



PE

Years 5 and 6 Cycle A



Outdoor/Adventurous	Basketball	Badminton	Athletics	Dance	Gymnastics
<ul style="list-style-type: none">○ Understand the term team work and give examples of what it looks like.○ Learn from mistakes and discuss as a team how to improve.○ Display effective teamwork in small game situations.○ decide what approach to use to meet the challenge set○ to see the importance of a group or team plan, and the value of pooling ideas○ improve their performance by changing or adapting their approaches as needed.	<ul style="list-style-type: none">○ Keep possession of a ball when faced with opponents○ Change speed and direction to get away from a defender and develop control whilst performing skills at speed.○ Pass with accuracy, confidence and control○ Use different skills to keep possession of a ball as part of a team.○ Work effectively as part of a team and explain why a performance is good.	<ul style="list-style-type: none">○ Hit a shuttle with good stance and grip on both forehand and backhand side○ Vary shot selection: height, speed and depth of hitting.○ Move fluently, changing speed and direction.○ Improving consistency of shots, noticing longer rallies○ Demonstrate the chassé step and lunge in practice/games○ perform a forehand serve accurately to a partner/opponent○ Use different skills and tactics to try and win games	<ul style="list-style-type: none">○ Perform skills with accuracy, confidence and control and develop skills when performing with speed.○ Run, jump, catch and throw in isolation and in combination○ Compare their performance with previous ones and demonstrate improvement to achieve their personal best.○ Choose the appropriate throwing and jumping technique to meet the demands of the task	<ul style="list-style-type: none">○ Combine movements and perform accurately with a sense of rhythm○ Collaborate with others using cannon and unison.○ Explore, improvise and combine movement ideas fluently and effectively○ Create dance motifs to show ideas, developing expressive qualities○ Perform dances using a range of movement patterns○ Explain why a performance is good	<ul style="list-style-type: none">○ Link skills to make actions and sequences of movement.○ Combine and perform gymnastic actions fluently and effectively.○ Create sequences, choosing and apply basic compositional skills.○ Make up longer sequences and perform with fluency and clarity of movement.○ Perform movements accurately with a sense of rhythm.