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

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Athletics  To be able to apply different speeds over varying distances. To develop fluency and co-ordination when running for speed. To develop technique in relay changeovers. To develop technique and co-ordination in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique. | | **Keyword** | Definition |  |  | | Maths – Measurement and time  Science – Human Growth |
| fluency | Being able to do something over and over successfully |  |  | |
| Changeover technique | How to pass the baton successfully |  |  | |
| Stride | How long your step is |  |  | |
| momentum | The force gained by moving |  |  | |
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| **Prior Learning:**  Athletics  Year 4     To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop technique when jumping for distance. To develop power and technique when throwing for distance. To develop a pull throw for distance and accuracy. To develop officiating and performing skills | | | | **Future Learning:**    Year 6  Athletics  Athletics To be able to apply different speeds over varying distances. To develop fluency and co-ordination when running for speed. To develop technique in relay changeovers. To develop technique and co-ordination in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To understand pace and apply different speeds over varying distance | Social: To work collaboratively with my partner to set a pace.  Emotional: To show perseverance to complete the run.  Thinking: To identify that keeping a steady breath will help me when running longer distances. | | | | | Choose the best pace for the running event.  Run at a pace that you can maintain. | |
| To develop fluency and co-ordination when running for speed | Social: To discuss, negotiate and agree on a running order.  Emotional: To be confident to take on different roles.  Thinking: To provide feedback on another’s sprinting technique to help them improve. | | | | | Sprint on the balls of your feet moving your hands from pocket to mouth.  Take big strides | |
| To develop technique in relay changeover | Social: To communicate with my teammates to help create a smooth changeover.  Emotional: To focus on my team and changeover cues.  Thinking: To apply my knowledge of the sprinting technique to this track event. | | | | | Choose the best pace for the running event.  Communicate with teammates to exchange the baton smoothly.  Hold the end of the baton.  Run at a slow speed when waiting to receive the baton. | |
| To build momentum and power in the triple jump | Social: To work with a partner to establish the correct jumping pattern.  Emotional: To work to my personal best.  Thinking: To identify areas for improvement in my partner's jumps and use this to provide them with feedback. | | | | | Hop: One foot to the same foot.  Jump: Land two feet.  Perform a range of jumps showing balance in take off and landing.  Show control at take-off and landing by bending your knees.  Step: One foot to the other foot. | |
| To develop throwing with force for longer distance | Social: To support and encourage my teammates to achieve their personal best.  Emotional: To show determination to achieve my personal best.  Thinking: To explore throwing from different start points and use my findings to identify the most effective position. | | | | | Finish your throw with your hand high.  Strength and speed will create power.  Transfer your weight from your back to your front leg. | |
| To develop throwing with greater control and technique | Social: To work with my group to ensure that we are ready for the activity.  Emotional: To work to my personal best.  Thinking: To explore using a run up in the javelin throw and identify the effect this has on the distance I achieve. | | | | | Begin your throw in a balanced stance.  Point the javelin tip slightly up.  Transfer your weight from your back to your front leg. | |