

## Manor Primary School PE Year 5 – Gymnastics

### Overview of the Learning:

In this unit children will use their knowledge of compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience. In gymnastics as a whole, children use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.

### Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Pupils should be taught:

#### Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.
- perform dances using a range of movement patterns
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

#### Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

#### Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success

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- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

**Expectations**

Children can:

- apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- 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.

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## Manor Primary School PE Year 5 – Dance

### Overview of the Learning:

In this unit children will focus on popular dance styles of different eras. They explore a range of dances, using step and gesture patterns, body shapes, contact work, and contrasts in dynamic and rhythmic patterning. They learn more about both dance style and music.

In dance as a whole, children think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.

### Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Pupils should be taught:

#### Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.
- perform dances using a range of movement patterns
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

#### Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

#### Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success

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- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

**Expectations**

Children can:

- apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- 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.

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## Manor Primary School PE Year 5 – Badminton

### Overview of the Learning:

In this unit children will develop the range and quality of their skills when playing games using badminton rackets. They learn specific tactics and skills for games such as short tennis. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In net/wall games, players achieve this by sending a ball (or shuttlecock) towards a court or target area which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.

### Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Pupils should be taught:

#### Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.

#### Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

#### Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

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Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

**Expectations**

Children can:

- apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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## Manor Primary School PE Year 5 – Cricket

### Overview of the Learning:

In this unit children learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In striking and fielding games, players achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets or around bases to score runs. When fielding, they try to prevent runs or points being scored.

### Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Pupils should be taught:

#### Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.

#### Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

#### Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

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Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

**Expectations**

Children can:

- apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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PE Year 5 – Futsall

**Overview of the Learning:**

In this unit children develop skilful attacking and team play through the game of indoor football. They learn how to work well as a team when attacking, and explore a range of ways to defend. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.

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<p><b>Core Aims</b></p> <ul style="list-style-type: none"> <li>▪ develop competence to excel in a broad range of physical activities</li> <li>▪ are physically active for sustained periods of time</li> <li>▪ engage in competitive sports and activities</li> <li>▪ lead healthy, active lives.</li> </ul>	<p><b>Pupils should be taught:</b></p> <p><u>Acquiring and developing skills</u></p> <ul style="list-style-type: none"> <li>▪ apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.</li> </ul> <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> <li>▪ apply basic principles suitable for attacking and defending</li> <li>▪ use compositional skills to create and perform a range of movement patterns</li> <li>▪ solve problems and overcome challenges both as an individual and within a team</li> </ul> <p><u>Evaluating and improving performance</u></p> <ul style="list-style-type: none"> <li>▪ develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success</li> <li>▪ compare their performance with previous ones and demonstrate improvement in order to achieve their personal best</li> </ul> <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> <li>▪ be physically active for sustained periods of time</li> <li>▪ develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests</li> </ul>
<p><b>Expectations</b> Children can:</p> <ul style="list-style-type: none"> <li>▪ apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</li> <li>▪ enjoy communicating, collaborating and competing with each other.</li> <li>▪ develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</li> </ul>	

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- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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### PE Year 5 – Invasion Games - High 5 Netball

#### Overview of the Learning:

**In this unit children will** children improve their defending and attacking play. They start to play even-sided mini-versions of the invasion game high 5 netball.

In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.

#### Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

#### Pupils should be taught:

##### Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.

##### Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending

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- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

Knowledge and understanding of fitness and health

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests
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**Expectations**

Children can:

- apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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## Manor Primary School PE Year 5 – Indoor athletics

### Overview of the Learning:

In this unit children will focus on developing their technical understanding of indoor athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy. The children will then have the opportunity to demonstrate these activities and achievements and they will be able to assess their own performance.

### Core Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Pupils should be taught:

#### Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.

#### Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team

#### Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best
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#### Knowledge and understanding of fitness and health

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- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

### Expectations

Children can:

- apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Manor Primary School PE Year 5 – Ultimate Frisbee

**Overview of the Learning:** Ultimate Frisbee is a non-contact invasion team game played with a flying disc.

In this unit children will learn a variety of passing and catching skills using a Frisbee disc. They will improve their cardiovascular endurance throughout the unit and demonstrate techniques such as ways to hold a Frisbee, send and receive a Frisbee, aim for a target with a Frisbee. When the skills are applied Ultimate Frisbee can be a face-paced game, demanding its players to develop razor sharp throwing skills and stamina and agility..

**Core Aims**

**Pupils should be taught:**

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- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
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- lead healthy, active lives.

#### Acquiring and developing skills

- apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.

#### Selecting and applying skills, tactics and compositional ideas

- apply basic principles suitable for attacking and defending
- use compositional skills to create and perform a range of movement patterns
- solve problems and overcome challenges both as an individual and within a team
- 

#### Evaluating and improving performance

- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- compare their performance with previous ones and demonstrate improvement in order to achieve their personal best

#### Knowledge and understanding of fitness and health

- be physically active for sustained periods of time

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- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

## Expectations

Children can:

- apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
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- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Manor Primary School PE Year 5 – Volleyball

### Overview of the Learning:

In this unit children will develop the range and quality of their skills when playing games over a net. They also learn specific tactics and skills for games such as volleyball. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In net/wall games, players achieve this by sending a ball (or other implement) towards a court or target area which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.

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<p><b>Core Aims</b></p> <ul style="list-style-type: none"> <li>▪ develop competence to excel in a broad range of physical activities</li> <li>▪ are physically active for sustained periods of time</li> <li>▪ engage in competitive sports and activities</li> <li>▪ lead healthy, active lives.</li> </ul>	<p><b>Pupils should be taught:</b></p> <p><u>Acquiring and developing skills</u></p> <ul style="list-style-type: none"> <li>▪ apply and develop a broader range of skills such as running, jumping, throwing and catching in isolation and in combination and develop overall fitness and strength.</li> </ul> <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> <li>▪ apply basic principles suitable for attacking and defending</li> <li>▪ use compositional skills to create and perform a range of movement patterns</li> <li>▪ solve problems and overcome challenges both as an individual and within a team</li> </ul> <p><u>Evaluating and improving performance</u></p> <ul style="list-style-type: none"> <li>▪ develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success</li> <li>▪ compare their performance with previous ones and demonstrate improvement in order to achieve their personal best</li> </ul> <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> <li>▪ be physically active for sustained periods of time</li> <li>▪ develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests</li> </ul>
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- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
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