

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 5

Athletics



Vocabulary

Define the word and include etymology if useful.

Pace
 Timer
 Personal Best
 Push/Pull
 Discus
 Record
 Run up
 Olympics



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know the appropriate speed to run at for the distance to be covered.

Children will know how to create a short warm up routine that follows basic principles e.g. raise body temperature.

Children will know how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.

Children will know how their body reacts and feels when taking part in different activities.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to run, jump, catch and throw in isolation and combination.

Children will understand how to communicate, collaborate and compete with others. Working effectively as part of a team.

Children will understand a range of throwing actions.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to combine running and jumping.

Children will be able to combine running and throwing.

Children will be able to compete in short distant races.

Children will be able to compete in long distance race running.

Children will be able to practise to combine different types of jump.

Children will be able to throw in different ways with accuracy and control.

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 5

Cricket



Vocabulary

Define the word and include etymology if useful.

Wickets

Wicket Keeper

Positions

Outfield

Technique

Awareness

Tactics

Fast bowl

Awareness

Skill



Knowledge

What children will know

Learning

Teaching

Assessment

Remembering

Telling

Testing

Children will know which skills and tactics they need to meet the needs of the situation.

Children will know how to watch and evaluate the success of games and good performance.

Children will know how physical activity can contribute to a healthy lifestyle and explain how the body reacts.

Children will know how to create a short warm up routine that follows basic principles.



Understanding

What children will understand

Learning

Teaching

Assessment

Practising

Coaching

Observing

Children will understand how to develop control and technique whilst performing skills at speed and showing good awareness of others.

Children will understand how to hit the ball with purpose, varying speed, height and direction, thinking how to score more runs.

Children will understand how to work as part of a team, adapting games and activities making sure everyone has a role.



Skills

What children will be able to do

Learning

Teaching

Assessment

Reflecting

Facilitating

Evaluating

Children will be able to throw and bowl in different ways.

Children will be able to play a drive shot successfully.

Children will be able to play a block shot when appropriate.

Children will be able to stop a ball when fielding.

Children will be able to choose effective positions when fielding.

Children will be able to participate in team games against others.



Subject: Orton Wistow Primary School – Curriculum Plan

Year:

PE

Year 5

Dance



Vocabulary

Knowledge

Understanding

Skills

What children will know

What children will understand

What children will be able to do

Define the word and include etymology if useful.

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Expressions

Unison

Canon

Choreography

Fluency

Routine

Emotions

Rehearse

Tutting

Children will know which aspects were performed consistently, accurately, fluently and clearly to provide feedback.

Children will know how to work effectively as part of a team.

Children will know how their bodies react and feel when taking part in different activities and undertaking different roles.

Children will understand a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.

Children will understand basic compositional principles when creating dances.

Children will understand a range of movements accurately with a sense of rhythm.

Children will understand dance motifs, phrases and sections of dances, developing expressive qualities.

Children will be able to be inspired by music and different stimuli.

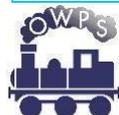
Children will be able to move showing expressive qualities.

Children will be able to dance using a range of movement patterns.

Children will be able to create and structure sections of dance.

Children will be able to work as part of a team.

Children will be able to perform to an audience.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 5

Dodgeball



Vocabulary

Define the word and include etymology if useful.

Communicate

Accelerate

Accurate

Side shot

Defend

Agility

Balance

Coordinate

React

Attack



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know the importance of quick reactions in dodgeball.

Children will know how to improve when playing games.

Children will know how the muscles work.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to participate in games fairly, following the rules, showing good teamwork.

Children will understand appropriate skills and tactics in game situations.

Children will understand how to move quickly with good control. Improving at speed.

Children will understand the increase in accuracy and consistency of throws, including side shot throws.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to throw a ball at a moving target.

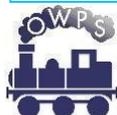
Children will be able to increase the pace of a side shot.

Children will be able to play catching games.

Children will be able to move quickly with control.

Children will be able to participate in games fairly.

Children will be able to use peer evaluation to discuss strategies and tactics and apply these to your own game.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 5

Fitness


Vocabulary

Define the word and include etymology if useful.

Endurance

Circuit**Determination****Stamina****Benefit****Combine****Develop****Core Strength**
Knowledge

What children will know

Learning

Remembering

Teaching

Telling

Assessment

Testing

Children will know the importance of good upper body strength.

Children will recognise the physical and mental benefits of increased activity and develop an appreciation of physical activity as a lifelong habit.

Children will know an area of physical activity that they want to improve.


Understanding

What children will understand

Learning

Practising

Teaching

Coaching

Assessment

Observing

Children will understand how to develop lower body and core strength, fitness, speed and aerobic endurance.

Children will understand how to apply fundamental movement skills.

