**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 Coaches  To 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 Coaches  To 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 Coaches  To 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. | |