

National Curriculum: 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 [for example, 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.

	Term 1 Lesson 1- Invasion games	Term 1 Lesson 2- Gymnastics	Term 2 Lesson 1- Dance	Term 2 Lesson 2- Multi Skills Net and wall	Term 3 Athletics	Term 3 Multi Skills Striking and fielding
Y e a r 5	CHILDREN WILL BE TAUGHT TO: Show ways to keep ball away from defenders. How to shield the ball. Change speed, direction with ball to get away from defender. Shoot accurately in a variety of ways. Mark an opponent. A&D Watch and evaluate the success of the games they play in.	CHILDREN WILL BE TAUGHT TO: Explore range of symmetric and asymmetric actions, shapes and balances. Control actions and combine them fluently. Be aware of extension, body tension and control. Move from floor to apparatus, change levels	CHILDREN WILL BE TAUGHT TO: Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. A&D Organise their own warm up and cool down activities to suit the dance. Show an understanding of why it is important. H&	CHILDREN WILL BE TAUGHT TO: Hold and swing racket and where to stand on the court when hitting, catching and receiving. Hit the ball on both sides of the body and above head. Use different types of shots during a game. Improve accuracy. A&D Explain why they or others are playing well in the games.	CHILDREN WILL BE TAUGHT TO: Choose their favourite ways of running, jumping and throwing. Choose the best equipment for different activities. Know how to plan a run so they pace themselves evenly or unevenly. Plan to cover distances as a team to get the best results possible.	CHILDREN WILL BE TAUGHT TO: Develop the range and consistency of their skills, especially in specific striking and fielding games. A&S Know how to warm up. Understand what to include in a warm up in order to improve performance. Understand why exercise is good for their fitness, health and well-being. H&F

	<p>Identify parts of the game that are going well and parts that need improving.</p> <p>Explain how confident they feel in different positions.</p> <p>Suggest what they need to practice to enjoy game more.</p> <p>Change pitch size to make games better. E&I</p> <p>Core Task - Play 5vs3 and then 5vs4 on pitch that is 20-30m wide and 30-40m long. One large goal at one end and two smaller ones at the other. Team with 5 attack large goal and team with 3 attack 2 smaller goals.</p>	<p>and move safely.</p> <p>Combine movements with other in a group (matching and mirroring). A&D</p> <p>Watch a performance and evaluate its success.</p> <p>Identify what was performed well and what needs improving.</p> <p>Choose a focus for improvement. Identify one or two aspects of their performance to practice and improve. E&I</p>		<p>Know what they need to get better at and what to practice. Know how to change court to make easier.</p> <p>Understand practices to help with precision and consistency and speed about the court. E&I</p> <p>Core Task - Play game by hitting ball across court. Then making changes to net, court and rules.</p>	<p>Mark a run up for jumping and throwing.</p> <p>Set themselves and others targets in different events. S&A</p> <p>Watch a partners athletic performance and identify the main strengths.</p> <p>Identify parts of the performance that need to be practised and refined, and suggest improvements. E&I</p> <p>Core Task - Measure how fast chn can run in: 5secs, 30secs and 2minutes. See if they can run faster to improve the distance. E.g run for shorter or longer times to reduce/increase effort. Use different courses e.g zigzag,</p>	<p>Core Task - The aim of the game is for a pair (1 batter and 1 runner) to score as many runs as possible. Play the game two against four. One of the pair bats while the other runs.</p>
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