



# PE

## Years 5 and 6 Cycle B



### Outdoor/Adventurous

- 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.

### Handball

- Use throwing and catching in isolation and in combination and play competitive games.
- Use throwing and catching techniques in order to keep possession of a ball.
- Apply basic principles suitable for attacking and understand there are different ways to attack
- Apply basic principles suitable for defending and understand there are different ways to defend as a team
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Tennis

- Hit the ball with purpose changing speed, height and direction
- Play shots on the forehand and backhand side of body
- Use good footwork that allows the ball to be hit with good technique
- Identify spaces and understand the tactic of hitting into gaps
- Show good awareness of others in game situations
- Watch and evaluate the success of games

### Athletics

- Introduce children to running, throwing and jumping skills.
- Develop control while performing skills at speed.
- Perform pull throws and push throws accuracy and control
- Run, jump, catch and throw in isolation and in combination
- Choose skills and techniques that meet the demands of the task

### Dance

- Explore and practice movement ideas inspired by a stimulus.
- Create dance motifs to show ideas, developing expressive qualities.
- Perform movements accurately with a sense of rhythm.
- Explore, improvise and combine movement ideas fluently and effectively.
- Use basic compositional principles to create a dance.
- Provide constructive feedback about a performance. Identify which aspects were performed consistently, accurately, fluently and effectively.

### Gymnastics

- 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.
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