



## Curriculum Plans – Key Stage 2 Physical Education

### Year 5

	Block 1	Block2	Block 3	Block 4/ Block 5	Block 6/ Block 7
	<p><b>Net and Barrier Games Unit: Takraw/ Futpong</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Demonstrate and use a serve, dig, foot volley and set</li> <li>-Demonstrate a smash aiming for a target; demonstrate a block on court</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Serve low, short, high and deep</li> <li>-Complete a rally of 20 minimum</li> <li>-Compete in a competitive game</li> </ul>	<p><b>Net and Barrier Games Unit: Volleyball</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Demonstrate and use a serve, dig, volley and set</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Serve low, short, high and deep</li> <li>-Complete a rally of 20 minimum</li> <li>-Compete in a competitive game</li> </ul>	<p><b>Net and Barrier Games Unit: Tennis</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>- Serve</li> <li>- Return a serve</li> <li>-Demonstrate a smash</li> <li>-Demonstrate forehand and backhand</li> <li>-Understand the rules of the game</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Serve low, short, high and deep</li> <li>-Complete a rally of 20 minimum</li> <li>-Compete in a competitive game</li> <li>-Demonstrate effective movement on the court</li> </ul>	<p><b>Movement Composition Unit: Gymnastics/ Intro to Fitness/ Dance- Jazz/ Modern/ Ballroom</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Demonstrate travelling with balance and control</li> <li>-Demonstrate jumping and landing safely and under control</li> <li>-Create a routine that includes balance, flexibility, strength and movement in a group</li> <li>-Follow a different dance choreography in rhythm</li> <li>-Learn at least one dance routine</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Demonstrate travelling in different directions with balance and control aesthetically</li> <li>-Jump and land with control while also keeping all parts of the body inline</li> <li>-Create a combination routine as an individual for 60-90 seconds</li> </ul>	<p><b>International Games Unit: Floor Hockey/ Invasion Games</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Understand the rules of floor hockey</li> <li>-Grip the hockey stick correctly</li> <li>-Pass and shoot</li> <li>-Aim</li> <li>-Goal keep</li> <li>-Defend</li> <li>-Attack</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Dribble and outwit the opponent</li> <li>-Understand and use tactics in the game</li> <li>-Counterattack</li> <li>-Intercept the ball</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>- Observation</li> <li>- Q&amp;A</li> <li>- End of block physical assessment of skills</li> </ul>	<ul style="list-style-type: none"> <li>Observation</li> <li>- Q&amp;A</li> <li>- End of block physical assessment of skills</li> </ul>	<ul style="list-style-type: none"> <li>Observation</li> <li>- Q&amp;A</li> <li>- End of block physical assessment of skills</li> </ul>	<ul style="list-style-type: none"> <li>Observation</li> <li>- Q&amp;A</li> <li>- End of block physical assessment of skills</li> </ul>	<ul style="list-style-type: none"> <li>Observation</li> <li>- Q&amp;A</li> <li>- End of block physical assessment of skills</li> </ul>