



Physical Education Curriculum Overview - Year 5

		Unit	Details
Autumn One	Rugby	<p>Rugby Previous learning will be revisited and improved upon. Pupils will be taught the importance of offloading the ball before contact to improve the speed of attack. The basic set up of a scrum will be taught to pupils including how to hook the ball from the scrum. Tactical kicking will also be visited. Pupils should be competent at explaining basic rugby rules and tactics. All pupils within the year group will play a fixture against another school appropriate to their ability, and in an intra-school chapter competition.</p>	
Autumn Two	Rugby/Football/Hockey	<p>Football Pupils will study football for a short period of time. In this time, pupils will learn how to take a throw in and begin to explore attacking positioning. Pupils will take part in an intra-school chapter competition.</p> <p>Hockey Pupils will continue to follow the rules of IN2 hockey, introduced in year Pupils will explore different types of passes, and will be introduced to sweeping to move the ball longer distances. Pupils will also use the reverse stick to go past players and change directions. All pupils will take part in a fixture at a level appropriate for them.</p> <p>All pupils will play at least one fixture against another school in two of these sports.</p>	
Spring One	Hockey	<p>Hockey Pupils will continue to follow the rules of IN2 hockey, introduced in year Pupils will explore different types of passes, and will be introduced to sweeping to move the ball longer distances. Pupils will also use the reverse stick to go past players and change directions. All pupils will take part in a fixture at a level appropriate for them.</p> <p>All pupils will play at least one fixture against another school in two of these sports.</p>	
Spring Two	Gymnastics / Dance	<p>Gymnastics Pupils will be introduced to the Key Step 3 sequence which includes different types of stands and rolls including a backwards roll. Pupils will follow this sequence and look to complete with quality but will also adapt it to create their own sequence. Pupils will be asked to analyse each other's performance and identify key features of a good routine. Pupils will also be introduced to the vault.</p> <p>Dance Pupils will work in small groups to a piece of music linked to the Mayans. From there, they will tell the story of the Mayans in twenty four beats, using motifs, and the knowledge that they have gained within class time.</p>	
Summer One	Athletics/Cricket	<p>Athletics Pupils will all take part in the North Tyneside Quadkids competition which involves a sprint, longer run, jump and throw. Pupils will look at various techniques to improve these disciplines alongside the introduction of a standing triple jump. Pupils will also look at efficient baton changeovers within relay races.</p> <p>Cricket As quite a difficult skill, pupils will revisit Year four's objective of being able to bowl overarm legally. Those more able will be challenged to make the ball bounce in an area that makes hitting the ball difficult for the batter. In fielding, pupils will be taught the importance of backing up a throw when attempting to run out the batter. Pupils will also be taught how to play the pull shot when the ball is bowled short.</p>	
Summer Two	Cricket/Tennis	<p>Cricket As quite a difficult skill, pupils will revisit Year four's objective of being able to bowl overarm legally. Those more able will be challenged to make the ball bounce in an area that makes hitting the ball difficult for the batter. In fielding, pupils will be taught the importance of backing up a throw when attempting to run out the batter. Pupils will also be taught how to play the pull shot when the ball is bowled short.</p> <p>Tennis In tennis, pupils will move on to using a mini orange ball. Pupils will pay particular attention to a forehand shot and getting into the correct position to play this shot. Pupils will also be taught how to serve the ball underarm without the ball bouncing.</p>	