

**Stone Hill School**  
**Curriculum Plan 2019/20**  
**Physical Education Year 5**

**Intent:**

The structure of our P.E curriculum is divided into three main components.

**Performance and skill** shows pupils can move with some control and coordination, following imitate sequences and patterns in their movements. Pupils can use small and large apparatus safely and apply these skills when playing simple games.

**Knowledge and analysis** enables children to recognise the changes that happen to their bodies when they are active. They can score and follow game rules with support.

**Leadership and teamwork** allows pupils to show awareness of space, themselves and others.

Term	Week/s	Topic/Theme <i>Steam</i>	Learning Outcomes Knowledge and Skills To know, to use, to apply...	Literacy Link Numeracy Link SMSC Link
Autumn 1	1 -3	Hand-eye coordination	<ul style="list-style-type: none"> <li>To be able to listen to and follow a set of simple instructions for a set activity.</li> <li>To show a simple underarm throw with some accuracy when using a range of equipment.</li> <li>To demonstrate a simple catch using the correct techniques with a range of equipment.</li> <li>To show how to travel in a range of different movement.</li> </ul>	<p><b>Literacy</b> – Reading, speaking and listening. Writing down scores and peer/self-feedback. Questioning and using key words.</p> <p><b>Numeracy</b> – Counting and keeping score. Scoring targets at different levels. Timing and problem solving.</p> <p><b>SMSC</b> – Communicational skills and working with others. Sense of achievement, morals and fair play. Social interaction in a competitive situation.</p>
	3-7	Hand-eye coordination	<ul style="list-style-type: none"> <li>To show a range of techniques with intention and direction when bouncing a ball at a target.</li> <li>To show rolling skills with a large / small ball with some accuracy.</li> <li>To be able to demonstrate how to strike a ball with intention and direction using a bat.</li> <li>To take on board and follow the rules of a game. To be able to continue applying the same skills when equipment size has changed.</li> </ul>	
	8 - 11	Invasion Games	<ul style="list-style-type: none"> <li>To be able to explain what a warm up is and demonstrate what parts of the body need to be warmed up.</li> <li>To be able to catch an object when stable and moving showing some knowledge of using the correct techniques.</li> <li>To attempt and demonstrate actions for a range of passing techniques.</li> </ul>	
Autumn 2	12 - 14	Invasion Games  Passing and receiving	<ul style="list-style-type: none"> <li>To be show some techniques when receiving an object from a partner.</li> <li>To show team working skills by supporting other players effectively.</li> <li>To show some understanding about what a defender does and copying the actions of the teacher to apply that role in a small group activity.</li> </ul>	
Spring 1		Agility, Balance and co - ordination	<ul style="list-style-type: none"> <li>To move fluently, changing direction &amp; speed easily, avoiding collisions &amp; developing spatial awareness.</li> </ul>	

			<ul style="list-style-type: none"> <li>• To be able to recognise space in their games &amp; using it.</li> <li>• To be able to show some level of balance on a range of different levels.</li> <li>• To be able to perform a static balance (stationary) and a dynamic balance (movement).</li> <li>• To be able to perform at least two factors together e.g. balance and co-ordination.</li> </ul>	
<b>Spring 2</b>		Striking Games	<ul style="list-style-type: none"> <li>• To safely use the correct equipment to be able to strike a ball.</li> <li>• To learn, practise and apply the batting stance with some level of accuracy.</li> <li>• To be able to strike a ball at an intended target.</li> <li>• To use a range of striking skills with some control.</li> <li>• To be familiar with striking equipment.</li> </ul>	
		Fielding Games	<ul style="list-style-type: none"> <li>• To learn the skills and techniques for catching different sized balls.</li> <li>• To understand the role of a fielder.</li> <li>• To learn different throwing techniques e.g. overarm and underarm.</li> <li>• To be able to work cooperatively to field a ball.</li> <li>• To apply fielding skills during a game style situation.</li> </ul>	
<b>Summer 1</b>		Summer Sports	<ul style="list-style-type: none"> <li>• To develop throwing and catching skills in a game style situation.</li> <li>• To develop batting skills in a game style situation.</li> <li>• To be able to work as a team and support others.</li> <li>• To be familiar with and follow some of the rules set for each game.</li> </ul>	
<b>Summer 2</b>		Athletics	<ul style="list-style-type: none"> <li>• To practise running, jumping and throwing skills.</li> <li>• To be able to sprint effectively.</li> <li>• To run with fluency over hurdles.</li> <li>• To jump for a distance.</li> <li>• To develop different throwing and push throw techniques.</li> <li>• To take part in an athletics event to put learnt skills to practise.</li> </ul>	

**Intended impact:**  
Pupils will have developed performance and skills by showing some control and coordination of physical movement. They will show some knowledge of how their body changes when active. They will also have gained some awareness of space and others when working in a team.