



St. Mark's Primary School P.E. Learning Journey – Year 5



Net and Wall (Spring 2)

In this unit we will develop the range and quality of our skills when playing games using rackets. We will also learn specific tactics and skills for games such as short tennis.

We will look to apply the skills we explored in Year 4 and apply tactics to games that involve using a range of equipment to strike a ball after it has bounced or on the volley.

We will also spend time developing effective serving techniques and tactics, using balls that bounce higher and move faster, and will learn other net/wall games, eg badminton, squash and volleyball.

Invasion Games (Spring 1)

In this unit we will develop skilful attacking and team play. We will learn how to work well as a team when attacking, and explore a range of ways to defend.

We will think about how to use skills, strategies and tactics to outwit our opposition, and enter their territory with the 'ball' as we dribble or move with the ball. We will also focus on getting into good positions for receiving the ball, shooting or reaching the 'goal'

We will learn more about playing as a team, using team positions and defending successfully.



Swimming (Summer Term)

In this unit we will focus on swimming more fluently, improving our swimming strokes, and learning personal survival techniques.

In all swimming activities, we have to keep afloat and propel ourselves through water. Learning to swim will then enable us to take part in a range of water-based activities.

We will learn to swim further and for longer periods of time, developing our overall level of fitness.



Summer Term

Spring Term

Dance (Autumn 2)

In this unit we will learn different styles of dance and focus on dancing with other people. We will create, perform and watch dances in a range of styles, working with partners and groups.

We hope to become more adventurous when improvising and exploring ideas, developing our knowledge of how props, costume, design and music enrich a dance performance.

Our dances in Year 5, will focus on visual art and design, and on personal and social issues, e.g., destruction of the rainforests, refugees, pollution, as we seek to share a narrative through our dance.

Your Year 5 P.E journey starts HERE

Autumn Term

Gymnastics (Autumn 1)

In this unit we will create longer sequences to perform for an audience. We will also learn a wider range of actions and explore more difficult ways to perform.

From Year 5, we will arrange the apparatus responsibly, without direct supervision. In both gymnastics and dance, we will spend longer using our knowledge of compositional principles to adapt and develop their sequences and we choreograph and perform routines to music, using a set criteria that can be judged.

