

## Long Term Plan: Physical Education Key Stage 2 / Year 5



<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<p><b>real PE unit 6: Personal</b> For this unit pupils work on the fundamental movement skills of coordination (ball skills) and agility (reaction and response). They will learn to move a ball in different ways and use reaction skills in a variety of games such as throw tennis. They will show perseverance when performing a task in order to improve.</p> <p><b>Net and Wall games: Tennis</b> Pupils learn the sport of tennis in this unit. Through a variety of games they develop their hitting, body shape and hand eye coordination skills. They will further develop their knowledge of the different shots and how to serve accurately.</p>	<p><b>Invasion games: Basketball</b> In basketball they will develop their dribbling skills, changing directions and speeds under pressure. They will look at the variety of passes they can play and the correct technique to shoot. They will enhance their game play and decision making skills to use tactics successfully.</p> <p><b>Dance</b> Pupils will learn to create dances using different levels, speeds, travel and shapes. They will work as individuals, pairs and groups to consolidate previous knowledge and skills taught. They will perform their dances in front of an audience and be able to give and receive feedback.</p>	<p><b>Fitness</b> In this unit pupils will explain how long they need to exercise and how many times to stay fit and healthy. They will record and monitor how hard I am working and begin to understand components of fitness.</p> <p><b>Invasion Games: Handball</b> Pupils will be able to understand the basic rules of a handball game using 1 hand to pass and shoot. They will be able to use the 3 step rule effectively when playing in a game situation. Pupils will be able to develop their own attacking and defending tactics and use links to similar sports previously learnt. Pupils will be able to play in a game of handball.</p>
<p><b>Invasion Games: Hockey</b> Pupils will learn the fundamental skills of the game of hockey. They will develop different ways of dribbling and passing and implement these in small sided game situations. They will begin to develop attacking and defending tactics to use and start to evaluate these to fit the situation. They will understand the rules of a game of hockey and use these rules correctly.</p>	<p><b>real PE Unit 1: Cognitive</b> In this unit pupils practise the fundamental movements skills of coordination (footwork) and static balance (stance). Through fun games they learn to use awareness of their space and others to make good decisions. They will be able to judge their performance against a set criteria to develop ways to improve on their performance.</p>	<p><b>Striking and Fielding: Rounders</b> Pupils develop their fielding techniques through a variety of catching games. They also learn how to bowl accurately to a target and develop control and accuracy when batting. By the end of the unit they understand the rules of the game and are able to play a game of rounders using the skills they have learnt.</p>

**Gymnastics: Rhythmic and Bench Sequences**

Pupils learn how to perform a variety of skills using hand and low apparatus (such as a bench). They learn to put together a sequence of moves (jumps, balances, crawls etc) as a group using the apparatus.

**Invasion games: Netball**

In netball pupils further develop their passing skills, using a range of passes effectively when under pressure. They will enhance their game play and decision making skills to use tactics successfully. They will be able to shoot from different angles and implement this into a game.

**OAA/Target Games**

OAA (Outdoor Adventurous Activities)/Target games is the final unit in the Summer term. Pupils learn to be able to work as a team to overcome challenges; develop map skills using symbols and pictures and follow maps and directions to complete challenges. For their target games, pupils learn how to hold a golf club correctly and aim for a target when striking a golf ball.