

Tickhill Estfeld School
Year 5: PE - Teaching Sequence 2022-23

Year 5				
Autumn Term 1			Autumn Term 2	
Lesson	Tag Rugby	Cricket	Netball	Dance
1	<p>LO: To develop attacking principles, understanding when to run and when to pass</p> <p>SC: Look for space between the defence to move through</p>	<p>LO: To develop throwing accuracy and catching skills under pressure</p> <p>SC: Bring the ball into your body when catching to cushion the ball</p> <p>Step forward with the opposite foot to your throwing arm</p>	<p>LO: To develop passing and moving</p> <p>SC: Do not lift and place back down your landing foot, that is called footwork.</p> <p>Once you have passed the ball move to a new space</p>	<p>LO: Theme: Dance by chance - To create a dance using a random structure and perform the actions showing quality and control</p> <p>SC: Consider the quality of performance of each action</p> <p>Use counts of 8 to help you to stay in time with your partner</p>
2	<p>LO: To be able to use the 'forward pass' and 'offside' rules</p> <p>SC: To receive a pass from a teammate you must be behind or to the side of them</p>	<p>LO: To develop placement of a ball into space</p> <p>SC: Grip the bat with the dominant hand at the bottom</p> <p>Keep your elbow high</p>	<p>LO: To be able to use the attacking principle of creating and using space</p> <p>SC: Keep moving into space. All movement is helpful, even if you don't receive the ball</p> <p>Move into space showing an awareness of your teammates and the defenders</p>	<p>LO: Theme: Dance by chance - To understand how changing dynamics changes the appearance of the performance</p> <p>SC: Consider how each action is performed when changing the dynamic</p> <p>Use counts to help you to stay in time with each other</p>
3	<p>LO: To be able to play games using tagging rules</p>	<p>LO: To develop consistency of catching to get opponents out</p>	<p>LO: To be able to change direction and lose a defender</p>	<p>LO: Theme: Dance by chance - To understand and use relationships and space to</p>

	SC: Do not block or protect your tags	SC: Bring the ball into your body when catching to cushion the ball	SC: Use a change of speed and/or a change of direction to lose a defender	change how a performance looks SC: Use changes in level, direction and pathway Use relationship changes in formation, timing, matching and mirroring, and moving either apart or in contact with your partner
4	LO: To develop dodging skills to lose a defender SC: Bend down low and push off in a different direction Change direction or speed to lose a defender	LO: To develop overarm bowling technique and accuracy SC: Draw a number six with the ball when preparing to bowl	LO: To be able to defend ball side and know when to go for interceptions SC: Stay in front of your attacker, between them and the ball (ball side)	LO: Theme: Rock 'n' Roll - To copy and repeat movements in the style of rock 'n' roll SC: Use upbeat dynamics and facial expressions to help to make your actions look like the style of rock 'n' roll
5	LO: To develop drawing defence and understanding when to pass SC: Pass if the defender comes towards you Run if you have space to do so	LO: To develop a variety of fielding techniques and use them within a game SC: Use two handed pick up when the ball is coming towards you	LO: To develop the shooting action SC: Feet shoulder width apart Hold the ball high above your head	LO: Theme: Rock 'n' Roll - To work with a partner to copy and repeat actions keeping in time with the music SC: Use bouncy, lively and quick dynamics in your performance Use counts of 8 to keep in time and help to remember the order of actions
6	LO: To be able to apply the rules and tactics you have	LO: To further develop fielding techniques and apply them to a game situation	LO: To use and apply skills and tactics to small-sided games	LO: Theme: Rock 'n' Roll - To work collaboratively with a

	<p>learnt to play in a tag rugby tournament</p> <p>SC: Encourage and support in others in your team</p> <p>Once you have been tagged you have three seconds to pass the ball</p> <p>Place the ball down on the floor over the line using two hands</p>	<p>SC: Track the ball to ensure you are in line with it</p>	<p>SC: Turn your hips to face the direction you want to run in</p>	<p>group to create a dance in the style of Rock 'n' Roll</p> <p>SC: Use different levels and formations in your dance to make it look interesting</p>
	Spring Term 1		Spring Term 2	
	Athletics	Gymnastics	Basketball	Badminton
1	<p>LO: To be able to apply different speeds over varying distances</p> <p>SC: Choose the best pace for the running event</p> <p>Run at a pace that you can maintain</p> <p>Steady your breathing by breathing in through your nose and out through your mouth</p>	<p>LO: To be able to perform symmetrical and asymmetrical balances</p> <p>SC: Use strong body tension to keep your balances stable</p>	<p>LO: To develop protective dribbling against an opponent</p> <p>SC: Put your non-dribbling arm out to protect the ball from your opponent</p> <p>Turn your body to create a barrier between the defender and the ball</p>	<p>LO: To develop footwork and the forehand and backhand grip</p> <p>SC: To chasse begin with your feet shoulder width apart and push off the ground with both feet, bring them closer together in the air as you move</p>
2	<p>LO: To develop fluency and co-ordination when running for speed</p>	<p>LO: To develop the straight, forward, straddle and backward roll</p> <p>SC: Use momentum to help you roll</p>	<p>LO: To move into and create space to support a teammate</p> <p>SC: Look to move into space that will make it easier for your team to score</p>	<p>LO: To develop rallying and understand how to start a game</p> <p>SC: Send the shuttlecock high to your partner so that</p>

