



The Best That You Can Be
Devonshire Primary Academy
PE Long Term Plan



Year 5						
Week	Autumn		Spring		Summer	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
1	<u>OAA</u> Participate in games/activities that develop problem solving and teamwork.	<u>* Hi5 Netball</u> Choose and combine techniques in games situations (running, throwing, catching, passing).	<u>*Tudor Dance</u> Develop competency in a range of dance actions such as: travelling, turning, elevation, falling, stillness and gesture.	<u>Striking and Fielding- cricket</u> Choose and combine techniques in game situations (running, throwing, catching, passing).	<u>*Health Related Fitness</u> Refine stamina and endurance through games, exercises or activities. Understand the importance of being physically fit and be able to suggest how to improve their own health and fitness through exercise.	<u>Net and Wall Games- tennis</u> Use forehand and backhand when playing racket games.
2	<u>OAA</u> Participate in games/activities that develop problem solving and teamwork.	<u>HI5 Netball</u> Work with teammates in order to gain points or possession.	<u>Tudor Dance</u> Choreograph creative and imaginative dance sequences in unison with others.	<u>Striking and Fielding- cricket</u> Strike a bowled ball with accuracy.	<u>Health Related Fitness</u> Refine agility through games, exercises or activities.	<u>Net and Wall Games- Tennis</u> Use forehand and backhand when playing racket games.

					Understand the importance of being physically fit and test their own fitness abilities.	
3	<u>OAA</u> Take part in a range of outdoor and adventurous activities both individually and within a team which challenges the individual on a personal level.	<u>Hi5 Netball</u> Choose the most appropriate tactics for a game.	<u>Tudor Dance</u> Refine a wide range of movements performing them confidently.	<u>Striking and Fielding- cricket</u> Choose the most appropriate tactics for a game.	<u>Health related Fitness</u> Refine strength through games, exercises or activities. Understand the importance of being physically fit and test their own fitness abilities.	<u>Net and Wall games- Tennis</u> Work alone, or with teammates in order to gain points or possession.
4	<u>OAA</u> Take part in a range of outdoor and adventurous activities both individually and within a team which challenges the individual on a personal level.	<u>Hi5 Netball</u> Defend and attack tactically by anticipating the direction of play.	<u>Tudor Dance</u> Develop physical skills, such as; posture, alignment, balance, coordination, control, flexibility, strength and stamina.	<u>Striking and Fielding- cricket</u> Field, defend and attack tactically by anticipating the direction of play.	<u>Health Related Fitness</u> Refine strength, stamina and agility through participating in circuit training. Understand the importance of being physically fit and test their own fitness abilities.	<u>Net and Wall Games- Tennis</u> Choose the most appropriate tactics for a game.
5	<u>OAA</u>	<u>Hi5 Netball</u>	<u>Tudor Dance</u>	<u>Striking and Fielding- cricket</u>	<u>Health Related Fitness</u>	<u>Net and Wall Games- Tennis</u>

	Take part in a range of outdoor and adventurous activities both individually and within a team which challenges the individual on a personal level.	Lead others when called upon and act as a good role model within a team. Uphold the spirit of fair play and respect in all competitive situations.	Perform a sequence for peers which demonstrates dynamics, (e.g.- smooth, jerky) focus and musicality.	Work alone, or with teammates in order to gain points. Uphold the spirit of fair play and respect in all competitive situations.	Participate in circuit training, setting personal targets for achieving own goal/s and trying to achieve a PB.	Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.
6	<u>Charleston Dance</u> Appreciate the context of WW1 and the songs/dances from around this era. Imitate movements/dances from this era demonstrating coordination.	<u>*Orienteering</u> Select appropriate equipment for outdoor and adventurous activity.	<u>*Gymnastics</u> Create complex sequences that include a full range of movements such as- <ul style="list-style-type: none"> • Travelling • Balance • Swinging • Springing • Flight • Vaults • Rotations • Bending • gestures Have an awareness of the Olympic	<u>Striking and Fielding-rounders</u> Strike a bowled ball with accuracy.	<u>Athletics</u> Run confidently over a variety of distances selecting the appropriate technique and pace to achieve success.	<u>* Athletics</u> Combine sprinting with low hurdles over short distances.

