**Year 5 P.E. Curriculum – Autumn Term 1**

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| **Theme:**  |
| **Curriculum objectives**   | **Vocabulary**   | **Links across the curriculum**   |
|      **Swimming**Sessions led by Harborough Leisure Centre Swim CoachesTo develop a range of strokes effectively (front crawl, backstroke and breaststroke)To swim competently, confidently and proficiently over a distance of at least 25 metres. | **Keyword**   | Definition    | Breast stroke | Swimming technique on your front with different movements to front crawl |  |
| Gliding | Moving through the water without swimming (once kicked off from edge) |    |    |
| Front crawl | Swimming technique on your front |    |    |
| Back stroke | Swimming technique on your back |    |    |
| Treading water | Keeping yourself afloat |    |    |
| Sculling | Making small movements with your hands to stay afloat |    |    |
| **Prior Learning:**        **Swimming**Sessions led by Harborough Leisure Centre Swim CoachesTo develop a range of strokes effectively (front crawl, backstroke and breaststroke)To swim competently, confidently and proficiently over a distance of at least 25 metres. | **Future Learning:**   **Swimming**Sessions led by Harborough Leisure Centre Swim CoachesTo develop a range of strokes effectively (front crawl, backstroke and breaststroke)To swim competently, confidently and proficiently over a distance of at least 25 metres.    |
| **Lesson Sequence**   | **Key Knowledge**   | **Key Skills**   |
| To develop gliding, front crawl and backstroke |   Social: To support and congratulate others.Emotional: To work hard to improve my own time.Thinking: To understand and apply technique. | •Keep your body streamlined and your legs close together. |
| To develop rotation, sculling and treading water | Social: To safely move around in the water.Emotional: To show determination not to put my feet down when treading water.Thinking: To create, use and adapt tactics to collect the most points. | •Cup hands and keep fingers together.•Push hips high. |
| To develop the front crawl stroke and breathing technique | Social: To be inclusive of all members of my team.Emotional: To show determination to swim the distance in fewer strokes.Thinking: To understand and apply technique. | •Breathe out to the side every three strokes. |
| To develop the technique for backstroke arms and legs | Social: To communicate with my partner to help us to move through the water together.Emotional: To try my best.Thinking: To identify strengths in my own and other’s technique and use this to help me decide who should be the legs and who should be the arms. | •Push your hips up towards the water surface. |
| To develop breaststroke technique | Social: To work collaboratively with a partner to catch others.Emotional: To play fairly and use the rules of the game.Thinking: To use tactics to try to gain possession of the ball. | •Glide between each action.•Start your arm action once you have completed your leg kick. |
| To develop breaststroke technique | Social: To encourage my teammates to do their best.Emotional: To play honestly, admitting if I am caught.Thinking: To plan a route a speed to avoid the catcher. | •Point your toes at the end of each kick. |