



Holy Family Catholic Primary School – PE Topic Overviews



Cycle A- Upper Key Stage 2 - Years 5 and 6

Term 1a Outdoor/Adventurous activities	Term 1b Gymnastics	Term 2a Invasion games Basketball Focus	Term 2b Net/Wall – Tennis Focus	Term 3a Athletics	Term 3b Striking and Fielding Rounders Focus
<p>To show confidence in group activities.</p> <p>To plan effectively.</p> <p>To understand a complex map.</p> <p>To scale a map effectively</p> <p>To choose successful approaches to tasks.</p> <p>To complete an adapted control event.</p>	<p>Link skills to make actions and sequences of movement.</p> <p>Combine and perform gymnastic actions, shapes and balances more fluently.</p> <p>Develop own gymnastic sequences</p> <p>Choose and apply compositional ideas to sequences they create.</p> <p>Perform movements accurately with a sense of rhythm.</p>	<p>Keep possession of a ball when faced with opponents.</p> <p>To pass the ball in a variety of ways with confidence and control.</p> <p>Change speed and direction when dribbling to get away from a defender.</p> <p>To mark, track and cover when defending.</p> <p>Apply basic principles suitable for attacking.</p> <p>Communicate successfully with a team to regain possession</p>	<p>To demonstrate a good ready position and fast paced movements</p> <p>To vary shot selection – speed, height, direction.</p> <p>To play shots on the forehand and backhand side of the body.</p> <p>To use a variety of different shots, and serves, hitting with increasing consistency.</p> <p>To employ some tactics in games.</p> <p>To participate in a successful rally.</p>	<p>Develop control whilst performing skills at speed.</p> <p>To use a run up when throwing.</p> <p>To practise to improve throwing distance.</p> <p>Run, jump, catch and throw in isolation and in combination.</p>	<p>Use skills and tactics to outwit opponents when batting, bowling or fielding.</p> <p>Work as part of a team that covers the area to make it harder for batter to score runs.</p> <p>To throw and bowl in different ways and begin to bowl at different speeds.</p> <p>Hit the ball with purpose, varying speed, height and direction.</p> <p>To retrieve, catch and intercept a ball when fielding.</p>
Fitness	Dance	Dodgeball	Badminton	Athletics	Cricket
<p>To perform squats with correct technique</p> <p>To sustain physical movements for periods of time</p> <p>To perform a press up</p> <p>To hold a plank position still</p> <p>To skip using a rope for increased periods</p> <p>To work to improve performance</p>	<p>Explore, improvise and combine movements expressively and fluently.</p> <p>Use basic compositional principles when creating a dance.</p> <p>Provide constructive feedback about a performance.</p> <p>Recognise part of a performance that could be improved and explain how.</p>	<p>Increase pace and accuracy of a side shot throw.</p> <p>Understand the importance of quick reactions in dodgeball.</p> <p>Move quickly/dodge with full control.</p> <p>Develop agility, balance and co-ordination.</p> <p>Increase accuracy and consistency of throws.</p> <p>Successfully throw the ball at a moving target with accuracy and consistency.</p> <p>Participate in games fairly, following the rules and showing good teamwork.</p>	<p>To be able to hit a shuttle with good stance and grip on both forehand and backhand side.</p> <p>To adopt a good ready position.</p> <p>Vary shot selection: height, speed and depth of hitting.</p> <p>Improve consistency of shots in longer rallies</p> <p>Move fluently, changing direction and speed.</p> <p>Use different racket skills and types of movement during a competitive or cooperative rally.</p>	<p>Choose the appropriate speed to be run at for the distance to be covered.</p> <p>Choose the appropriate throwing technique to meet the demands of the task.</p> <p>Choose the appropriate jumping technique to meet the demands of the task.</p> <p>To choose the correct combination of jumps when competing the triple jump.</p> <p>To use a run up when jumping.</p>	<p>Use skills and tactics to outwit opponents when batting, bowling or fielding.</p> <p>Work as part of a team that covers the area to make it harder for batter to score runs.</p> <p>Hit the ball with purpose, varying speed, height and direction.</p> <p>Identify spaces and understand the tactic of hitting into gaps.</p> <p>To retrieve, catch and intercept a ball when fielding.</p>