

Assessment sheet for: PE

Class: Year 5

Unit		
<p><b>Aut 1</b>  <b>Unit title:</b>                      Hockey/Tag Rugby</p>	<p><b><u>National Curriculum coverage</u></b></p> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b><u>Key physical skills</u></b></p> <ul style="list-style-type: none"> <li>• To use good hand/eye co-ordination to pass and receive a ball successfully.</li> <li>• To develop skills in the range of passes to use depending on the distance the ball needs to travel.</li> <li>• To understand the importance of ‘getting free’ in order to receive a pass.</li> <li>• To understand how to make space by moving away and coming back and by dodging.</li> <li>• To be able to demonstrate a range of defending skills and understand how to mark an opponent.</li> <li>• To understand how to intercept a pass.</li> <li>• To recognise which positions are attacking and which are defending.</li> </ul>
<p><b>Aut 2</b>  <b>Unit title:</b>                      Gymnastics</p>	<p><b><u>National Curriculum coverage</u></b></p> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b><u>Key physical skills</u></b></p> <ul style="list-style-type: none"> <li>• To identify and practise body shapes and balances.</li> <li>• To identify and practise symmetrical and asymmetrical body shapes.</li> <li>• To use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>• To develop skills for movement, including rolling, bridging and dynamic movement.</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• To perform movements in canon and in unison.</li> <li>• To perform and evaluate own and others’ sequences</li> </ul>
<p><b>Spr 1</b>  <b>Unit title:</b>                      Dance</p>	<p><b><u>National Curriculum coverage</u></b></p> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b><u>Key physical skills</u></b></p> <ul style="list-style-type: none"> <li>• To identify and practise the patterns and actions of the chosen dance style.</li> <li>• To demonstrate an awareness of the music’s rhythm and phrasing when improvising.</li> <li>• To create and perform an individual dance that reflects the chosen dance style.</li> <li>• To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</li> <li>• To create group dances that reflect the dance style.</li> <li>• To perform a dance using a range of movement patterns.</li> <li>• To perform and evaluate own and others’ work.</li> </ul>
<p><b>Spr 2</b>  <b>Unit title:</b>                      Volleyball/Badminton</p>	<p><b><u>National Curriculum coverage</u></b></p>	<p><b><u>Key physical skills</u></b></p> <ul style="list-style-type: none"> <li>• To demonstrate receiving skills</li> <li>• To develop an understanding and knowledge of the basic footwork</li> </ul>

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<p><b>Sum 1</b> <b>Unit title:</b> Cricket/Rounders</p>	<p><b><u>National Curriculum coverage</u></b></p> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b><u>Key physical skills</u></b></p> <ul style="list-style-type: none"> <li>• To develop skills in batting and fielding.</li> <li>• To choose fielding techniques.</li> <li>• To run between the wickets.</li> <li>• To run, throw and catch.</li> <li>• To develop a safe and effective overarm throw.</li> <li>• To learn batting control.</li> <li>• To use all the skills learned by playing in a mini tournament.</li> </ul>
<p><b>Sum 2</b> <b>Unit title:</b> Handball/Basketball/Athletics</p>	<p><b><u>National Curriculum coverage</u></b></p> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b><u>Key physical skills</u></b></p> <ul style="list-style-type: none"> <li>• To use correct technique to run at speed.</li> <li>• To develop the ability to run for distance.</li> <li>• To throw with accuracy and power.</li> <li>• To identify and apply techniques of relay running.</li> <li>• To explore different footwork patterns.</li> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• Learn how to use skills to improve the distance of a pull throw.</li> <li>• To demonstrate good techniques in a competitive situation.</li> </ul>

