

PE Long Term Grid Year 5/6

Autumn Term

Spring Term

Summer Term

WEEKS 1-6

Tag rugby

- To develop attacking principles, understanding when to run and when to pass.
- To be able to use the 'forward pass' and 'offside' rules.
- To be able to play games using tagging rules.
- To develop dodging skills to lose a defender.
- To develop drawing defence and understanding when to pass.
- To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.

Gymnastics

- To be able to perform symmetrical and asymmetrical balances.
- To develop the straight, forward, straddle and backward roll.
- To be able to explore different methods of travelling, linking actions in both canon and synchronisation.
- To be able to perform progressions of inverted movements.
- To explore matching and mirroring using actions both on the floor and on apparatus.
- To be able to create a partner sequence using apparatus.

Athletics

- To be able to apply different speeds over varying distances.
- To develop fluency and coordination when running for speed.
- To develop technique in relay changeovers.
- To develop technique and coordination in the triple jump.
- To develop throwing with force for longer distances.
- To develop throwing with greater control and technique.

WEEKS 7-12

Dance

- **THEME: Dance by Chance**
To create a dance using a random structure and perform the actions showing quality and control.
- To understand how changing the dynamics of an action changes the appearance of the performance.
- To understand and use relationships and space to change how a performance looks.
- **THEME: Snapshot**
To work with a group to create poses and link them together using transitions.
- **THEME: Snapshot**
To use choreographing devices when working as a group.
- **THEME: Rock 'n' Roll**
To copy and repeat movements in the style of

Netball

- To develop passing and moving.
- To be able to use the attacking principle of creating and using space.
- To be able to change direction and lose a defender.
- To be able to defend ball side and know when to go for interceptions.
- To develop the shooting action.
- To be able to change direction to get free from a defender and receive a pass.
To learn the positions of 5-a-side netball.

Rounders

- To develop the bowling action and understand the role of the bowler.
- To develop batting technique.
- To make decisions about where and when to send the ball to stump a batter out.
- To develop a variety of fielding techniques and when to use them in a game.
- To develop long and short barriers in fielding and understand when to use them.
- To apply the rules and skills you have learnt to play in a rounders tournament.

Rock 'n' Roll.

- To work with a partner to copy and repeat actions keeping in time with the music.
- To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.

<p>Rock 'n' Roll.</p> <ul style="list-style-type: none">• To work with a partner to copy and repeat actions keeping in time with the music.• To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.		
---	--	--