



# Year 5 PE and games curriculum



Autumn		Spring		Summer	
<u>Hockey</u> <ul style="list-style-type: none"> <li>I can show good control when moving in different directions</li> <li>I can pass with control and move into a space</li> <li>I can tackle a player with control and time it correctly to win the ball</li> <li>I can tackle a player with control and time it correctly to win the ball</li> <li>I can hit a moving ball into a goal from different angles with some success</li> <li>I can sometimes evaluate and recognise success to help improve performance</li> </ul>	<u>Football</u> <ul style="list-style-type: none"> <li>I can stop a ball using both the sole and inside of my feet when moving</li> <li>I can play a longer pass off the ground with some accuracy</li> <li>I can dribble a ball using my feet and perform a turn with control and some speed</li> <li>I can sometimes show a good body position when defending in a 2v2</li> <li>I can kick a moving ball past a goalkeeper with accuracy</li> <li>I can sometimes evaluate and recognise success to help improve performance</li> </ul>	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>I can perform jumps and leaps with control, body tension and pointed toes</li> <li>I can consistently perform a T-roll and a side star with precision, control and fluency</li> <li>I can perform a Point and Patch balance sequence with good body tension, control and fluency</li> <li>I can perform a cartwheel with straight legs, control and pointed toes</li> <li>I can perform a hurdle step with a short run up on a springboard showing speed, control and fluency</li> <li>I can perform a squat on, squat onto a box top with a short run up (with or without a springboard)</li> </ul>	<u>Tag Rugby</u> <ul style="list-style-type: none"> <li>I can choose a pathway to move with the ball with control past defenders</li> <li>I can tag a player using either hand when moving at full speed</li> <li>I can pass a ball backwards or sideways with control and accuracy (both sides of body)</li> <li>I can pass a ball backwards or sideways with control and accuracy when moving at speed (both sides of body)</li> <li>I can choose the right time to pass and offer support to teammates</li> <li>I can take on a leadership role when working with a team and can evaluate and improve performance</li> </ul>	<u>Athletics</u> <ul style="list-style-type: none"> <li>I can accelerate quickly with speed and control in movement</li> <li>I can throw a javelin/vortex with height and distance</li> <li>I can perform a jump with control and some distance</li> <li>I can pace myself when running at longer distances showing good technique</li> <li>I can throw a tennis ball/shot put with height and distance</li> <li>can pass and receive a relay baton with control and timing</li> </ul>	<u>Tennis</u> <ul style="list-style-type: none"> <li>I can move in a variety of directions with balance and control when hitting a ball</li> <li>I can hit/bounce a ball with good control and balance when moving</li> <li>I can hit a ball using forehand with control and accuracy over a variety of distances</li> <li>can hit a ball using backhand with control and accuracy over a variety of distances</li> <li>I can serve overarm with some success</li> <li>I can serve and rally in mini tennis with control and accuracy</li> </ul>