

Year 5 Curriculum Map
PE

	Autumn Term 1		Autumn Term 2		Spring Term 1		Spring Term 2		Summer Term 1		Summer Term 2	
Unit of Learning	Football (Invasion games)	Core Skills	Dance (Artistic)	Orienteering (One week of cross country will be done at the start of Autumn 2)	Health-Related Fitness (performing to maximal levels)	Basketball and Netball (Invasion games)	Quidditch (Invasion Games)	Gymnastics (Artistic)	Athletics (Performing to maximal levels)	Tennis (Net/wall)	Ultimate Frisbee (Invasion games)	Rounders and Cricket (Striking and fielding)
Unit Focus	Skills, drills and games.	Skills and games.	Movement and creativity to music.	Problem solving with the use of a map.	How to keep the body fit and healthy. Setting fitness goals.	Skills, drills and games.	Skills, drills and games.	Basic gymnastic actions and putting them into a sequence.	Skills, drills, techniques, races and throws.	Skills, drills and games.	Skills, drills and games.	Skills, drills and games.
Key Knowledge	Rules of the game Passing Receiving Dribbling Shooting Throw-ins Teamwork	Throwing Catching Running Jumping Teamwork Balance Co-Ordination	Create phrases, sections and whole dances using precise compositional principles. Explore ideas to music using the count of 8. Co-Ordination	Map reading and key orienteering skills Explain how to match the ground to the north point on the map. Forest school Exploring Teamwork	Understanding what happens to our bodies when we exercise. Introducing different types of fitness. Rowing Circuit training Healthy eating	Rules of the games. Throwing Catching Passing and moving. Positional awareness Teamwork Shooting Dribbling	Rules of the games. Throwing Catching Positional awareness Shooting Teamwork	Explore a range of basic actions to include use of rotation and around 3 different axes.	Running Jumping Throwing Techniques Races Fitness Competition	Rules of the game. Rallying Different grips for different shots Basic shots Games Teamwork	Rules of the game. Running Throwing Catching Teamwork Shooting Passing.	Rules of the game. Running Throwing Catching Teamwork Striking the ball/batting Placement of the ball. Positions on the pitch.
SMSC	Being a team member. Sportsmanship.	Personal limitation and failure.	Appreciation of perfection.	Being a team member. Sportsmanship.	Pushing yourself to the limits.	Extremes of skill, endurance and achievements.	Sportsmanship. Being a team member.	Emotion in sport.	Pushing yourself to the limits.	Personal limitation and failure.	Being a team member. Sportsmanship.	Sportsmanship. Being a team member.
Experiences/CEIAG	Teamwork	Teamwork Organisation Co-Ordination	Teamwork Organisation	Teamwork Problem solving	Organisation	Teamwork	Teamwork	Co-ordination Organisation	Co-ordination Sportsmanship Teamwork Organisation	Teamwork	Teamwork	Teamwork
How you can help your child at home.	Practice skills and drills with a football to improve ball control. If they are really interested in football consider joining a local club/team.	Practice throwing, catching, running, jumping and co-ordination/balance skills.	Practice their dance and dance piece at home. Practice moving in time to music.	Different problem-solving activities for example: Treasure hunts, tent building and visiting local orienteering sites.	Encourage healthy eating and keeping fit/physical activity.	Practice skills and drills with a netball/basketball to improve control.	Practice skills and drills and watch video clips.	Practice their gymnastics sequence and basic movements.	Practice running and jumping where possible and safe. Watch clips of athletic events in Olympics.	Rallying a ball off a wall/with another person with a racket or hand. Practice the basic strokes in tennis.	Practice throwing and catching a frisbee.	Practice games or parts of games, for example; running and beating a ball throw, throwing a ball. Watching games of rounders or cricket.