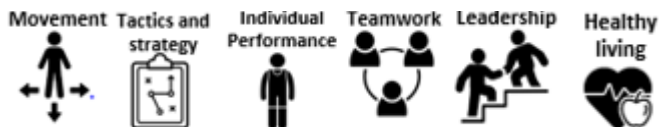


# Year 5 and 6 Curriculum Plan – Physical Education



	Autumn	Spring	Summer
Year 5	Netball/Hockey/Handball		Golf, Tennis, Dodgeball Each class will spend a term swimming
	Dance – I-moves Indoor Athletics	Gymnastics: apparatus Quadkids	Gymnastics: rolls and wall apparatus Athletics
Year 6	Football, Tag Rugby, Basketball		Rounders, Orienteering, Cricket
	Table Tennis Indoor Athletics	Dance – I-moves: Diversity Quadkids	Gymnastics Athletics

Physical Education National Curriculum Expectations KS2	Year 5			Year 6		
	Autumn	Spring	Summer	Autumn	Spring	Summer
To use running, jumping, throwing and catching in isolation and in combination						
To perform dances using a range of movement patterns						
To 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						
To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]						
To take part in outdoor and adventurous activity challenges both individually and within a team						
To compare their performances with previous ones and demonstrate improvement to achieve their personal best.						
To swim competently, confidently and proficiently over a distance of at least 25 metres To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] To perform safe self-rescue in different water-based situations ( <i>Swimming is taught in Year 5, one class per term</i> )						