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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. |
| 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 |
| Year 5 Curriculum Enrichment Opportunities | | |
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