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

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| **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** |  |  |  |  |  |  |