

# Physical Education

## Curriculum End Points



### Year 5

#### Unit: Health and Related Fitness

- Pupils will be able to complete fitness assessments and participate circuits that will develop their fitness.
- Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits.
- Pupils will develop life skills such as self-motivation, resilience and integrity as they strive to improve their own performances.

#### Unit: Game Sense – Net / Wall

- Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.
- Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.
- Pupils will refine life skills such as self-motivation, resilience and self-discipline as they strive to improve their own performances.

#### Unit: Gymnastics – Counter Balance & Counter Tension

- Pupils will execute 'excellent' balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their balance with movement.
- Pupils will apply life skills such as evaluation and reflection as they recognise the strengths and weaknesses in their sequences and find ways to improve them.
- Pupils will demonstrate communication skills and show respect as they watch others' performances and give feedback on ways to improve.
- Pupils will apply integrity and self-discipline as they perform their sequences, receive feedback and work hard to improve their sequences.

## Unit: Dodgeball

- Pupils will consolidate their application of dodging, throwing, jumping, ducking and catching. Pupils will begin to explore blocking and apply this in games.
- Pupils will create and apply attacking and defending tactics. Pupils will understand how important effective decision-making is and begin to evaluate others.
- Pupils will develop communication skills as they support their team mates in games and suggesting ways to improve their performances.
- Pupils will consolidate their application of life skills such as integrity and responsibility as they strive to improve their own performances.

## Unit: Outdoor Adventure Activities – Problem Solving

- Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.
- Pupils will be able to think tactically and suggest good ideas for completing the challenges.
- Pupils will develop communication skills as they officiate in game-based scenarios. Pupils will also start to lead their team and manage their games.
- Pupils will apply effective leadership skills as they control their own emotions and take responsibility for their team members.

## Unit: Dance – Greeks

- Pupils can perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic.
- Pupils will consolidate their ability to evaluate their own and others' performances. Pupils will apply effective decision making as they construct their sequences.
- Pupils can consistently apply life skills such as cooperation and encouragement as they work successfully with others to execute their sequences and group performance.
- Pupils will demonstrate life skills such as resilience and responsibility as they support others to improve and accept feedback on their own performances.

## Unit: Football

- Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.
- Pupils will begin to create and apply tactics that they can then adapt depending on the situation.
- Pupils will develop communication skills as they officiate in game-based scenarios. Pupils will also start to lead their team and manage their games.
- By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to try their best and start to take responsibility for others.

## Unit: Netball

- Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.
- Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics.
- Pupils will develop communication skills as they officiate in game-based scenarios. Pupils will also start to lead their team and manage their games.
- By facilitating learning through game-based scenarios, pupils' self-discipline will be challenged as they focus on trying their best, even when their team is losing.

## Unit: Outdoor Adventure Activities – Communication & Tactics

- Pupils will work within teams to refine effective strategies and tactics in order to complete the different problem-solving challenges successfully.
- Pupils will be able to think tactically and communicate these ideas for completing the challenges to their team members.
- Pupils will refine life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams.
- Pupils will apply effective leadership skills as they control their own emotions and take responsibility for their team members.

## Unit: Basketball

- Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.
- Pupils will begin to create and apply tactics that they can then adapt depending on the situation.
- Pupils will develop communication skills as they officiate in game-based scenarios. Pupils will also start to lead their team and manage their games.
- By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to try their best and start to take responsibility for others.

## Unit: Athletics

- Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.
- Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.
- Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- Pupils will strive to improve their own technique, ensuring they always apply maximum effort.

## Unit: Rounders

- Pupils will be able to apply refined fielding skills, (accurate throwing, catching and retrieving skills) will be in order to prevent the batters from scoring.
- Pupils will apply effective decision making as they unpick the different positions within the fielding team making choices as to which positions pupils play.
- Pupils will work positively with their team members to find success demonstrating effective collaborative skills, leading their team.
- By facilitating learning through game situations, pupils will be challenged to always try their best, even when they find it difficult and when their team is losing.