

Year 5 Physical Education Targets

	Week	Theme	Objectives	Activities
Gymnastics	1	Movement of equipment	Pupils to understand the safe movement of equipment Pupils to know the correct methods to use equipment in a safe manner	White line system, Movement of boxes and benches
	2	Mounting and dismounting	Pupils will display some elements of gymnastic presentation Pupils will make some comments on how they could adapt gymnastic movements on the equipment	Large mat area with variety of equipment, pupils to explore and demonstrate
	3	Shapes and traveling	Pupils will recap some of the types of shapes used while moving on or off equipment Pupils will show some different types of traveling movements on the equipment	Use of travel movements. Rotation, flight, balance
	4	Short sequences	Pupils to be developing and number of short sequences including equipment Pupils to offer simple feedback to partner	Linking movements and equipment using travel
	5	Sequences	Pupils to plan a sequence of a number of moves including equipment Pupils to give some evaluation to partner	Plan of routine
	6	Performances	Pupils to perform routine to the group Pupils to comment on quality performance	Performance to whole group.
Basketball	1	Shooting	Reproduce some aspects of the three different shooting techniques (Set, Jump, Lay up) Practise the use of shooting in conditioned activities recognising and adapting technique	BEEF 1 V 1 Pick up
	2	Lay-up intro	Identify through discussion some good elements of the Lay up Display some control and co-ordination to produce a coherent lay-up shot	Worksheet Conditioned activity Move through walking, jogging, with dribble, with feed
	3	Lay-up	Produce a Lay-up that can show some effectiveness in a conditioned activity Summarise with key terms why use of the lay-up is an effective option to employ	Worksheet 2 man lay-up drill, 3 man lay-up drill Adding passive defenders
	4	Attack and defence tactics – peer coaching	Pupils to recall effective attack and defensive strategies to reproduce during competitive situations games Pupils identify and summarise how they can adapt their passing to be more effective	Games for understanding 'Time outs' coaching of peers
	5	Half court press	Pupils can illustrate an understanding of the half court press as a defensive strategy. Pupils describe and analyse the effectiveness of their team use of the half court press	Games for understanding
	6	Zonal marking	Pupils can illustrate an understanding of the zone marking in half court press as a defensive strategy. Pupils describe and analyse the effectiveness of their team use of zone marking	Games for understanding
HEF – Body Control	1		Pupils to be able to use simple terms in contexts associated with circuit training Pupils to complete with accuracy a circuit session showing an understanding of rest and work periods	Terms; Station, rest, work, set, repetition Basic whole group circuit teacher led
	2		Pupils independently complete a three station circuit based on repetition Pupils are precise in their use of sets and repetitions	Explain what a repetition is. Three station circuit, 8 reps, 5 sets
	3		Pupils independently complete a four station circuit based on times Pupils are precise in their use of sets and repetitions	Explain what a repetition is. Three station circuit, 30 sec reps, 4 sets
	4		Pupils can identify correctly different types of fitness that can be developed using circuit training Pupils show some resilience to completing the circuit	Identify types of fitness, Circuit based on Cardiovascular fitness. Why is circuit training so effective?
	5		Pupils can explain how different types of fitness that can be developed using circuit training Pupils can construct a simple circuit based on skill development	Skill based circuit. Pupils to design complete and evaluate a circuit.
	6		Pupils complete a large circuit accurately under the instruction of the teacher Pupils work with some effectiveness at each station with a partner	Whole group circuit
Tennis	1	Recap	Understand importance of having good movement and body positions in tennis To be able to change direction of ball	Partner rallies
	2	Forehand backhand recap	To understand and consistently demonstrate the ready position To be able to push ball in a number of directions using f/h and b/h	Patterned and conditioned rallies
	3	Forehand	To be able to consistently play a forehand shot To understand what shots can be used in attacking play	Patterned and conditioned rallies
	4	Backhand	To be able to consistently play a backhand shot	Patterned and conditioned rallies
	5	Serve	Understand some of the rules for the server in short tennis To be able to play a tennis serve with some control	Demonstration, 3 shot games
	6	Tournament	To be able to apply all skills learnt in a tennis match	Tournament
Problem Solving	1		Pupils can modify their approach to solve the problem with some effectiveness Pupils evaluate their strategy identifying roles for participants with some accuracy	Toxic swap. Large groups on large mats Small groups on discs
	2		Develop strategy and show some ability to adapt strategy from completing the activity Identify and work within a leadership hierarchy	Defuse the Bomb Worksheet
	3		Overcome ever changing situation displaying aspect of adapting while still being successful Discuss some aspects of success of how to work in a large group	Whole group onto an area. Area become ever decreasing as they succeed make a smaller area. Mats boxes.
	4		Develop some effective systems which allow the whole group to act as one Vary the strategy used with some effectiveness to show deception to the other team	Red card rugby
	5		Evaluate and solve aspects of effective methods as a small and large group Identify and comment on the effective deployment of a leader	All stand up Pairs, Line, Group circle
	6		Revise the use of a previous activity and make adjustments for greater success Create simple plans to work effectively as a group	Human Knot