			Games and their impact on gymnastics.			
7	<p><u>Charleston Dance</u></p> <p>Develop competency in a range of dance actions such as: travelling, turning, elevation, falling, stillness and gesture.</p>	<p><u>Orienteering</u></p> <p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</p>	<p><u>Gymnastics</u></p> <p>Create complex sequences that include a full range of movements such as-</p> <ul style="list-style-type: none"> • Travelling • Balance • Swinging • Springing • Flight • Vaults • Rotations • Bending • gestures 	<p><u>Striking and Fielding-rounders</u></p> <p>Choose and combine techniques in game situations (running, throwing, catching and passing).</p>	<p><u>Athletics</u></p> <p>Combine sprinting with low hurdles over short distances.</p>	<p><u>Athletics</u></p> <p>Explore different ways of starting a running race.</p>
8	<p><u>Charleston Dance</u></p> <p>Choreograph creative and imaginative dance sequences in unison with others.</p>	<p><u>Orienteering</u></p> <p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</p>	<p><u>Gymnastics</u></p> <p>Hold shapes that are strong, shows flexibility, control and balance.</p>	<p><u>Striking and Fielding-rounders</u></p> <p>Choose the most appropriate tactics for a game.</p>	<p><u>Athletics</u></p> <p>Jumping: develop control and balance in take offs and landings.</p>	<p><u>Athletics</u></p> <p>Jumping: develop control and balance in take offs and landings.</p>

<p>9</p>	<p><u>Charleston Dance</u></p> <p>Refine a wide range of movements performing them confidently.</p>	<p><u>Orienteering</u></p> <p>Support others and seek advice and guidance from experts if necessary.</p>	<p><u>Gymnastics</u></p> <p>Vary speed, direction, level and body rotation during floor performances.</p>	<p><u>Striking and Fielding-rounders</u></p> <p>Work alone, or with teammates in order to gain points.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p>	<p><u>Athletics</u></p> <p>Throwing: explore and develop techniques in the pull, the push and the sling throw.</p>	<p><u>Athletics</u></p> <p>Throwing: explore and develop techniques in the pull, the push and the sling throw.</p>
<p>10</p>	<p><u>Charleston Dance</u></p> <p>Perform with a partner demonstrating some confidence in front of a live audience.</p> <p>Perform a sequence for peers which demonstrates dynamics, (e.g.- smooth, jerky) focus and musicality.</p>	<p><u>Orienteering</u></p> <p>Support others and seek advice and guidance from experts if necessary.</p>	<p><u>Gymnastics</u></p> <p>To compare performances and make changes to improve their own action/routine.</p>	<p><u>Striking and Fielding-rounders</u></p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p><u>Athletics</u></p> <p>Experience competition at an athletics venue.</p>	<p><u>Athletics</u></p> <p>Compete with others and keep track of personal best performances, evaluating, recognising strengths and areas for development.</p>

(PB) Personal Best

Year 5 Swimming

National Curriculum-

- swim competently, confidently and proficiently over a distance of at least 25m
- use a range of strokes effectively (for example front crawl, backstroke and breaststroke).
- Perform self-rescue in different water-based situations.

Swimming in Year 4 may not take place for the full academic year for both classes. Please see * this indicates that these sessions must be taught in order to cover the National Curriculum requirements.

- **Autumn-** Hi5 Netball and orienteering.
- **Spring-** Tudor dance and gymnastics.
- **Summer-** Athletics and Health Related Fitness.

All Year 5 children should-

- Understand the importance of wearing PE kit, removing jewellery and tying hair up and know how it keeps them safe.
- Show an awareness of safety e.g.- bare feet in gymnastics and dance, carrying/handling equipment safely etc.
- Know that to improve their fitness and stamina they should participate in regular physical exercise.
- Know that to avoid an injury they should warm-up and cool-down.
- Know the benefits of a balanced healthy diet can contribute to improved memory, weight loss, strong bones and teeth.
- Work cooperatively and demonstrate good sport'person'ship qualities by managing their feelings and behaviour and understand that their team will not always win.
- Be taught how to share resources and equipment.
- Demonstrate resilience and a growth mindset.
- Know how to work as part of a team managing their own feelings and behaviour.
- Know that in PE we cooperate with others and play by the rules of the game/activity.
- Recognise the strengths in others, supporting and including everyone.
- Inspire others through setting a good example and being a good role-model.
- Work with fairness, honesty, integrity and show respect for our teammates, opponents and officials.
- Take ownership and responsibility for own learning through effective decision making skills.
- Represent the school with pride, integrity, determination and excellence at festivals and competitions.

