**Year 5 - Physical Education Curriculum Overview 2024 – 2025**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **YR****5** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | * **Invasion Games**
 | * **Gymnastics**
 | * **Dance**
 | * **Net & Wall Games**
 | * **Athletics**
 | * **Striking and Fielding**
 |
| **Key new knowledge** | - Dribbling under pressure - Passing and receiving- Tactical play (attacking and defending) | -Developing complex sequences with partners - Balances and transitions - Using apparatus safely | -Choreographing group routines - Enhancing performance through expression - Using feedback to improve | - Volleying - Serving and positioning- Court awareness and strategic play | - Sprint starts and technique- Jumping for height and distance (long jump, high jump)- Throwing with technique (javelin, discus) | - Bowling techniques - Strategic play- Advanced fielding and teamwork |
| **Assessments** |  |  |  |  |  |  |