

Y5 Scheme of Work – PE Passport

Lessons adapted – S.T.E.P (space, task, equipment, people to be more inclusive, challenging or accessible ensuring every child is engaged and learning.



Love God, Love each other, Love Learning

Year	Topic	Week	Learning Objective	Knowledge	Skills
5	Gymnastics – counter balance	Autumn 1 Week 1	To hold controlled balances	To know how to link skills to perform actions and sequences To know technical language for gymnastics To know a counter balance is a weight counted by another weight To know how to perform in unison	I can use points and patches I can use a given number of body parts I can create a sequence in unison
		Autumn 1 Week 2	To hold a range of symmetrical and asymmetrical counter balances	I know how to link skills to perform actions and sequences I know technical language for gymnastics I know a counter balance is a weight countered by another weight I know what push and pull forces are	I can evaluate the work of others# I can hold a range of symmetrical and asymmetrical counter balances I can work at different levels I can hold weight on different points and patches
		Autumn 1 Week 3	To roll as part of a balancing and rolling sequence	I know how to use a range of dynamics I know how to peer assess constructively I know a range of pathways I know a range of balances	I can hold a range of symmetrical and asymmetrical counter balances I can roll as part of balancing and rolling sequence I can challenge myself to improve I can control my movements
		Autumn 1 Week 4	To add counter tension to our sequence	I know that counter tension is a balance where 2 or more people pull away from each other	I can use my own body weight in opposition to apparatus I can link skills to perform sequences

					I can work at different levels
		Autumn 1 Week 5	To link a counter tension with a counter balance	I know what the difference between counter tension and counter balance is	I can work at different levels I can link asymmetrical counter tension balances with counter balance I can use transitional movements
		Autumn 1 Week 6	To perform asymmetrical counter balances in a sequence using canon or unison	I know what canon and unison are I know what the different between counter tension and counter balance is I know that a good gymnastic performance is “aesthetically pleasing” or “beautiful” to watch	I can work in a group I can use the apparatus or partners when balancing I can challenge myself to improve
	Football (Invasion)	Autumn 2 Week 1	To demonstrate skill and control	I know to keep the ball close I know which part of the foot to use I know to move into space after passing I know to anticipate that the ball might come to me	I can dribble the ball with control I can pass the pass with the inside of my foot I can pass the ball and move into space
		Autumn 2 Week 2	To keep possession of the ball	I know what possession means I know how to get free from a defender I know to keep my head up	I can dribble with the ball close to me I can dribble at different speeds I can tap the ball using different parts of my foot
		Autumn 2 Week 3	To demonstrate shooting technique	I know what makes a good goal scorer I know to make it harder for the attacker by closing space and intercepting	I can demonstrate shooting technique I can touch the ball out of feet and strike then strike the ball towards the goal I can keep the ball moving when running at an opponent I can close space and tackle as a defender
		Autumn 2 Week 4	To defend effectively	I know defence tactics	I can communicate well with team mates

				I know how to make it harder for the attacker by closing space and intercepting	I can defence tactically I can slow attackers down
		Autumn 2 Week 5	To combine skills to create goal scoring opportunity	I know what an overload, underlap and overlap are in attacking I know that goal opportunities come from teamwork	I can create goal scoring opportunity <ul style="list-style-type: none"> • Decisive runs into space • Good dribbling • Close control • Passes I can make the most of having extra players I can develop overloading, underlap and overlap tactics when attacking
		Autumn 2 Week 6	To play a competitive game of football	I know the rules of the game I know school games values I know how to attack and defence tactics	I can officiate games showing understanding of rules I can play competitive games I can control my emotions I can accept referee
	Dodgeball (Invasion)	Spring 1 Week 1	To develop effective throwing technique for dodgeball	I know the rules of dodgeball I know to aim low to get an opponent out I know not to turn my back on the other team	I can throw hard and low at my opponents I can dodge to evade the ball I can catch balls to get teammates back in the game
		Spring 1 Week 2	To develop effective dodging skills	I know that by moving around I make myself more difficult to hit I know how to get an opponent out I know how to stay light on my feet	I can dodge balls that are thrown at me using change in direction, quick movements and keeping an eye on the ball I can throw with increasing power I can throw with a low and straight trajectory
		Spring 1 Week 3	To catch balls low down that are thrown at pace	I know now that if I drop an attempted catch I am out	I can catch balls low down and thrown at pace at me I can keep an eye on the ball

				I know when it is wise to try and catch the ball and when to dodge	
		Spring 1 Week 4	To play adapted games with special rule	I know that I need to work as part of a team I know what to do when my team are down a couple of players	I can use a ball to block incoming fire I can play adapted games with special rules I can evaluate our team's performance
		Spring 1 Week 5	To play by a set of agreed rules	I know the agreed rules of the game I know that dodgeball can have different rules	I can play by the rules I can work as a group to come up with tactics I can officiate when asked
		Spring 1 Week 6	To use tactics within my team based on the strengths of the opposition	I know my strengths and where I can improve I know to target the strongest players on the opposite team I know to build upon my knowledge to help me in a game scenario	I can choose the right moment to attack and defend I can compete against others effectively I can use tactics within my team based on the strengths of the opposition
	Cricket (striking and fielding)	Spring 2 Week 1	To throw overarm and catch consistently well	I know how to recap striking and fielding knowledge from Y1/Y2 I know that a crease is my area of play I know to slide my bat over the crease when running I know what a position of anticipation looks like when fielding	I can catch consistently well under pressure I can throw accurately overarm I can transfer skills learnt into a game scenario
		Spring 2 Week 2	To strike a ball to leg side	I know to grip the bat correctly I know what a stance looks like when batting I know that leg side is the opposite side to the hand you are batting with I know that offside is the same side as the hand you are batting	I can strike a ball when batting I can pull a ball from a short delivery to the leg side I can bowl with a short run up I can bowl with straight arm for accuracy

