



Holy Family Catholic Primary School – PE Topic Overviews



Cycle B – Upper Key Stage 2 - Years 5 and 6

Term 1a Outdoor/Adventurous activities	Term 1b Gymnastics	Term 2a Invasion Games – Football Focus	Term 2b Net/Wall – Tennis Focus	Term 3a Athletics	Term 3b Striking and Fielding Rounders Focus
<p>Understand the term team work and give examples of what it looks like</p> <p>Learn from mistakes and discuss as a team how to improve</p> <p>Display effective teamwork in small game situations</p> <p>Decide what approach to use to meet the challenge set</p> <p>Improve their performance by changing or adapting their approaches as needed</p>	<p>Show flexibility and technique when developing gymnastic elements</p> <p>Travel fluently on the floor and on/off apparatus.</p> <p>Travel in confidence choosing different pathways</p> <p>To create longer sequences.</p> <p>Show rhythm and creativity when working with others.</p> <p>Perform in front of an audience</p>	<p>Pass the ball to team mates in game situations.</p> <p>Dribble the ball whilst under pressure.</p> <p>To defend in a team.</p> <p>To compete in games.</p> <p>Decide on ways to attack when playing games</p> <p>Decide on ways to defend in games</p>	<p>To know and describe the best grip when holding a racket.</p> <p>Adopt a good ready position.</p> <p>Play shots on the forehand and backhand side of the body</p> <p>Use a variety of different shots and serves with increasing accuracy.</p> <p>Employ tactics in games.</p> <p>Participate in games, following the rules and scoring correctly.</p>	<p>Use the correct combination of jumps to complete the triple jump</p> <p>Compete in long distance running</p> <p>Compete in short distance races</p>	<p>Throw and bowl in different ways.</p> <p>Play shots that allow the ball to be hit in different areas on the field into spaces.</p> <p>Retrieve, catch, intercept and to stop a ball when fielding.</p> <p>Use skills and tactics to outwit opponents when fielding.</p> <p>Use skills and tactics to outwit opponents when batting.</p> <p>Participate in competitive games.</p>
Fitness	Dance	Netball Focus	Badminton Focus	Athletics	Cricket Focus
<p>Develop lower body strength and fitness</p> <p>Link actions and combine movements</p> <p>Take responsibility for your own warm up, knowing the importance of warming up properly before exercise</p> <p>Develop speed and aerobic endurance.</p> <p>Continue to develop upper body strength, lower body strength, core and fitness</p>	<p>To be inspired by music and different stimuli</p> <p>Show ideas through dance</p> <p>Create sequences of dance on own or in a group</p> <p>Apply the basic principles of dance to a routine.</p> <p>Combine movements – keeping to the beat.</p> <p>Perform to an audience</p>	<p>Pass the ball in a variety of different ways with confidence and control.</p> <p>Move with the ball at speed.</p> <p>Mark, track and cover when defending.</p> <p>Keep possession of the ball when faced with opponents.</p> <p>Work together as a team, showing good awareness of others.</p> <p>Apply basic principles of attacking and defending in a game situation.</p>	<p>Improving consistency of shots, noticing longer rallies</p> <p>Describe how to hold and grip the racket on forehand shots</p> <p>Some may be able to play a shot at different heights (low, mid, high)</p> <p>Hit the shuttle accurately and with control whilst moving at a quick pace.</p> <p>Demonstrate the chassé step and lunge in practice/ games</p>	<p>To use a run up when throwing.</p> <p>To practise to improve throwing distance.</p> <p>To use a run up when jumping.</p>	<p>Throw and bowl in different ways</p> <p>Play shots that allow the ball to be hit in different areas on the field into spaces</p> <p>Retrieve, catch, intercept and to stop a ball when fielding</p> <p>Use skills and tactics to outwit opponents when fielding</p> <p>Use skills and tactics to outwit opponents when batting</p> <p>Participate in competitive games.</p>