



**Curriculum Plans – Year 5 - Physical Education**

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 5 in Key Stage 2.

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7
<b>Topic</b>	<p><b>Badminton</b></p> <p>Technical/Tactical: service, drop shot, and playing to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently, communicating rules.</p> <p>Students will become familiar with making contact with the shuttle, using underarm and overarm techniques and demonstrate these techniques during competitive games. Students will learn the technique and rules of serving.</p> <p><b>Planning for tomorrow:</b> discussions of how sporting facilities and sporting events are turning towards clean energy.</p>	<p><b>Tennis/ Swimming</b></p> <p>Technical/Tactical: service, forehand, backhand, volley, and playing to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules</p> <p>Students will become familiar with making contact with the tennis ball, and using forehand and backhand and volley techniques. Students will demonstrate these techniques during competitive games and will learn the technique and rules of serving.</p> <p>Students will swim competently and confidently using a range of strokes over a distance of at least 25 metres. Students can perform safe self-rescue in different water-based situations.</p> <p><b>World around us:</b> discussions on how water and climate change are linked.</p>	<p><b>Volleyball</b></p> <p>Technical/Tactical: underhand serve, dig, set, spike and play to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: Working independently and communicating rules</p> <p>Students will become familiar with making contact with the volleyball, using underarm and overarm techniques and demonstrate these techniques during competitive games.. They will learn about the laws relating to service.</p> <p><b>Better together:</b> continue to develop friendships and create an anti bullying PE environment.</p>	<p><b>Gymnastics/ Fitness</b></p> <p>Technical/Tactical: agility, balance, footwork, coordination, flexibility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: managing individual success and failure.</p> <p>Students will develop flexibility, strength, technique, control and balance. Students will compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>The working world:</b> how cities are using sporting events to improve social, environmental and economic conditions.</p>	<p><b>Handball</b></p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under Pressure. Students will apply speed, agility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and team failure.</p> <p>Students will participate in team games, applying tactics for attacking and defending during competitive games. .</p> <p><b>Opportunities for everyone:</b> discussing proactive behaviours that make people from all backgrounds feel welcome.</p>	<p><b>Basketball</b></p> <p>Technical/Tactical: passing, footwork, shooting, positional play, marking, defending, and decision making. Students will apply agility, balance, and improved coordination.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing individual success and failure.</p> <p>Students will participate in team games, applying tactics for attacking and defending during competitive games. .</p> <p><b>Keep it green, keep it clean:</b> discussion on ways professional sports are going green.</p>	<p><b>Rounders, Athletics, Sports Days &amp; BISL Olympics</b></p> <p>Technical/Tactical: passing, receiving, striking, feilding. Students will apply speed, agility, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and failure.</p> <p>Students will demonstrate throwing and catching in isolation and in combination as well as apply balance, agility and coordination. Students will apply these skills in co-operative and competitive physical activities.</p> <p>Students will demonstrate running, jumping, throwing in isolation and in combination through a range of athletics competitions during sports days.</p> <p><b>Healthy body: healthy mind:</b> discussions on how playing sports strengthens your body and also improves your muscle memory and muscle coordination.</p>



<b>Assessments</b>	Badminton Assessment	Tennis Assessment Swimming Assessment	Volleyball Assessment	Gymnastics Assessment Fitness Assessment	Handball Assessment	Basketball Assessment	Rounder Assessment Athletics Assessment
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