

## Year 5 and 6 Curriculum Plan

	Study / Theme		
	Autumn	Spring	Summer
<b>Year 5</b>	Games: Ball skills in games situations Invasion Games Personal Fitness/Circuits Gymnastics Cross-Country Curling	Dance Games: Fundamental Movement and Ball Skills Fencing	Games: Fundamental Bat and Ball Skills Athletics Outdoor and adventurous activities
<b>Year 6</b>	Games: Ball skills in games situations Invasion Games Gymnastics Personal Fitness/Circuits Cross-Country Skipping Curling	Dance Games: Fundamental Movement and Ball Skills Fencing	Swimming Outdoor and adventurous activities Bat & Ball: Rounders, Cricket, Golf Athletics -

Physical Education National Curriculum Expectations LKS2	Year 5			Year 6		
	Autumn	Spring	Summer	Autumn	Spring	Summer
use running, jumping, throwing and catching in isolation and in combination	✓	✓	✓	✓	✓	✓
perform dances using a range of movement patterns		✓			✓	
play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	✓	✓	✓	✓	✓	✓
develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	✓			✓		
take part in outdoor and adventurous activity challenges both individually and within a team			✓			✓
compare their performances with previous ones and demonstrate improvement to achieve their personal best.	✓	✓	✓	✓	✓	✓
swim competently, confidently and proficiently over a distance of at least 25 metres <ul style="list-style-type: none"> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul> perform safe self-rescue in different water-based situations.						✓
<b>Personal development</b>						
To try new things	✓	✓	✓	✓	✓	✓

To work hard	✓	✓	✓	✓	✓	✓
To concentrate	✓	✓	✓	✓	✓	✓
To not give up	✓	✓	✓	✓	✓	✓
To understand others	✓	✓	✓	✓	✓	✓
To imagine	✓	✓	✓	✓	✓	✓
To push oneself	✓	✓	✓	✓	✓	✓
To improve	✓	✓	✓	✓	✓	✓