.</p> <p>Can attempt to throw with a run up, demonstrating both push and pull throwing techniques.</p>	<p>Net & Wall Games</p> <p>Children know how to work alongside a partner.</p> <p>Children can identify different grips for example forehand and backhand.</p> <p>Can attempt to maintain a rally using predominantly forehand.</p> <p>Children can identify and talk about different types of shot.</p> <p>Target Games</p> <p>Can aim at a moving target.</p> <p>Children can use their agility to move and dodge.</p> <p>Can attempt to outwit an opponent using tactics.</p> <p>Can help to officiate a match, identifying rules and keeping score.</p>	
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