Children will understand how to show determination to complete tasks using the correct techniques.

Children will understand how to demonstrate stamina.


Skills

What children will be able to do

Learning

Reflecting

Teaching

Facilitating

Assessment

Evaluating

Children will be able to perform squats with correct techniques.

Children will be able to sustain physical movements for periods of time.

Children will be able to perform a press up.

Children will be able to hold a plank position still.

Children will be able to skip using a rope for increased periods.

Children will be able to work to improve performance.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 5

Football

Vocabulary

Define the word and include etymology if useful.

Marking

Accuracy

Defence

Tackle

Possession

Opposition

Patience

Power

Support

Experiment


Knowledge

What children will know

Learning

Teaching

Assessment

Remembering

Telling

Testing

Children will learn how to evaluate and recognise success.

Children will know how physical activity can contribute to a healthy lifestyle.

Children will know different formations to suit the needs of a game.


Understanding

What children will understand

Learning

Teaching

Assessment

Practising

Coaching

Observing

Children will understand basic principles for defending – defend by marking, covering and tracking opponents.

Children will understand how to participate in competitive games.

Children will understand how to perform skills with accuracy.

Children will understand how to keep possession of the ball when faced with opponents.

Children will understand the basics of attacking.


Skills

What children will be able to do

Learning

Teaching

Assessment

Reflecting

Facilitating

Evaluating

Children will be able to confidently pass accurately.

Children will be able to choose when to dribble, when to pass and when to shoot.

Children will be able to defend in a team.

Children will be able to compete in small sided games.

Children will be able to mark a player to stop them getting the ball.

Children will be able to decide on ways to defend in games.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 5

Gymnastics


Vocabulary

Define the word and include etymology if useful.

Fluency

Flow**Flight****Pose****Front Support****Back Support****Creativity****Improve****Observe**
Knowledge

What children will know

Learning
Teaching
Assessment

Remembering

Telling

Testing

Children will know their own gymnastic sequences by understanding, choosing and applying a range of compositional principles.

Children will know which aspects of a performance are performed consistently, accurately, fluently and clearly, being able to provide feedback.


Understanding

What children will understand

Learning
Teaching
Assessment

Practising

Coaching

Observing

Children will understand how to perform movements accurately with a sense of rhythm.

Children will understand how to explore, improvise, and combine movement ideas fluently and effectively.

Children will understand how to make up longer sequences and perform them with fluency and clarity.

Children will understand how to develop flexibility, strength, control, technique and balance.


Skills

What children will be able to do

Learning
Teaching
Assessment

Reflecting

Facilitating

Evaluating

Children will be able to travel with confidence choosing different pathways.

Children will be able to travel fluently on the floor and on/off apparatus.

Children will be able to show rhythm and creativity when working with others.

Children will be able to create longer sequences.

Children will be able to show flexibility and technique when performing gymnastic elements.

Children will be able to perform in front of an audience.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 5

Hockey


Vocabulary

Define the word and include etymology if useful.

Cover

Mark

Slap Pass

Possession

Principles

Evaluate

Watch

Explore

Block

Close


Knowledge

What children will know

Learning
Teaching
Assessment

Remembering

Telling

Testing

Children will know how to choose different formations to suit the needs of the game.

Children will know how to learn how to evaluate and recognise success.

Children will know the importance of being physically fit.


Understanding

What children will understand

Learning
Teaching
Assessment

Practising

Coaching

Observing

Children will understand how to participate in competitive games, modified where appropriate.

Children will understand how to perform skills with accuracy, confidence and control.

Children will understand the basic principles of attacking. Choosing when to dribble and when to keep possession.

Children will understand basic principles of defending.


Skills

What children will be able to do

Learning
Teaching
Assessment

Reflecting

Facilitating

Evaluating

Children will be able to confidently pass accurately.

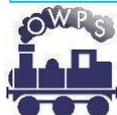
Children will be able to choose when to dribble, when to pass and when to shoot.

Children will be able to defend in a team.

Children will be able to compete in small sided games.

Children will be able to mark a player to stop them getting the ball.

