



## Year 5 PE Curriculum Map – Autumn

*Year 5 will have a 2-week block of swimming lessons during the Autumn term.*

<b>Autumn 1</b> <i>Invasion: Hockey</i>		<b>Autumn 2</b> <i>Gymnastics: Flight</i>	
Lesson 1	To learn dribbling and passing skills, combining these skills together to create an attack that results in a shooting opportunity.	Lesson 1	To apply 'excellent gymnastics' when exploring jumps to generate flight.
Lesson 2	To develop pupils' knowledge and understanding of defending, (marking, tackling and blocking) and how this is applied during a game to prevent attacking opportunities.	Lesson 2	To develop their application of jumping effectively and start to include turns in their jumps to create a moment of flight.
Lesson 3	To learn and refine shooting, applying this into game situations.	Lesson 3	To develop their application of jumping effectively by utilising the apparatus to create moment of flight.
Lesson 4	To develop an understanding of the rules of hockey and will start to take responsibility for officiating their own games.	Lesson 4	To develop an understanding of how the apparatus can be used to aid their creativity and challenge their thinking.
Lesson 5	To develop an understanding that once they regain possession of the ball, they become attackers.	Lesson 5	To refine an understanding of using jumps on the apparatus to form sequences in canon and unison that include a change of level and direction.
Lesson 6	To bring together the suggested sequence of learning into a level 1 tournament.	Lesson 6	To work in small groups to create their sequences.
<b>Autumn 1</b> <i>Outdoor Adventurous Activity: Orienteering</i>		<b>Autumn 2</b> <i>Swimming</i>	
Lesson 1	To introduce the concept of a map or a plan and to be able to use a key correctly to help us navigate.	Lesson 1	
Lesson 2	To learn how to use a map to follow a route and understand the term 'orienteering'.	Lesson 2	
Lesson 3	To challenge pupils to orientate a map, locate points on the map, then travel to them and record what they find.	Lesson 3	
Lesson 4	To challenge pupils to orientate a map and locate points on the map in a set order.	Lesson 4	
Lesson 5	To challenge pupils to orientate a map and locate as many points as possible (on the map in a set order) in an allocated time.	Lesson 5	
Lesson 6	To bring the orienteering topic together into a competition.	Lesson 6	