

Year 5

Tag Rugby and Multi-Skills

Run and pass the ball.
Develop agility and co-ordination across multiple activities.



Dance and Dodgeball.

Create complex sequences relating to a stimulus.
Develop the skills related to Dodgeball including catching and throwing



Balance

Gymnastics and Hockey.

Develop knowledge of a full range of travel and balances.
Use a stick effectively to pass and apply hockey skills in a competitive environment



Teamwork

Rounders and Orienteering

Develop skills associate with the game and a clear understanding of the rules and tactics.
Use maps, keys and compass confidently.



Cricket and Athletics

Develop co-ordination to field and bat effectively within a competitive environment
Improve skills of running, jumping and throwing.
Introduce skills such as shot putt

PE skills and Netball.

Develop knowledge of how the body works and exercise at different intensities
Throw, catch and use footwork for netball.



Year 6

Multi-Skills and Hockey

Develop agility and co-ordination across multiple activities.
Use a stick effectively to pass and apply hockey skills in a competitive environment with confidence.

Health Related Exercise

Develop knowledge of how the body works and how food affects us. Exercise at different intensities

Gymnastics and Dance

Develop children's knowledge of Mirror/Match, Canon and Unison
Create complex sequences relating to a stimulus and respond in the correct manner to a command.

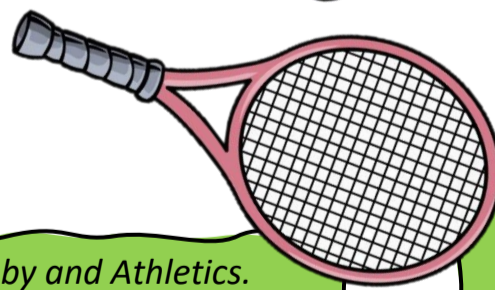
Fitness

Tag Rugby and Athletics.

Run with and pass the ball effectively.
Develop skills in Triple Jump, Javelin, Shot Putt and Running up to 800m

Basketball and Tennis

Understand the rules of Basketball, dribble, pass and shoot effectively.
Grip correctly and control the movement of the ball with a racket.



Rounders and Cricket

Develop skills associate with the game and a clear understanding of the rules and tactics including batting and fielding.
Develop co-ordination to field and hold and use a bat effectively

Attack and Defend