

PE Long Term Grid Year 5/6

Autumn Term

Spring Term

Summer Term

WEEKS 1-6

Tag rugby/Football

- To develop their dribbling skills with a football
- To practise a range of techniques for changing direction in football.
- To combine skills fluently and effectively in tasks.
- To become more accurate with passing and receiving skills.
- To perform skills more fluently and effectively in games.
- To develop a broader range of football techniques.
- To choose, combine and perform skills more fluently and effectively in games.
- To develop some techniques for attacking and defending.
- How to play as part of a team, choosing tactics for defence and attack.
- To choose, combine and perform skills more fluently and effectively in a mini version of football.
- To develop a broader range of techniques for attacking and defending.
- To understand and apply a range of tactics and strategies for attacking as part of a team.
- To play invasion games effectively as part of a team.
- Understand and apply a range of tactics

Gymnastics

- To perform actions body shapes and balances accurately and consistently
- To create sequences that meet set conditions
- To be able to make symmetrical and asymmetrical shapes
- To choose involve shapes and balances in a sequence
- To adapt sequence to new situation
- To apply their own ideas and create new sequences
- To perform counterbalances and incorporate them into their sequences
- To perform movements in canon and unison and incorporate them into their sequences
- To make changes to speed, level and direction in their work and apply their own compositional ideas to the sequences they create

Athletics

- To experiment with different running styles
- To develop the consistency of their running techniques
- To choose appropriate techniques for specific events
- To develop the accuracy and consistency of their over-arm throwing
- To increase the number of techniques they use for throwing
- To develop techniques for basic discus throwing
- To improve the consistency of their actions
- To choose and use appropriate techniques for the discus event
- To develop the consistency of their actions in the long jump
- To increase the number of techniques they use for jumping
- To develop the consistency of their actions in jumping events
- To develop the consistency of their running action in relay events
- To increase the number of techniques they use

Kwik Cricket

- To improve accuracy and consistency of underarm throwing

<p>and strategies for defence and attack.</p> <ul style="list-style-type: none"> To choose, combine and perform skills more fluently and effectively in games. 		<ul style="list-style-type: none"> To improve accuracy and consistence of catching 2 handed with downward cradle To develop a range and consistency of their fielding skills. To choose and use a range of tactics and strategies when fielding. To further develop bowling skills – underarm and overarm Be able to bowl to a target To develop their batting skills. To work together and take turns in different roles.
---	--	---

WEEKS 7-12

<p>Netball</p> <ul style="list-style-type: none"> to practise and improve accuracy of shoulder, chest and bounce pass. to improve accuracy of throwing and catching skills to perform skills more fluently and effectively in game situation. to understand and apply basic strategic and tactical principals for attacking and defending. to learn how to mark a partner to learn how to get free of a marker to work as a team to make a series of passes how to apply footwork skills to use skills in a large team game to appreciate the importance of a warm up and warm down 	<p>Hockey</p> <ul style="list-style-type: none"> To use what they have learned to improve the quality of their dribbling and shooting. To work as a team in relay-style games To use these skills in game situations To concentrate on control and accuracy when throwing, catching, dribbling the ball To use passing, receiving and dribbling skills in game situations To improve their ability to choose and use simple tactics 	<p>Rounders</p> <ul style="list-style-type: none"> Throw and catch a beanbag Know the demands that exercise makes on the body Use throwing skills in tasks that involve hitting targets Know the importance of warming up Use throwing and catching skills in fielding games and relays Work well as a team in fielding relays Strike a ball with intent and throw it more accurately when fielding Intercept and stop the ball with consistency and sometimes catch the ball Strike a ball with intent and throw it more accurately when bowling and fielding Intercept and stop the ball with consistency and return the ball quickly
--	--	--

		<p>and accurately</p> <ul style="list-style-type: none">• Choose where to stand as a fielder working well as a team to make it harder for the batter <p>Tennis</p> <ul style="list-style-type: none">• To choose a range of tactics and strategies• To understand rules for net games, using their knowledge of basic principles of attack and defence• To hit forehand shots with consistency and control• To keep a rally going• To keep score• To develop the range and consistency of their skills, including how to use the volley in net games• To use a range of tactics, choosing different shots• To hit the ball into the court• To use a range of tactics and strategies• To know how to attack and defend
--	--	---