Children will be able to decide on ways to defend in games.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 5

Netball

																					
Vocabulary	Knowledge What children will know	Understanding What children will understand	Skills What children will be able to do																		
Define the word and include etymology if useful.	<table border="1"> <tr> <th data-bbox="573 558 735 591">Learning</th> <th data-bbox="735 558 896 591">Teaching</th> <th data-bbox="896 558 1056 591">Assessment</th> </tr> <tr> <td data-bbox="573 591 735 623">Remembering</td> <td data-bbox="735 591 896 623">Telling</td> <td data-bbox="896 591 1056 623">Testing</td> </tr> </table>	Learning	Teaching	Assessment	Remembering	Telling	Testing	<table border="1"> <tr> <th data-bbox="1056 558 1218 591">Learning</th> <th data-bbox="1218 558 1379 591">Teaching</th> <th data-bbox="1379 558 1533 591">Assessment</th> </tr> <tr> <td data-bbox="1056 591 1218 623">Practising</td> <td data-bbox="1218 591 1379 623">Coaching</td> <td data-bbox="1379 591 1533 623">Observing</td> </tr> </table>	Learning	Teaching	Assessment	Practising	Coaching	Observing	<table border="1"> <tr> <th data-bbox="1533 558 1694 591">Learning</th> <th data-bbox="1694 558 1856 591">Teaching</th> <th data-bbox="1856 558 2009 591">Assessment</th> </tr> <tr> <td data-bbox="1533 591 1694 623">Reflecting</td> <td data-bbox="1694 591 1856 623">Facilitating</td> <td data-bbox="1856 591 2009 623">Evaluating</td> </tr> </table>	Learning	Teaching	Assessment	Reflecting	Facilitating	Evaluating
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<p>Chest pass</p> <p>Rules</p> <p>Bounce pass</p> <p>Technique</p> <p>Feedback</p> <p>Teamwork</p> <p>Shoot</p> <p>Heart rate</p> <p>Attack/defend</p> <p>feedback</p>	<p>Children will know the difference between attacking and defending.</p> <p>Children will know how to mark and defend their games.</p> <p>Children will know how muscles work and explain how the body reacts to physical activity.</p> <p>Children will know strengths and weaknesses of their own and other performances.</p>	<p>Children will understand a variety of skills to keep the ball, thinking about moving towards goal.</p> <p>Children will understand how to increase accuracy and confidence for passing and shooting skills.</p>	<p>Children will be able to pass the ball in a variety of different ways.</p> <p>Children will be able to find ways to help attack.</p> <p>Children will be able to mark an opponent.</p> <p>Children will be able to keep possession of the ball when faced with opponents.</p> <p>Children will be able to work together as a team, showing good awareness.</p> <p>Children will be able to use tactics in game situations.</p>																		



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 5

Orienteering



Vocabulary

Define the word and include etymology if useful.

Teamwork

Map Skills

Indoor Mapping

Picture orienteering

Control plotting

Communication

Problem solving



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know relevant techniques to navigate to and from control points.

Children will know what they have done well and adapt plans for future challenges.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to orientate themselves and map correctly keeping track of their positions.

Children will understand how to work within a team trusting and valuing each other.

Children will understand communication skills and use these skills to achieve success.

Children will understand how to make a map with symbols and begin to understand scale.

Children will understand how to compete in orienteering events.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to problem solve in teams.

Children will be able to work within their team.

Children will be able to understand scaling.

Children will be able to understand the legend.

Children will be able to develop map building skills.

Children will be able to complete a single control event.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 5

Rounders

Vocabulary

Define the word and include etymology if useful.

Stumped

Tactics
Stance
Outfield
Infield
Run
Evaluate

Feedback

Technique

Gap


Knowledge

What children will know

Learning
Teaching
Assessment

Remembering

Telling

Testing

Children will know the skills and tactics to meet the needs of the situation.

Children know how to watch and evaluate the success of games and good performance and explain why it is good.

Children will know how physical activity can contribute to a healthy lifestyle and explain how the body reacts.


Understanding

What children will understand

Learning
Teaching
Assessment

Practising

Coaching

Observing

Children will understand how to develop control and technique whilst performing.

Children will understand how to hit the ball with purpose.

Children will understand how to show good awareness of others in game situations.

Children will understand how to work as part of a team.

Children will understand how to begin to bowl at different speeds.


Skills

What children will be able to do

Learning
Teaching
Assessment

Reflecting

Facilitating

Evaluating

Children will be able to throw and bowl in different ways.

Children will be able to hit a ball with some accuracy.

Children will be able to understand tactics needed in games.

Children will be able to stop a ball when fielding.

Children will be able to choose effective positions when fielding.

Children will be able to participate in team games against others.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 5

Tag Rugby

Vocabulary

Define the word and include etymology if useful.

Tag
Stance
Speed
Attack/defend
Agility
Mark
Dodge
Ready position


Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know the importance of lines in tag rugby.

Children will know simple tactics in games to achieve success as a team.

Children will know the defensive duties in tag rugby and the process of tagging.


Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand the increase in accuracy and control when passing and catching whilst moving at speed.

Children will understand how to participate in competitive games.

Children will understand how to continue to improve different ways to pass.


Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to travel and dodge at speed with the ball.

Children will be able to mark and tackle in game situations.

Children will be able to attack in opposed situations.

Children will be able to understand the rules of a rugby game.

Children will be able to move forward to attack as a team.

Children will be able to defend in a line as a team.



