Physical Education – Year 5	
Ongoing	
Swimming	• Swimming means to move through the water without touching the floor or side. • Flexibility is the range of movement through body joints. • Strength is a measure of power. • Technique is a way of carrying out a particular task. • Movement is when changing position, posture or place. • A pattern is when a movement or action is repeated.
Autumn 1	
Gymnastics	• Technique is a way of carrying out a particular task. • Evaluate is to judge something. • Flexibility is the range of movement through body joints. • Movement is when changing position, posture or place. • A pattern is when a movement or action is repeated. • Communicating with others giving and receiving information. • Collaboration is working with others to achieve/create something. • Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently. • Jump is to lift off the ground from one foot onto two feet. During the flight of the jump, you should bend your legs slightly and land on two feet, with bent legs and without losing their balance. • Agility is how quickly you can change direction whilst maintaining speed, balance and power.
Autumn 2	
Dance	• Collaboration is working with others to achieve/create something. • Technique is a way of carrying out a particular task. • Evaluate is to judge something. • Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently. • Dance is to move the body in a rhythmic way, usually to music and within a given space. • A pattern is when a movement or action is repeated • Flexibility is the range of movement through body joints. • Movement is when changing position, posture or place. • Agility is how quickly you can change direction whilst maintaining speed, balance and power.
Spring 1	
Rounders	• Technique is a way of carrying out a particular task • Agility is how quickly you can change direction whilst maintaining speed, balance and power. • Co-operation is when you work together with others to achieve a result. • Run is to move quickly using your feet. • Movement is when changing position, posture or place. • Communicating with others giving and receiving information. • Striking is when you hit a ball with a bat or racket. • Competing means to do your best against others. • Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist. Catching is to use the hands to stop and hold a moving object. Eyes on the object. Fingertips together (two handed catch) Catch the object, then grip it.
Spring 2	
Striking & Fielding - Cricket	• Competitive sports are games where the aim of the games is to win • Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist. • Catching is the use the hands to stop and hold a moving object. • Eyes on the object, Fingertips together (two handed catch)

	• Striking is when you hit a ball with a bat or racket.
Summer 1	
Net - Tennis	• Striking is when you hit a ball with a racket. • Strength is a measure of power. • Technique is a way of carrying out a particular task. • Communicating with others giving and receiving information. • Collaboration is working with others to achieve/create something. • Competing means to do your best against others. • Evaluate is to judge something. •
Summer 2	
Striking and fielding	• Movement is when changing position, posture or place. • Collaboration is working with others to achieve/create something. • Competing means to do your best against others. • Agility is how quickly you can change direction whilst maintaining speed, balance and power. • Co-operation is when you work together with others to achieve a result. • Run is to move quickly using your feet. • Movement is when changing position, posture or place. • Communicating with others giving and receiving information. • Striking is when you hit a ball with a bat. • Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist. • Catching is to use the hands to stop and hold a moving object. Eyes on the object, fingertips together (two handed catch), catch the object, then grip it.
Net - Badminton	• Striking is when you hit a shuttlecock with a racket. • Strength is a measure of power. • Technique is a way of carrying out a particular task. • Communicating with others giving and receiving information. • Competing means to do your best against others • Run is to move quickly using your fee