

## PE department - Year 5 scheme of work

National curriculum: <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf</a>				
Term	Title	Unit content	Key vocabulary	Resource links:
Autumn 1	Locomotor skills - mastery within small-sided games	<ul style="list-style-type: none"> <li>- Walking</li> <li>- Running</li> <li>- Jumping</li> <li>- Hopping</li> <li>- Skipping</li> <li>- Galloping</li> <li>- Side-sliding</li> <li>- Leaping</li> <li>- Bounding</li> <li>- Dodging</li> </ul>	<ul style="list-style-type: none"> <li>- Stride</li> <li>- Gait</li> <li>- Alternating</li> <li>- Opposites</li> <li>- Swerving</li> </ul>	<a href="https://www.thepespecialist.com/podcasts/011-teaching-locomotor-skills/">https://www.thepespecialist.com/podcasts/011-teaching-locomotor-skills/</a>
Autumn 2	Invasion Games	<ul style="list-style-type: none"> <li>- Capture the flag</li> <li>- Pacman</li> <li>- Bulldog</li> <li>- Red Light / Green light</li> </ul>	<ul style="list-style-type: none"> <li>- Attacking</li> <li>- Defending</li> <li>- Winning</li> <li>- Losing</li> </ul>	<a href="https://kidactivities.net/7-fun-invasion-games-for-gym-class/">https://kidactivities.net/7-fun-invasion-games-for-gym-class/</a>
<b>Assessment point 1 (Year 7 upwards)</b>				
Spring 1	Inclusion Sports	<ul style="list-style-type: none"> <li>- Boccia</li> <li>- Table Cricket</li> <li>- Kurling</li> <li>- Polyba</li> </ul>	<ul style="list-style-type: none"> <li>- Fairness</li> <li>- Equality</li> <li>- Opportunity</li> <li>- Diversity</li> <li>- Disability</li> <li>- Alternative</li> </ul>	<a href="https://www.youthsporttrust.org/inclusive-sports-programme">https://www.youthsporttrust.org/inclusive-sports-programme</a>

Spring 2	Stability skills – mastery within small-sided games Dance & Gymnastics	<ul style="list-style-type: none"> <li>- Agility, balance and coordination</li> <li>- Body rolling</li> <li>- Bending</li> <li>- Twisting</li> <li>- Landing</li> <li>- Rotation</li> <li>- Turning</li> <li>- Stretching</li> </ul>	<ul style="list-style-type: none"> <li>- Stance</li> <li>- Base</li> <li>- Posture</li> </ul>	<a href="https://www.theadespecialist.com/?s=Balance+skills">https://www.theadespecialist.com/?s=Balance+skills</a>
<b>Assessment point 2 (Year 7 upwards)</b>				
Summer 1	Object control skills – mastery within small-sided games	<ul style="list-style-type: none"> <li>- Throwing</li> <li>- Catching</li> <li>- Kicking</li> <li>- Striking</li> <li>- Rolling</li> <li>- Dribbling</li> <li>- Collecting</li> </ul>	<ul style="list-style-type: none"> <li>- Focus</li> <li>- Alert</li> <li>- Set position</li> <li>- Target</li> </ul>	<a href="https://www.movementresources.com/manipulative-skills">https://www.movementresources.com/manipulative-skills</a>
Summer 2	Athletics – Throwing events	<ul style="list-style-type: none"> <li>- Discus</li> <li>- Hammer</li> <li>- Javelin</li> <li>- Shot Putt</li> </ul>	<ul style="list-style-type: none"> <li>- Discus</li> <li>- Shot putt</li> <li>- Hammer</li> <li>- Javelin</li> <li>- Throwing</li> <li>- Pushing</li> </ul>	<a href="https://www.dlgsc.wa.gov.au/sport-and-recreation/sports-dimensions-guide/athletics-throwing-events">https://www.dlgsc.wa.gov.au/sport-and-recreation/sports-dimensions-guide/athletics-throwing-events</a>
<b>Assessment point 3 (Year 7 upwards)</b>				