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| Year Group: 5 | Gymnastics | Dance | Invasion games | Striking and fielding | Athletics | Swimming |
|  | • To identify and practise body shapes and balances.  • To identify and practise symmetrical and asymmetrical body shapes.  • To use and refine the following skills: flexibility, strength, balance, power and mental focus.  • To develop skills for movement, including rolling, bridging and dynamic movement.  • To use counterbalances and incorporate them into a sequence of movements.  • To perform movements in canon and in unison.  • To perform and evaluate own and others’ sequences. | • To identify and practise the patterns and actions of the chosen dance style.  • To demonstrate an awareness of the music’s rhythm and phrasing when improvising.  • To create and perform an individual dance that reflects the chosen dance style.  • To create partnered dances that reflect the chosen dancing style and apply the key components of dance.  • To create group dances that reflect the dance style.  • To perform a dance using a range of movement patterns.  • To perform and evaluate own and others’ work. | • To demonstrate basic passing and receiving skills using a netball.  • To develop an understanding and knowledge of the basic footwork rule of netball.  • To use good hand/eye co-ordination to pass and receive a ball successfully.  • To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.  • To understand the importance of ‘getting free’ in order to receive a pass.  • To understand how to make space by moving away and coming back and by dodging.  • To be able to demonstrate a range of defending skills and understand how to mark an opponent.  • To understand how to intercept a pass.  • To learn how to shoot.  • To understand the different positions in a netball team (five-a-side).  • To recognise which positions are attacking and which are defending. | . • To develop skills in batting and fielding.  • To choose fielding techniques.  • To run between the wickets.  • To run, throw and catch.  • To develop a safe and effective overarm throw.  • To learn batting control.  • To use all the skills learned by playing in a mini tournament. | . To use correct technique to run at speed.  • To develop the ability to run for distance.  • To throw with accuracy and power.  • To identify and apply techniques of relay running.  • To explore different footwork patterns.  • To understand which technique is most effective when jumping for distance.  • Learn how to use skills to improve the distance of a pull throw.  • To demonstrate good techniques in a competitive situation. | To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats.  To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water. |