		Spring 2 Week 3	To perform a range of fielding techniques	<p>I know which ground fielding techniques to use and why:</p> <ul style="list-style-type: none"> • Long barrier • Catch • Bowl with a run up • Overarm throw 	<p>I can perform a range of fielding techniques</p> <p>I can bowl with a run up</p> <p>I can use calls when batting</p> <p>I can perform a long barrier to stop the ball</p>
		Spring 2 Week 4	<p>To pick up and return a ball with one hand quickly</p> <p>To perform a straight drive when batting</p>	<p>I know that I can leave my crease to hit balls</p> <p>I know why I might leave my crease</p> <p>I know when I might use a once handed pick up</p> <p>I know the correct technique when bowling overarm</p>	<p>I can bowl with consistency accuracy and length</p> <p>I can use my feet to get to the pitch of the ball when batting</p> <p>I can perform a straight drive when batting</p> <p>I can pick up and return a ball with one hand quickly</p>
		Spring 2 Week 5	To bowl leg spin and square cut shot when batting and bowling	<p>I know that a square cut shot is</p> <p>I know how to bowl leg spin with the correct technique</p> <p>I know what overthrows are</p> <p>I know why it is important for outfielders to walk in with the bowler</p> <p>I know how to correctly stand when batting</p>	<p>I can show tactical awareness as a fielder</p> <p>I can bowl out of the back of my hand</p> <p>I can play a square cut shot when batting</p>
		Spring 2 Week 6	To link my skills and perform in a competitive games	<p>To know to have back up for possible overthrows</p> <p>I know the important of communication when batting</p>	<p>I can link my skills and perform in a competitive game</p> <p>I can bowl by running in close to the wickets</p> <p>I can work as a team</p>
	Netball (Invasion)	Summer 1 Week 1	To send a netball in a variety of ways	<p>I know the technique for each pass:</p> <ul style="list-style-type: none"> • Chest pass • Bounce pass • Shoulder pass <p>I know how to signal for a pass</p> <p>I know that I need to move into new space after passing</p>	<p>I can chest pass, bounce pass and shoulder pass</p> <p>I can receive a ball and know what I want to do with it</p>

		Summer 1 Week 2	To develop passing for accuracy	I know to disguise which pass I will use I know when to use each pass I know that when I get sideways on to receive a ball it opens up the court	I can aim my passes for accuracy I can anticipate the play I can release the ball quickly
		Summer 1 Week 3	To further develop an accurate shoulder pass	I know attacking principles I know how to communicate non verbally on court	I can shoulder pass accurately I can pass with force I can create space for myself
		Summer 1 Week 4	To shoot a netball with accuracy	I know what the terms landing foot, pivot and stepping mean I know the rules around shooting	I can land and pivot pass the ball I can shoot with good starting technique of balancing the ball and bending knees
		Summer 1 Week 5	To develop understanding of netball game rules	I know what the different role are in netball I know where I am allowed on court	I can position myself to take rebounds from missed shots I can participate purposefully in a netball match I can show understanding of different positions
		Summer 1 Week 6	To apply attack and defence skills to a game	I know the school games values I know that infringements can lead to penalties	I can apply some tactics we have decided as a team I can play by the rules I can accept decisions made
	Rounders (Striking and Fielding)	Summer 2 Week 1	To further develop throwing and catching techniques	I know to catch the ball in line with my nose I know how to grip the ball I know what peripheral vision is I know the school games values	I can catch with soft hands I can throw accurately into space I can use my peripheral vision when running
		Summer 2 Week 2	To further develop bowling and ground fielding	I know how to bowl with a straight arm I know that bowling should be at a consistent height I know techniques of ground fielding	I can bowl accurately I can bowl at a consistent height I can ground field consistently I can use a high back lift when batting
		Summer 2 Week 3	To further develop tactical awareness in a small game	I know the role of a back stop I know why a strike is important for success	I can catch and throw quickly from back stop

					I can strike with some accuracy into a given area
		Summer 2 Week 4	To communicate effectively with team mates when running between bases	I know the rules when batting and running between bases I know to think ahead and speak to my team mates	I can back up fielders in the outfield I can communicate with my team mates when I'm running between bases I can play for the good of the team
		Summer 2 Week 5	To play a full game showing understanding of rules and tactics	I know that fielders on the 2 nd , 3 rd and 4 th base can start deep and some onto their bases as necessary I know the important of great communication when playing rounders	I can throw with accuracy under pressure I can play a full game in small groups I can play different roles within the team
		Summer 2 Week 6	To field tactically based on the batsman/woman	I know that I should adjust my position on the opponent I know the school games values	I can adapt my game according to direct opponent I can show an understanding of rules I can accept decisions made