	<p>SC: Sprint on the balls of your feet moving your hands from pocket to mouth</p> <p>Take big strides</p>		<p>Use a change of pace and a change of direction to lose your opponent</p>	<p>you give them more time to return it</p> <p>Stand in a ready position in the centre of your court when waiting for a shuttlecock</p>
3	<p>LO: To develop technique in relay changeovers</p> <p>SC: Choose the best place for the running event</p> <p>Communicate with teammates to exchange the baton smoothly</p> <p>Hold the end of the baton</p> <p>Run at a slow speed when waiting to receive the baton</p>	<p>LO: To be able to explore different methods of travelling, linking actions in both canon and synchronisation</p> <p>SC: Canon - moving one after the other</p> <p>Synchronisation - moving at the same time</p>	<p>LO: To choose when to pass and when to dribble</p> <p>SC: Dribble if you have the space to do so</p> <p>Pass if you can get the ball close to goal</p> <p>Pass if you cannot beat the defender</p>	<p>LO: To develop a range of shots to keep a rally going</p> <p>SC: Drop the shuttlecock before you swing</p> <p>Transfer your weight from your back to your front leg as you hit the shuttlecock</p>
4	<p>LO: To develop technique and co-ordination in the triple jump</p> <p>SC: One foot to the same foot</p> <p>Jump: Land two feet</p> <p>Perform a range of jumps showing balance in take-off and landing</p>	<p>LO: To be able to perform progressions of inverted movements</p> <p>SC: Use body tension to improve the control and quality of your movements</p>	<p>LO: To be able to track an opponent and use defensive techniques to win the ball</p> <p>SC: Bend your knees so that you can change direction at speed</p> <p>Stay between the basket and the person with the ball</p>	<p>LO: To learn how to score points and play in competitive games</p> <p>SC: Hit the shuttlecock away from your opponent so that it is harder for them to return it</p>

5	<p>LO: To develop throwing with force for longer distances</p> <p>SC: Finish your throw with your hand high</p> <p>Strength and speed will create power</p> <p>Transfer your weight from your back to your front leg</p>	<p>LO: To explore matching and mirroring using actions both on the floor and on apparatus</p> <p>SC: Keep the same timing as your partner to mirror or match them</p>	<p>LO: To develop technique to increase accuracy when scoring</p> <p>SC: Balance with feet shoulder width apart</p> <p>Elbow under the ball</p> <p>Eyes look at the target</p> <p>Follow through with your hand</p>	<p>LO: To select and apply the appropriate skill to a game situation</p> <p>SC: Discuss and agree each point before continuing play</p> <p>Return to the ready position in between each shot</p>
6	<p>LO: To develop throwing with greater control and technique</p> <p>SC: Begin your throw in a balanced stance</p> <p>Point the javelin tip slightly up</p> <p>Transfer your weight from your back to your front leg</p>	<p>LO: To be able to create a partner sequence using apparatus</p> <p>SC: Consider which actions would suit the apparatus you are using</p> <p>Vary the level, speed and direction used in your sequence to make it interesting</p>	<p>LO: To apply principles, rules and tactics to a game situation</p> <p>SC: Be clear and fair when refereeing</p> <p>Use the rules to play fairly and help the game to flow</p>	<p>LO: To show respect, honesty and fair play when competing against an opponent</p> <p>SC: Agree the score after each point</p> <p>Shake your opponent's hands at the end of each game</p>
	Summer Term 1		Summer Term 2	
	Football	Swimming	Rounders	Swimming
1	<p>LO: To be able to dribble the ball under pressure</p> <p>SC: Use all parts of your foot to control the ball</p>		<p>LO: To develop the bowling action and understand the role of the bowler</p> <p>SC: Point your hand at your target as you release the ball</p>	

			<p>The bowled ball must be an underarm throw</p> <p>The bowled ball must be below the top of the head and above the knee of the batter</p>	
2	<p>LO: To pass the ball accurately to help to maintain possession</p> <p>SC: Keep the ball close when defenders are near</p> <p>Push the ball slightly further in front if you have space from defenders</p>		<p>LO: To develop batting technique</p> <p>SC: Keep your eyes on the ball</p> <p>Stand sideways to the ball</p> <p>Strike through the ball</p>	
3	<p>LO: To use different turns to keep the ball away from defenders</p> <p>SC: Cushion the ball on your first touch</p> <p>Get your body in line with the ball as it comes towards you</p>		<p>LO: To make decisions about where and when to send the ball to stump a batter out</p> <p>SC: Look at where the batter is and make quick decisions</p> <p>Stump the base the batter is running towards</p>	
4	<p>LO: To develop defending skills to gain possession</p> <p>SC: Move towards the attacker to close their space</p> <p>Readjust your angle as the ball moves</p>		<p>LO: To develop a variety of fielding techniques and when to use them in a game</p> <p>SC: Consider where you are in relation to the ball before choosing which technique to use</p>	

			<p>Move your feet to track and retrieve the ball</p> <p>Scoop the ball to your chest</p>	
5	<p>LO: To develop goalkeeping skills to stop the opposition from scoring</p> <p>SC: Readjust your angle as the ball moves</p> <p>Stay on your toes, ready to move</p> <p>Watch the ball</p>		<p>LO: To develop long and short barriers in fielding and understand when to use them</p> <p>SC: Move your feet to get in line with the ball</p> <p>Scoop the ball with two hands</p>	
6	<p>LO: To be able to apply the rules and tactics you have learnt to play in a football tournament</p> <p>SC: Discuss with your team how to improve for your next match</p> <p>Encourage and congratulate your teammates and opponents</p>		<p>LO: To apply the rules and skills you have learnt to play in a rounder's tournament</p> <p>SC: Be honest and play to the rules</p> <p>In between matches, discuss with your team how to improve for your next match</p>	