

# Physical Education Overview 2017-18



Year 5	Objectives
<b>Dance and Movement</b>	<ul style="list-style-type: none"> <li>Respond to a variety of stimuli showing a range of actions performed with control and fluency</li> <li>Think about character and narrative ideas created by the stimulus, and respond through movement</li> <li>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group</li> <li>Create and perform dances using a range of movement patterns in response to a range of stimuli</li> <li>use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer</li> <li>remember, practise and combine longer, more complex dance phrases</li> </ul>
<b>Games</b>	<ul style="list-style-type: none"> <li>Travel with a ball showing changes of speed and directions using either foot or hand.</li> <li>use a range of techniques when passing, eg high, low, bounced, fast, slow</li> <li>keep a game going using a range of different ways of throwing</li> <li>strike a ball with intent and throw it more accurately when bowling and/or fielding</li> <li>Effectively play a competitive net/wall game</li> <li>keep and use rules they are given</li> <li>try to make things difficult for their opponent by directing the ball to space, at different speeds and heights</li> <li>judge how far they can run to score points</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Perform a range of rolls including backwards roll consistently.</li> <li>perform a range of actions and agilities with consistency, fluency and clarity of movement</li> <li>Make similar or contrasting shapes on the floor and apparatus, working with a partner combine actions and maintain the quality of performance when performing at the same time as a partner.</li> <li>Develop a longer and more varied movement sequence demonstrating smooth transitions between actions combine actions to make a sequence.</li> <li>sequences with changes of speed, level and direction, and clarity of shape</li> <li>Gradually increase the length of sequences work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>Sustain and maintain running speed, improve on personal target, organize and manage an athletic event well</li> <li>Choose pace for running, plan and carry through an event</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>Swim 25-50 metres unaided, swim for 30-45 secs,</li> <li>Use variety of basic arm/leg actions front/back</li> <li>Link the correct arm and leg movement for front and back strokes.</li> </ul>
<b>Outdoor and adventurous activities.</b>	<ul style="list-style-type: none"> <li>Move confidently through familiar and less familiar environments, prepare self</li> <li>Adapt skills and strategies as situation demands.</li> </ul>
<b>Evaluating and improving performance</b>	<ul style="list-style-type: none"> <li>From observation of others begin to describe constructively how to refine improve and modify performance.</li> <li>Refine own performance in response to comments of others' and self analysis.</li> </ul>
<b>Knowledge and understanding of fitness and health.</b>	<ul style="list-style-type: none"> <li>Demonstrate activities for specific aspects of warm up- stretching, joint mobility, raising heart and breathing rates.</li> <li>Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.</li> </ul>