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| Year 5 National Curriculum Objectives |
| Autumn Term | Spring Term | Summer Term |
| **Athletics*** Use running, jumping, throwing and catching in isolation and in combination.

**OAA*** Take part in outdoor and adventurous activity challenges both individually and within a team.
 | **Gymnastics*** Develop flexibility, strength, technique, control and balance.

**Invasion Games*** Play competitive games, modified where appropriate and apply basic principles for attacking and defending.
* Use running, jumping, throwing and catching in isolation and in combination.
 | **Striking and Fielding*** Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
* Use running, jumping, throwing and catching in isolation and in combination.
* Play competitive games, modified where appropriate and apply basic principles for attacking and defending.

**Dance*** Perform dances using a range of movement patterns.
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| Year 5 Key Skills |
| **Athletics*** To develop running skills in isolation.
* To develop throwing skills
* To evaluate their own success
* To explore ways of combining jumping actions
* To develop throwing skills in an athletic type activity
* To develop jumping actions in combination

**OAA*** To know that a map is a bird’s eye view plan of the ground.
* To know how to keep the map “set or “orientated” when they move.
* To know some of the symbols on a orienteering map
* To know how to keep the map “set or “orientated” when they move
* around a simple course.
* To run safely with a map around a simple orienteering course.
* To know the 8 points of a compass.
 | **Gymnastics*** To perform partner balances (matched and mirrored)
* To perform counter balance
* To perform Counter tension balances
* To evaluate and recognise their own success
* To create a gymnastic sequence with a partner
* To perform the core task “Acrobatic gymnastics”
* To evaluate and recognise their success
* To develop a sequence onto apparatus

**Invasion Games****Netball/Basketball/Handball/Dodgeball*** To develop the skill of passing and catching a netball
* Develop the skill of a shoulder pass
* Develop the skill of shooting in netball/Handball/Basketball
* Select appropriate strategies for attack
* Evaluate work and suggest ways to improve
* Choose and apply netball/handball/basketball based skills consistently in a game situation
 | **Striking and Fielding*** To bowl underarm with accuracy
* To catch a ball when fielding.
* To run with a bat between wickets
* To bowl overarm with accuracy
* To strike a ball with a cricket bat.
* To learn how to field a ball

**Dance*** Identify and practise the patterns and actions of the chosen dance theme
* Produce a dance phrase in response to the music
* Apply key components of dance: Travel, Jump, Stillness, Gesture and Turn
* To create a group dance with creative ideas
* Evaluate own and others work
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| Year 5 Curriculum Enrichment Opportunities |
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