

Subject: Physical Education	Year:5
<p data-bbox="108 293 411 322">Description of learning</p> <p data-bbox="108 360 1453 524">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.</p> <p data-bbox="108 562 507 591">Pupils should be taught to:</p> <ul data-bbox="108 598 1453 898" style="list-style-type: none"> ▫ 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] ▫ 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. <p data-bbox="108 936 1453 1032">In athletics pupils will develop their ability to throw, using a range of objects, over increasing height and distance and with greater accuracy. In all athletic activity, pupils will engage in performing skills, measuring and recording their own performances and follow safety procedures.</p> <p data-bbox="108 1070 1453 1234">In badminton pupils will aim to improve their individual technique. Pupils will develop their understanding of tactics and play shots within a rally more effectively and consistently. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In net games, it is the players aim to get the shuttle to land in the target area so that the opponent cannot return it. Pupil should begin to score and officiate badminton games.</p> <p data-bbox="108 1272 1453 1473">Pupils will focus on developing the basic skills in games and applying them under control. In all games activities, pupils will think about how to use tactics and strategies to outwit the opposition. They will learn to plan basic principles of attack and make informed decisions during small sided games. Pupils will focus on improving the skills of sending, receiving, striking and travelling with a ball in a range of contexts. They will learn to make informed decisions during small sided games and simplified versions of recognised competitive games and should begin to score and officiate games.</p> <p data-bbox="108 1512 1453 1644">Pupils will replicate the basic actions of turning, rolling, jumping, climbing, balancing and travelling on hands and feet and how to adapt, practice and refine a sequence. Pupils will learn to emphasise changes of shape, speed and direction through gymnastic actions as part of a longer series of actions. Pupils should learn how to carry gym mats and benches safely.</p> <p data-bbox="108 1682 1453 1778">Pupils are challenged in environments that require leadership but attempt to and work out solutions to enable effective teamwork. Pupils will begin each term with fitness testing where they compare previous bests.</p> <p data-bbox="108 1816 1453 1912">By the end of year 5, pupils should be able to swim fluently over 25m using a variety of controlled strokes including; breast stroke, front crawl and back stroke; ensuring that breathing is controlled throughout.</p>	

<p>Important questions:</p> <p>Develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. Ask questions about the effectiveness of these tactics.</p> <p>What did you just do?</p> <ul style="list-style-type: none"> * Why did you do that? * Did it work? Why? * What might you change if you could do it again? * What did they do that you might be able to use? * How did you do compared to someone else? 	<p>Bigger picture and linking:</p> <p>Calendar of PEDSSA competitions. School Games competitions Avon Tyrell - delivery of Outdoor and adventurous activities. To understand the effect of exercise and being healthy - science / PSHE</p>
<p>Overlearning required:</p> <p>Pupils will develop the skills of running, jumping and throwing and aim to develop the accurate replication of these.</p> <p>Pupils will accurately replicate challenges and competitions that require precision, speed and stamina.</p> <p>Pupils will replicate strokes and shots with control and accuracy.</p> <p>Develop a deeper understanding of stretches for all major muscle groups</p>	<p>WoW factor:</p> <p>Fixures:</p> <ul style="list-style-type: none"> Football Tag rugby Swimming Gala Indoor Athletics Gymnastics tumbling High 5 netball Cross Country Indoor Athletics Quad kids athletics Kwik cricket
<p>How will our learning values be developed?</p> <p>Resilience - Overcome loss/failure Reflectiveness - AFL self and peer observation Creativity - planning tactics/strategies/ Independence - changing</p> <p>pupils should collaborate with others to share information & ideas and solve problems</p>	<p>How will our community values be developed?</p> <p>Inclusivity - team selection, equipment, instruction Respect - rules Fairness - adapting rules/conditioned games, develop an attitude of fair play, sportsmanship and enjoyment. Honesty - how to deescalate disputes, officiating Understanding - coaching others Kindness - supporting others, 3 B4 me.</p>
<p>How will pupils' numeracy be developed? scoring, measuring distances, collating data & comparing recordings against other personal bests.</p>	<p>How will pupils' literacy be developed? Through the activities pupils will be able to understand and use key words relating to: Running, jumping, throwing, stance, follow through, scoring, distances.</p>