Beaconsfield Primary School Curriculum Overview

Subject:	PE	Year Group:	Year 5

Autumn 1	Autumn 1	Autumn 2 (Swimming two week block)
Unit: Football	Unit: Dance	Unit: Netball
Key Skills: • Develop control when sending and receiving under pressure. • Select and apply a variety of dribbling techniques to game situations. • Explore creating tactics with others and applying them to game situations. • Develop tracking and marking with a variety of techniques and increased success. • Move to create space for themselves and others in their team.	Key Skills: • Choreograph planned dances by using, adapting and developing actions and steps from different dance styles. • Confidently use dynamics to express different dance styles. • Use direction and patterning to express different dance styles. • Confidently use formations, canon and unison to express a dance idea. • Perform dances expressively, using a range of performance skills, showing accuracy and fluency.	Key Skills: • Demonstrate clear technique when sending a ball under pressure. • Demonstrate good technique while catching under pressure. • Demonstrate a range of techniques when tracking and collecting a ball. • Dribble with some control under pressure.
Autumn 2	**Spring 1**	**Spring 1**
Unit: Gymnastics	Unit: OAA	Unit: Fitness
Key Skills: • Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions. • Explore progressions of a cartwheel and a handstand. • Explore symmetrical and	Key Skills: • Explore tactical planning within a team to overcome increasingly challenging tasks. • Develop navigational skills and map reading in increasingly challenging tasks including map orientation. • Explore a variety of communication	Key Skills: • Demonstrate improved body posture and speed when changing direction. • Change their body position to maintain a controlled centre of gravity. • Demonstrate increased speed when coordinating their bodies.

asymmetrical balances. • Develop control and fluency in the straight, barrel, forward, straddle and backward roll. • Select a range of jumps to include in sequence work.	methods with increasing success. • Reflect on when they were successful at solving challenges and alter their methods in order to improve	• Identify the best pace for a set distance or time. • Demonstrate increased technique in body weight exercises. • Use their breath to increase their ability to move for sustained periods of time.
Spring 2	Spring 2	Summer 1
Unit: Tennis	Unit: Dance	Unit: Athletics
Key Skills: • Develop the range of shots used in the games they play. • Develop their range of serving techniques appropriate to the game they are playing. • Use a variety of shots to keep a continuous rally. • Demonstrate effective footwork patterns to move around the court.	Key Skills: • Choreograph planned dances by using, adapting and developing actions and steps from different dance styles. • Confidently use dynamics to express different dance styles. • Use direction and patterning to express different dance styles. • Confidently use formations, canon and unison to express a dance idea. • Perform dances expressively, using a range of performance skills, showing accuracy and fluency.	Key Skills: • Apply fluency and coordination when running for speed in relay changeovers. • Effectively apply speeds appropriate for the event. • Develop power, control and consistency in jumping for distance. • Explore technique and rhythm in the triple jump. • Develop technique and power in javelin and shot put.
Summer 1	Summer 2	Summer 2
Unit: Gymnastics	Unit: Cricket	Unit: Yoga
Key Skills: • Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions. • Explore progressions of a cartwheel and a handstand.	Key Skills: • Explore defensive and driving hitting techniques and directional batting. • Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.	Key Skills: • Use their breath to maintain balance within a pose. • Develop flexibility by connecting their movement with their breath. • Demonstrate increased control and strength when in and transitioning

• Explore symmetrical and asymmetrical balances. • Develop control and fluency in the straight, barrel, forward, straddle and backward roll. • Select a range of jumps to include in sequence work.	• Demonstrate clear technique when using a variety of throws under pressure. • Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.	between poses. • Understand that there are methods they can use to control how they feel.