



PE Year 5 and 6	Autumn		Spring	Summer	
<p>Core Skills: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	Cycle A and B				
	<p>Invasion Games(Basketball and Tag Rugby) Use running, jumping, throwing and catching in isolation and in combination. Develop team work and work on sending and receiving of a range of balls.</p>	<p>Gym Develop flexibility, strength, technique, control and balance) Create a sequence individually, partner (mirroring or cannon), and group performances. Move on to performance to class/peers.</p>	<p>Attacking and Defending Play competitive games, modified where appropriate to apply basic principles suitable for attacking and defending through team games including hockey and netball.) Tactical, stamina and speed)</p>	<p>Dance Performing dances using a range of movement patterns Look at new styles of dance and new cultures too. Children to perform dance to class/peers.</p>	<p>Striking and Fielding (Cricket and Rounders) To become more accurate in throwing, running and catching. Develop skills to move onto competitive and fun team games.</p>



Subject Overview | PE
Zetland Primary School

Year Group: 5/6

