

Corpus Christi Catholic Primary
Year 5
PE Curriculum Overview



	Autumn Topic	Spring Topic	Summer Topic
Topic	<p>1. Invasion in a Team (Ball Skills) Playing competitively and tactics</p> <p>Sports – Various with hockey focus</p> <p>2. Travelling and Turning 'Earthquakes' Natural disasters</p> <p>Sports – Gymnastics</p>	<p>1. Rules and Concepts Warming up and cooling down</p> <p>Sports – Football and netball</p> <p>2. Accuracy and rallies (Net Games) Striking and service</p> <p>Sports – Tennis, badminton and volleyball</p>	<p>1. Olympic Training (Athletics) Triple-jump, discus & sprint - Gain & maintain fitness</p> <p>Sports – Triple-jump, discus & sprint</p> <p>2. Exploring, Striking and Fielding Positioning and Intercepting</p> <p>Sports – Cricket, tennis and rounders</p>
Key Skills	<p>1. Demonstrate a positive attitude to both winning and losing as well as helping their team through speaking and listening. Attack and defend tactically, protecting and moving into space as they do so. Recognise the importance of moving towards space in order to receive a pass as well as attack and defend tactically. Develop teamwork through communicating with others as well as attempting to display sportsmanship throughout. Display sportsmanship when playing various competitive games. Apply developing tactical knowledge whilst attacking and defending.</p>	<p>1. Develop their knowledge of space and begin to apply it within a game context. Explain some of the changes within their bodies during exercise. Demonstrate an in-depth understanding of how to use space to their advantage when passing and receiving during mini games. Develop their understanding of how to 'mark' an opponent during mini games Display control and speed when turning sharply. Develop their knowledge of passing and moving into space at the appropriate times and the importance of keeping possession in team-based games</p>	<p>1. Focus on the hopping & skipping phases of the triple jump and attempt to start a sprint in the crouched position. Hold the discus with appropriate technique, throwing whilst rotating the torso and releasing at an angle of 45 degrees. Practice each phase of the triple jump technique focusing on jumping for height & distance. Attempt different throwing techniques when throwing a foam discus. Demonstrate the technique in order to adopt the correct crouching position as well as pump arms and lift knees high in order to increase levels of acceleration.</p>

	<p>2. Perform actions, shapes and balances across different levels with a focus on holding a balance for 5-7 seconds with control. Attempt to extend arms and legs during routines as well as develop their ability to hold body tension. Attempt a change in direction when necessary with speed and control. Focus on both tension and extension when holding positions. Contribute when creating a sequence Perform actions, shapes and balances more consistently within a routine.</p>	<p>2. Strike a ball using developing technique through forehand and backhand strokes as well as attempt to develop speed and acceleration through hard work and concentration. Attempt a standing smash in badminton, developing the appropriate technique through practice as well as lob a ball high in the air in tennis. Adjust the amount of power necessary to make clean contact with the shuttlecock and lob a tennis ball, using varied back swing. Perfecting their overarm serve before attempting the jumping serve, adopting the correct stance and overall body position in order to do so. Smash the shuttlecock from a standing position over and beyond the net. Demonstrate the ability to self-correct their body stance and racket/hand positioning when attempting different skills.</p>	<p>2. Find a space on the field away from a team member in order to defend their position and aid their team. Intercept a ball by stopping it getting to its intended target using any body part as well as striking an object using both weaker and stronger sides of the body. Throw competently with their stronger arm attempting to strike with their stronger foot also towards a set stationary target. Develop their skills when striking a ball using both their weaker and stronger feet and hands. Intercept with control whilst scanning for the appropriate area to throw their ball in order to help their team succeed.</p>
Key Vocabulary	<p>1. tactics, protect, communications, teamwork, sportsmanship, attack and defend.</p> <p>2. balance, control, direction, speed, sequence, shapes, actions and balances.</p>	<p>1. Space, mark, receiver, control, turning sharply and possession.</p> <p>2., Smash, lob, overarm serve and body positioning.</p>	<p>1. skipping phase, triple jump, crouched position, rotating and acceleration.</p> <p>2. Intercept, target, striking, stronger, weaker, scanning and space.</p>
Possible misconceptions	<p>1. Not protecting the ball when travelling. Standing in the same place to receive a pass.</p> <p>2. Tension is holding your breath and squeezing.</p>	<p>1. That our bodies do not change when performing exercise. To turn sharply you must be flat footed. Possession means to lose the ball.</p> <p>2. The incorrect body positions for different racket skills.</p>	<p>1. To reverse the hopping and skipping phase of the triple jump. Misunderstanding the crouched position.</p> <p>2. Misunderstanding what their stronger foot/hand is.</p>

	A sequence is the same action, shape, balance repeated over and over.	Believing you must power every shot within team games.	Scanning is where you will throw the ball to next instead of scanning where a team mate is in the best position.
--	---	--	--