

## PE Long Term Planning and Progression Y5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y5 2024- 25	Y5/6 Dance- Robin Hood	Y5/6 Dance - Earthlings	Gymnastics Y5 Core Task 1	Gymnastics Y5 Core Task 2	Y5/6 Teamwork and Problem Solving	Y5/6 Athletics
Y5 2024- 25	Y5/6 Invasion Games - Basketball	Y5/6 Invasion Games - Hockey	Y5/6 Invasion Games Rugby 1	Y5/6 Invasion Games – Creative Games	Y5/6 Net and Wall – tennis	Y5/6 Striking and Fielding Rounders
	<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 Y3/4</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 &amp; 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>	

Y5 2023- 34	Y5/6 Dance – The Haka	Gymnastics Y5 Core Task 1	Gymnastics Y5 Core Task 2	Dance – The Greeks	Y5/6 Teamwork and Problem Solving	Y5/6 Athletics
Y5 2023- 24	Y5/6 Invasion Games - Netball	Y5/6 Invasion Games - Hockey	Y5/6 Invasion Games Rugby 1	Y5/6 Invasion Games – Creative Games	Y5/6 Net and Wall – tennis	Y5/6 Striking and Fielding Rounders
	<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>Y5/6 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>Y5/6 Travel – i.e. Feet &amp; 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>	

## PE Long Term Planning and Progression Y6

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Y6 2024- 25	Y5/6 Dance- Robin Hood	Y5/6 Dance - Earthlings	Gymnastics Y6 Core Task 1	Gymnastics Y6 Core Task 2	Y5/6 Orienteering	Y5/6 Athletics
Y6 2024- 25	Y5/6 Invasion Games - Basketball	Y5/6 Invasion Games - Football	Y5/6 Invasion Games Rugby 2	Y5/6 Invasion Games – Creative Games	Y5/6 Net and Wall - Badminton	Y5/6 Striking and Fielding Cricket
	<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.</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 specific skills and perform them with consistency, accuracy, confidence, control and speed.</p> <p><u>Y5/6</u> Travel – i.e. Feet &amp; 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>	

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