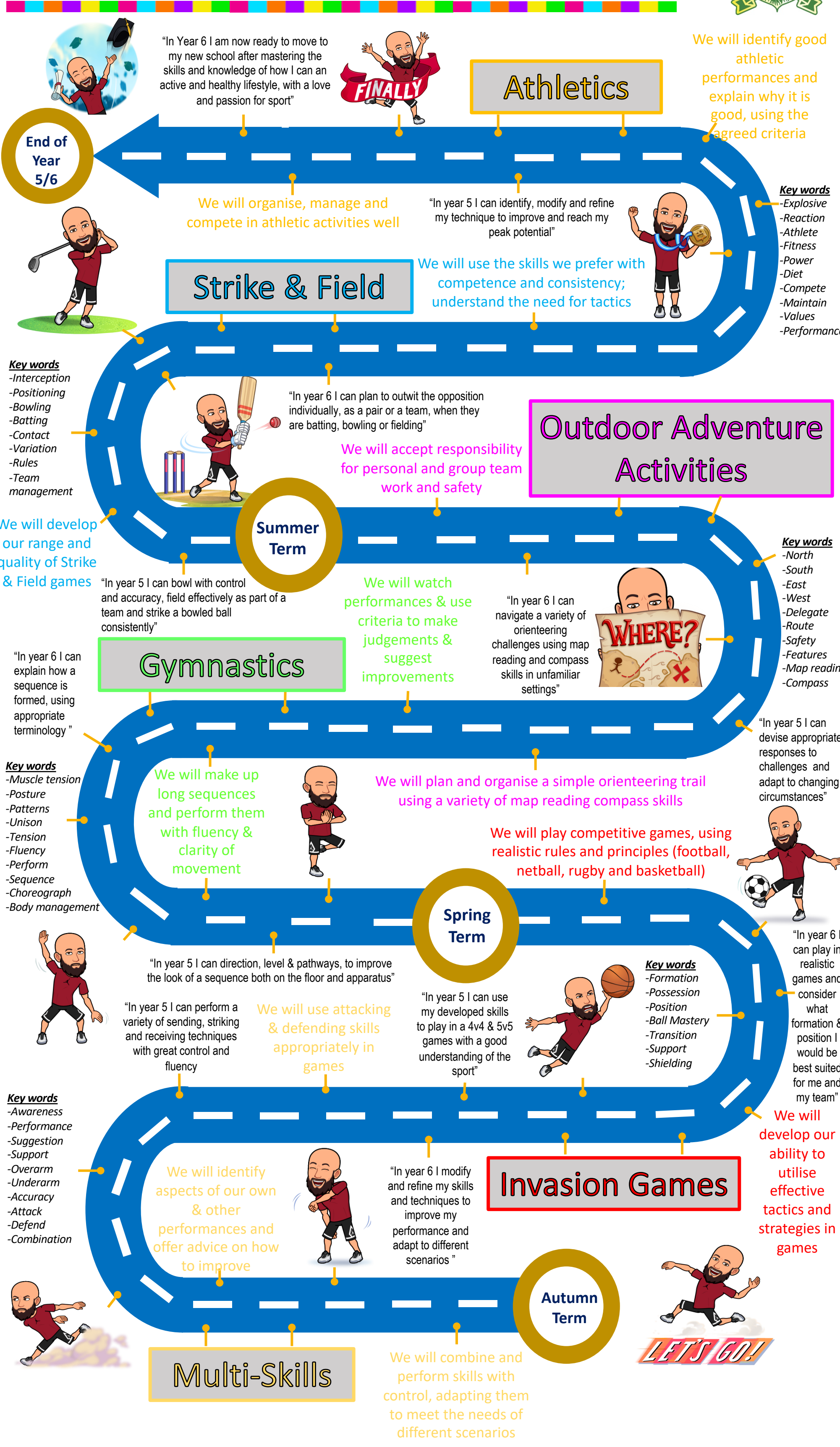


# Our PE Journey in year 5 & 6



**End of Year 5/6**

"In Year 6 I am now ready to move to my new school after mastering the skills and knowledge of how I can an active and healthy lifestyle, with a love and passion for sport"



**Athletics**

We will identify good athletic performances and explain why it is good, using the agreed criteria

We will organise, manage and compete in athletic activities well

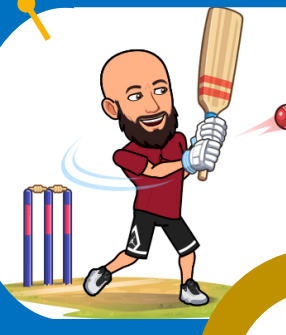
"In year 5 I can identify, modify and refine my technique to improve and reach my peak potential"



**Strike & Field**

We will use the skills we prefer with competence and consistency; understand the need for tactics

**Key words**  
-Interception  
-Positioning  
-Bowling  
-Batting  
-Contact  
-Variation  
-Rules  
-Team management



"In year 6 I can plan to outwit the opposition individually, as a pair or a team, when they are batting, bowling or fielding"

We will accept responsibility for personal and group team work and safety

**Outdoor Adventure Activities**

We will develop our range and quality of Strike & Field games

**Summer Term**

"In year 5 I can bowl with control and accuracy, field effectively as part of a team and strike a bowled ball consistently"

We will watch performances & use criteria to make judgements & suggest improvements

"In year 6 I can navigate a variety of orienteering challenges using map reading and compass skills in unfamiliar settings"



**Key words**  
-North  
-South  
-East  
-West  
-Delegate  
-Route  
-Safety  
-Features  
-Map reading  
-Compass

**Gymnastics**

"In year 6 I can explain how a sequence is formed, using appropriate terminology"

We will make up long sequences and perform them with fluency & clarity of movement



We will plan and organise a simple orienteering trail using a variety of map reading compass skills

We will play competitive games, using realistic rules and principles (football, netball, rugby and basketball)



"In year 5 I can devise appropriate responses to challenges and adapt to changing circumstances"

**Key words**  
-Muscle tension  
-Posture  
-Patterns  
-Unison  
-Tension  
-Fluency  
-Perform  
-Sequence  
-Choreograph  
-Body management

**Spring Term**

"In year 5 I can direction, level & pathways, to improve the look of a sequence both on the floor and apparatus"

"In year 5 I can perform a variety of sending, striking and receiving techniques with great control and fluency"

We will use attacking & defending skills appropriately in games

"In year 5 I can use my developed skills to play in a 4v4 & 5v5 games with a good understanding of the sport"



**Key words**  
-Formation  
-Possession  
-Position  
-Ball Mastery  
-Transition  
-Support  
-Shielding

"In year 6 I can play in realistic games and consider what formation & position I would be best suited for me and my team"

**Key words**  
-Awareness  
-Performance  
-Suggestion  
-Support  
-Overarm  
-Underarm  
-Accuracy  
-Attack  
-Defend  
-Combination

We will identify aspects of our own & other performances and offer advice on how to improve



"In year 6 I modify and refine my skills and techniques to improve my performance and adapt to different scenarios"

**Invasion Games**

We will develop our ability to utilise effective tactics and strategies in games



**Multi-Skills**

We will combine and perform skills with control, adapting them to meet the needs of different scenarios

**Autumn Term**

