**Year 5 P.E. Curriculum – Autumn Term 2**

|  |
| --- |
| **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    |  |  |  |
| 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:**      |
| **Lesson Sequence**   | **Key Knowledge**   | **Key Skills**   |
| To develop breast stroke and breathing technique |   Social: To work collaboratively with a partner to retrieve items from the bottom of the pool.Emotional: To be confident to add breathing technique into my breast stroke.Thinking: To plan tactics to overcome a task. | •Inhale through your mouth. |
| To develop basic skills of water safety and floating | Social: To work with a partner to discuss and collaborate on ideas.Emotional: To try my best.Thinking: To plan my own float sequence. | •Push your hips up to the surface when floating. |
| To develop the dolphin kick | Social: To use positive words to help congratulate and celebrate other pupil's effort and achievements.Emotional: To be confident to attempt new skills.Thinking: To understand and apply technique. | •Keep your legs together and create the movement from your hips. |
| To learn techniques for personal survival | Social: To collaborate with others to create the huddle position for safety.Emotional: To persevere when learning something new.Thinking: To understand what the huddle position is and how to create it. | •Communicate with others to get into the positions quickly. |
| To develop water safety skills and an understanding of personal survival | Social: To work in collaboration with others to achieve a set goal.Emotional: To try my best.Thinking: To design and create a personal survival course to include set criteria. | •Use strokes that conserve energy. |
| To identify fast strokes and personal bests | Social: To work collaboratively with others to complete a team challenge.Emotional: To show determination to achieve my personal best.Thinking: To understand and apply technique. | •Breathe at regular intervals.•Communicate with your group so that you can support one another. |