**PE at Key stage 2.**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

 Pupils should be taught to:

* use running, jumping, throwing and catching in isolation and in combination
* 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
* develop flexibility, strength, technique, control and balance [ through athletics and gymnastics]
* perform dances using a range of movement patterns
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best.
* swim competently, confidently and proficiently over a distance of at least 25 metres
* use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
* perform safe self-rescue in different water-based situations.

**The Year 5 Curriculum**

**Swimming**

Year 3 and Year 4 attend swimming lessons once a week in the autumn and spring terms. Year 1 and Year2 attend swimming lessons for half a term each in the summer term. **There are no swimming lessons for Year 5.**

Year 5

**Net**

**In this unit:** Pupils develop the range and quality of their racket skills when playing Tennis. They also learn specific tactics and skills such as a forehand and backhand groundstroke. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the court area, which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it. Pupils also learn Dodgeball which utilises many of these skills.

**Invasion Games**

**In this unit**: Pupils will improve their defending and attacking play as they start to play even-sided mini-versions of the game. Pupils will learn to use a range of different passes to keep possession & attack the opposition’s goal. They will start to show control and fluency over dribbling, passing and receiving a ball in a small game situation. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will be given opportunities to observe others playing in a game & comment on their performance. The focus sports in Year 5 are Hockey and Tag Rugby.

**Gymnastics**

**In this Unit:** Pupils create longer sequences to perform for an audience. They learn a wider range of actions such as inverted movements and explore more difficult ways to perform. They begin to use more advanced terminology when evaluating performances. In Gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.

**Dance**

**In this unit**: Children learn different styles of dance and focus on dancing with other people. They create, perform and watch dances in a range of styles, working with partners and groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.

**Athletics**

**In this unit:** Pupils focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.

**Striking and Fielding**

**In this unit**: Pupils develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicket-keeper, fielder and batter. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Cricket, pupils achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets to score runs. When fielding, they try to prevent runs or points being scored.

**OAA**

**In this unit:** Pupils develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Throughout, there is an emphasis on building trust and working as a team and different leadership and communication styles. In outdoor and adventurous activities as a whole, children follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.