

Y5 Autumn Term

| Timings | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|----------------|--|--------|--------|--------|--------|--------|--------|---|--------|---------|---------|---------|---------|---------|
| 1x a week | Football - Pupils complete a unit of football focussing on improving fundamental skills such as, passing, dribbling, defending, shooting and positions. There is a good combination of skill development and gameplay. | | | | | | | Tag Rugby – The Tag Rugby unit compromises of passing, handling drills, running with the ball and the tag aspects of the game Rugby. Pupils can develop to contact later in the unit. | | | | | | |
| 1x a week | Netball – Pupils will focus on key skills such a passing, shooting, marking whilst adopting a special awareness and understanding positions and the rules of High 5's. | | | | | | | Basketball – Pupils complete a unit of Basketball whilst concentrating on core skills such as dribbling, passing and shooting. Development of decision making in game situations whilst they learn the rules of the game. | | | | | | |
| 1x a fortnight | Ball Skills - Pupils develop their accuracy and consistency when throwing and catching. They also look at special awareness and teamwork in game situations. | | | | | | | Football – Pupils use the skills learnt within the first term to complete a unit of teaching games for understanding. The lessons will be primarily games based and will begin to delve deeper into gameplay and tactics. | | | | | | |

Y5 Spring Term

| Timings | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|----------------|--|--------|--------|--------|--------|--------|--|--------|--------|---------|---------|---------|
| 1x a week | Gymnastics – Pupils develop their core skills within gymnastics, such as running, jumping and rotating. Pupils can progress onto the different levels of springboard and the vault. Safety of the equipment and activity are discussed. | | | | | | Dodgeball - Pupils develop a consistency with catching, throwing, dodging and shooting at a target whilst completing the Dodgeball unit of work. Pupils will also focus on gameplay and sportsmanship within this unit. | | | | | |
| 1x a week | Health Related Fitness - Improving pupils fitness through health related activities. Pupils will complete various ways of exercise. Pupils will begin to understand how exercise affects the body. Some fitness testing (age appropriate). | | | | | | OAA & Leadership – Pupils will work together and lead one another to solve a variety of activities that work on communication, teamwork and problem solving. | | | | | |
| 1x a fortnight | Basketball - Pupils use the skills learnt within the first term to complete a unit of teaching games for understanding. The lessons will be primarily games based and will begin to delve deeper into gameplay and tactics. | | | | | | Netball - Pupils use the skills learnt within the first term to complete a unit of teaching games for understanding. The lessons will be primarily games based and will begin to delve deeper into gameplay and tactics. | | | | | |

Y5 Summer Term

| Timings | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 |
|----------------|--|--------|--------|--------|--------|--------|---|--------|--------|---------|---------|---------|---------|
| 1x a week | Athletics – Field – Pupils will develop their understanding and ability on throwing and jumping events. These include long jump, triple jump, turbo javelin, ball throw, discus and shot put. | | | | | | Athletics – Track – Pupils will complete age specific events within track Athletics. These include events such as 50m, 80m, 150m, 300m, 600m and relay. | | | | | | |
| 1x a week | Rounders – The pupils will complete a Rounders unit that will cover key aspects such as throwing, catching, striking, fielding, rules and gameplay elements. A variety of skills and games will allow pupils to progress effectively. | | | | | | Cricket – Pupils will complete a Cricket unit of work that will focus on the key elements needed to play Cricket. These include throwing, catching, fielding, striking and the rules of Cricket. A variety of skills and games will allow pupils to progress effectively. | | | | | | |
| 1x a fortnight | Striking & Fielding – This unit will combine all striking and field games and will run over the course of a term. Sports that students will be able to access and learn more about include Rounders, Cricket, Softball, Longball and more. This unit will primarily focus on gameplay. | | | | | | | | | | | | |