

**KFJS  
PE Curriculum Map**

**In each unit children will develop the skills needed to perform or play with success, evaluate their work and that of others, learn how healthy lifestyles impact their futures and develop an enjoyment of physical activity.**

**Year 5**

Unit	Gym	Dance	Swimming	Athletics
<b>Key Question</b>	<b>How do gymnasts ensure their balances are precise and accurate?</b>	<b>How do dancers maintain and show a theme to their dances?</b>	<b>Which swimming stroke would you use to race and which would you use for stamina?</b>	<b>How do athletes vary their arm techniques to run or throw accurately?</b>
<b>Essential understanding</b>	Sustains concentration to practise and improve techniques through precision and accuracy	Demonstrates rhythm and sequences movements demonstrating precision and control	Swim competently, confidently and proficiently over a distance of at least 25 metres	Throws and catch accurately Uses good techniques with arms and legs to propel
	Accepts advice and uses it in a reflective way to improve Comment on techniques to help improve performances of themselves and others.		Accepts advice and uses it in a reflective way to improve	
<b>Objectives and Skills</b>	Develop flexibility through warm up and stretching. Demonstrates the five basic jumps showing different shapes and directions in the air. Shows a range of bridge shapes with back, front or side of the body towards the floor or apparatus. Sustains concentration to practise and improve their techniques through precision and accuracy.	Develop flexibility, strength, technique control and balance. Perform dances using a range of movement patterns. Moves appropriately and with the required style in relation to the stimulus. Beginning to show change of pace and timing in their movements when choreographing. Beginning to exaggerate dance movements and motifs (using expression when moving).	Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively Perform safe self-rescue in different water-based situations	Uses strong arm technique to propel running. Demonstrates accuracy and confidence in throwing and catching activities. Beginning to record peers performances and evaluate these. Uses equipment with safety and control.

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	<p>Understand how to move into a range of skills with control and accuracy.</p> <p>Adapts techniques using spinning, rotation and rolling around three different axes.</p> <p>Understand the short-term effects of exercising in gymnastic activities and how to warm-up and practise safely.</p>			
<b>Assessment</b>	<p>Can I sustain concentration to practise techniques of jumping and landing?</p> <p>On equipment, observe children using confident landing with little wobble.</p> <p>Can I improve my techniques to create bridges through precision and accuracy?</p> <p>Observe children developing a bridge balance thinking about all of the body.</p> <p>Can I accept advice and use it in a reflective way to improve?</p>	<p>Can I move appropriately and with the required style in relation to the theme of the dance?</p> <p>Observe children using balance and control when choosing movements to match the theme</p>	<p>Can I competently swim over a distance of 25 metres using a range of strokes?</p> <p>Observe children swimming 25 metres using 2 different strokes</p>	<p>Can I use my arms and legs to propel my running technique?</p> <p>Observe children developing greater running skills through the controlled use of arms/legs.</p>

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	Observe children sharing thoughts about routines and then acting upon what they have been told.			
<b>WTS</b>	With support, uses bent knees and arms to jump and land. With support, creates bridges With support, acts on advice given	With support is beginning to choose dance moves to match the theme of the dance.	Swims less than 25 metres with a float and puts foot down between strokes	Shows an understanding of using bent arms and legs when running
<b>EXS</b>	Jumps and lands using bent knees and arms to stand with some wobble. Mostly uses precision and accuracy to create bridges considering all of the body Listens to and is beginning to act on the advice from others	Chooses moves that match the theme of the dance	Swims over a distance of 25metres using a range strokes	Uses bent arms and legs to help propel running techniques
<b>GDS</b>	Accurately jumps and lands using bent knees and arms to a strong standing position Uses controlled, precise movements to create a variety of bridges with attention to the aesthetics of a balance Listens to and acts on the advice of others confidently	Chooses appropriate controlled and styled moves that match the theme of the dance.	Swims confidently over a distance of 25 metres using accurate strokes	Uses bent arms and legs with force and power to propel running speed

