

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
Year 5	<p>Fundamentals Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and combination.</p> <ul style="list-style-type: none"> - identify and apply appropriate speeds for a range of distances - Perform a range of jumps using a short run up. - Perform a range of balances in groups of 3 or more. - Executing throws used in game situations. - Confidently moving freely using own bodyweight with/without equipment. 	<p>Games (4 weeks) Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Attacking and defending using support and movement - cover and balance in team situations 5 v 2 and 5 v 3 games. - Encourages and supports others in a competitive environment. - Justify ideas and opinions whilst discussing their own and others' ideas. <p>Dance (3 weeks) - Stomp Performing dances using a range of movement patterns using a range of directions.</p>	<p>Fundamentals/ Athletics Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. Sports day event practice.</p> <ul style="list-style-type: none"> -Co-ordinating limbs for efficiency of technique. - Perform combinations of jumps smoothly. - Use a variety of throws for selected events. - Shows leadership. - Encourages and supports others. <p>Games Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Keeping possession - delay, deny and dictate in 5 v 5 and 6 v 4 games. - Shows leadership and ownership during competitive situations. - Communicates effectively in a range of different ways. 	<h1>Swimming</h1>		

	Focus of Lessons
Hands (Doing)	Physical Ability, Fitness Levels, Competitive, Techniques, Tactics, Problem Solving
Head (Thinking)	Knowledge, Understanding, Analysis, Feedback, Responsibility, Rules
Heart (Behavioural)	Communication, Leadership, Respect, Resilience, Effort, Confidence