

PE Long Term Planning and Progression Y5/6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Gymnastics Y6 Unit 1	Dance - Earthlings	Dance – Around the World	Gymnastics Y6 Unit 2	Athletics Y5/6	Striking and Fielding Cricket
Cycle A	Invasion through Basketball	Invasion through Rugby 1	Invasion through Rugby 2	Creative Games	Y5/6 OAA	Badminton / Orienteering
	<p><u>Games</u> Y5: Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. Collaborate as a team and develop defending skills through modified versions of 5V3 or 5V4 invasion games.</p> <p>Y6: Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Apply attacking and defending skills through modified versions of 4V4 or 5V5 invasion games</p> <p><u>Y5/6</u> Gain possession by working as a team; pass in different ways Chose a specific tactic for attacking and defending Use a number of techniques to pass, dribble, shoot Develop defending skills 5v3; 5v4 Apply attacking and defending skills 4v4; 5v5</p>		<p><u>Dance</u> Y5: Perform different styles of dance clearly and fluently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance. Y6: Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively. Compose own dances: Make complex extended sequences (6-8; 8-10) Perform consistently to audiences Combine work with that of others Perform to an accompaniment Clarity, fluency, accuracy, consistency</p> <p><u>Athletics Y5/6</u> Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed. Throwing – push, pull, sling and heave Jumping and landing in different ways Running for short and long distances Passing a baton in a relay</p>		<p><u>Gymnastics</u> Y5: Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. Y6: Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.</p> <p><u>Y5/6</u> Travel – i.e. Feet & hands and feet Balance – i.e. partner balance (counter-balance) Jump – different ways of jumping and landing with shape Rolling – basic rolls Apparatus</p> <p>Make complex extended sequences (6-8; 8-10) Combine action, balance and shape Perform consistently to audiences Combine work with that of others Sequences to specific timings</p>	

Cycle B	Dance- The Greeks	Gymnastics Y5 Unit 1	Dance – Heroes and Villains	Gymnastics Y5 Unit 2	Striking and Fielding Rounders	Net and Wall - Tennis
Cycle B	Invasion trough Netball	Invasion through Hockey	Invasion through Football	Ultimate Frisbee	Athletics Y5/6	OAA - Teambuilding
	<p><u>Games</u> <u>Y5:</u> Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. Collaborate as a team and develop defending skills through modified versions of 5V3 or 5V4 invasion games.</p> <p><u>Y6:</u> Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Apply attacking and defending skills through modified versions of 4V4 or 5V5invasion games</p> <p><u>Y5/6</u> Gain possession by working as a team; pass in different ways Chose a specific tactic for attacking anddefending Use a number of techniques to pass,dribble, shoot Develop defending skills 5v3; 5v4 Apply attacking and defending skills 4v4; 5v5</p>		<p><u>Dance</u> Y5: Perform different styles of dance clearly and fluently, adapt and refine the way they use weight,space and rhythm in their dances to express themselves in the style of dance. Y6: Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively. Compose own dances: Make complex extended sequences (6-8; 8-10) Perform consistently to audiences Combine work with that of others Perform to an accompaniment Clarity, fluency, accuracy, consistency</p> <p><u>Athletics Y3/4</u> Continue to develop athletic specific skills and perform them withconsistency, accuracy, confidence, control and speed.</p> <p>Throwing – push, pull, sling and heave Jumping and landing in different ways Running for short and long distances Passing a baton in a relay</p>		<p><u>Gymnastics</u> Y5: Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. Y6: Continue to develop sport specificskills and perform them with consistency, accuracy, confidence, control and speed.</p> <p><u>Y5/6</u> Travel – i.e. Feet & hands and feet Balance – i.e. partner balance(counter-balance) Jump – different ways of jumping and landing with shape Rolling – basic rolls Apparatus</p> <p>Make complex extended sequences (6-8; 8-10) Combine action, balance and shape Perform consistently to audiences Combine work with that of others Sequences to specific timings</p>	