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**Games**

<b>Unit</b>	<b>Hockey</b>	<b>Football</b>	<b>Rounders</b>	<b>Tennis</b>	<b>Cricket</b>	<b>Netball</b>
<b>Key Question</b>	Which techniques enable a hockey player to maintain possession of the ball in game playing when under attack?	How does a football team retain possession of the ball?	How do rounders players ensure their bowling hits the target?	How do tennis players ensure they are in the correct place to maintain a rally?	Where and how do batters strike the ball to ensure they score runs?	Why do netball players use different pass styles in a game?
<b>Essential understanding</b>	Demonstrates appropriate actions to shield the ball from attackers in hockey games	Demonstrates appropriate actions to shield the ball from attackers in football games	Throw and catch accurately balls in games of rounders	Throws and catches accurately in mini tennis games Sustains concentration to practise and improve techniques through precision and accuracy of body positions to receive the ball	Throws and catches the cricket ball accurately Sustains concentration to practise and improve techniques through precision and accuracy when fielding	Throws and catches the netball accurately Sustains concentration to practise and improve techniques through precision and accuracy when marking players in netball.
<b>Objectives and Skills</b>	Varies skills, actions and ideas in ways to defend and attack. Understands how to shield the ball from attacking players. Shows confidence in using ball skills in	Choose and use skills which meet the specific needs of the kicking – passing by kicking and striking, receiving, dribbling and shooting.	Uses underarm and overarm throwing and catching skills with accuracy over a larger distance. Strikes a bowled ball and bowls a ball with accuracy and consistency.	Aim and hit a ball over a barrier to land in spaces on the other side. Understand simple principles and tactics and use them effectively in a game	Use a cricket bat confidently and safely. Strike and throw the ball with increased accuracy and consistency. Develop good catching skills.	Identify and complete the different passes used in netball – chest, bounce, shoulder passes. Understands the rule of footwork. Understand that marking helps to

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	various ways and can link these together.	Understand and show how a team can retain possession and find ways of progressing towards an opponent's goal. Know how to mark an opponent effectively. Find and use space to help their team and use tactics to keep the ball – change speed and direction. Use attacking and defending skills appropriately and be an effective team player.	Understands the positioning of fielders to cover playing area. Beginning to use play tactics effectively. Understands the rules of the game and plays fairly.	activity e.g. a long shot followed by a short one makes the return shot difficult for the opponent. Selects and uses appropriate basic shots in different situations	Bowl underarm so the ball arrives appropriately for the batter to hit it – bowling with a bounce and without a bounce. Understand when and how to move when fielding a ball e.g. move across the path of the ball to intercept it or move towards a ball travelling slowly and directly towards the fielder. Play confidently in a range of small sided striking/fielding games – experience all roles.	intercept the ball and dodging enables players to get away from a marker.
	Can explain the importance of healthy lifestyles and exercise. Discuss the impact poor diet and lack of sleep can have on sporting performance.					
<b>Assessment</b>	Can I demonstrate appropriate actions to shield the ball from attackers?	Can I show control of the ball through dribbling, kicking and striking?	Can I throw and catch over a distance of 3 metres?	Can I aim and hit a ball over a barrier to land in appropriate space on the other side?	Can I strike and throw the ball with accuracy and consistency?	Can I throw and catch accurately? Observe children throwing and catching a

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	Observe children moving away from an attacking player to maintain possession.	Observe in game play, children using ball skills that are controlled.	Observe in game playing, under pressure, confident throwing and catching.	Children are able to rally with a partner over a barrier.	Observe the children throwing balls onto the wickets and striking balls confidently.	range of balls within groups.
<b>WTS</b>	Pushes the ball away from attacking players	Developing dribbling, kicking and striking skills to be used in game playing	Throws and catches over a distance less than 3 metres	Hits the ball back to partner and continues a rally	Beginning to throw the ball with increased accuracy and strikes the ball with improving technique	With support, changes body position to be ready to throw and catch.
<b>EXS</b>	Uses the hockey stick to pull the ball out of the way of attacking players	During games, dribbles, kicks and strikes with control	Throws and catches over a distance of 3 metres when under game pressure	Hits the ball over a low barrier to land near partner to ensure a rally	Mostly throws the ball accurately towards the wicket and strikes the ball consistently	Uses a variety of passes to throw and catch accurately
<b>GDS</b>	Positions their body and moves the ball away to block attacking players	During games, uses power and force to dribble, kick and strike with control	Throws and catches with precision and accuracy over a distance of 3 metres when under game pressure	Hits the ball over a barrier, using powerful techniques and control to land ready for partner to ensure a lengthy rally	Confidently with power, hits the wicket and strikes with force	Uses a variety of passes to throw and catch accurately within game playing