



**Archbishop Cranmer C of E Primary Academy**  
**Physical Education Sequence of Learning**

**Year 5**



	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Sport</b>	<p><b>Tag Rugby</b> pupils will refine passing and moving to create an attack that results in a try. Pupils will explore different passing styles such as miss pass and loop pass, and understand where, when and why this pass is used in a game.</p>	<p><b>Gymnastics – Balance</b> By the end of the unit children will be able to create sequences with counter balances and counter tension balances using apparatus. They will explore how to move on and off them, how to travel between them and They will apply ‘excellent gymnastics’ to everything they do.</p>	<p><b>Hockey</b> Pupils will refine dribbling and passing skills, combining these together to create an attack that results in a shooting opportunity. Pupils will develop understanding of defending, (marking, tackling and blocking) and how this is applied during a game to prevent attacking opportunities. Pupils will refine their shooting technique and understand why, where and when we shoot.</p>	<p><b>Handball</b> Pupils will consolidate passing and receiving skills, using them to move the ball up the court to create a successful shooting opportunity. Pupils will understand not just how they shoot but where, when and why to increase their chances of scoring. Pupils will refine these skills and apply them to game situations. Pupils will explore other passing styles, such as a bounce pass, and learn where and why other passing styles will be effective.</p>	<p><b>Tennis</b> Pupils develop their understanding of how to win a game of tennis using a racket. Pupils will develop racket technique, exploring a new shot, the volley, thinking about where we hit the ball and why we are hitting it there. They will think about how to control the game from the serve by thinking about how and where to serve.</p>	<p><b>Table Tennis</b> Pupils develop their understanding of how to win a game of table tennis using a bat. They will be introduced to a backhand shot and know when and where to play it.</p>
<b>Fundamental Development</b>						
	<b>Endurance</b>	<b>Balance</b>	<b>Agility</b>	<b>Throwing and catching</b>	<b>Upper body strength</b>	<b>Coordination</b>
<b>Culture Of Opportunity</b>	<p>Pupils develop their tag rugby skills in school with training sessions from Nottingham Rugby Club. They can then access the teams at the club. Pupils will have the opportunity to compete in the School Games Tag Rugby Festival.</p>	<p>Children have access to Nottingham Gymnastics club, Bingham Gymnastics club and East Midlands Gymnastics club to develop gymnastic skills outside of school.</p>	<p>Pupils have the opportunity to go and train with the Nottingham Panthers ice hockey team once a year. Children also have access to South Nottinghamshire Hockey Club, and Bingham Hockey tournaments.</p>	<p>Pupils will have the opportunity to represent the school in the School Games Handball Festival. They will also compete in an inter-school sports event against Netherfield School.</p>	<p>Teaching of tennis will take place at the village tennis courts. Pupils also have the opportunity to join the Aslockton tennis coaching club. Pupils have the opportunity to represent school at the School Games Mini Tennis Heats and finals. Pupils can develop their tennis skills at Little Wickets club. They might choose to apply their racket skills to badminton at the Sunrise Badminton club.</p>	<p>Pupils have the opportunity to practise their table tennis skills in extra-curricular clubs. Pupils can compete in the Netherfield table tennis tournament. They can choose to attend weekly training sessions at Carlton in the Willows where they can compete in the monthly tournament.</p>

<b>Sport</b>	<p><b>Athletics</b> Pupils will refine throwing for accuracy and throwing for distance. They will throw a javelin, shot put and discus and know how they can use their bodies to throw with greater distance. They will know how they can use their bodies to jump as far as possible, using a combination of jumps. The focus of the learning is to know how we can use our bodies to make us run as fast as possible. Pupils will know the correct technique used to sprint and apply this to running as a team. They will execute pacing and running for distance.</p>	<p><b>Outdoor Adventurous Activity</b> Pupils will continue to develop their accuracy and speed whist using an orienteering course both as a team and independently. Pupils will plan a challenging activity for others to follow. Pupils will use navigation equipment to direct themselves around the course.</p>	<p><b>Football</b> Pupils will consolidate passing and receiving skills, using them to move the ball up the pitch to create a successful shooting opportunity. Pupils will understand not just how they shoot but where, when and why to increase their chances of scoring. Pupils will develop defending skills, tackling, pressuring and marking.</p>	<p><b>Dance – The Circus</b> Pupils will create movements that represent a variety of circus performances. They will be able to distinguish between different performers through clear movements and expressions. Children will utilise props and apparatus to extend characterisation. They will then finalise and perform their routines. They will peer assess each others' work, making valid evaluations on performance, choreography, stage presence, timing, rhythm and sustaining character.</p>	<p><b>Cricket</b> Pupils will refine their understanding of batting, applying simple batting tactics into mini games. They will refine their fielding skills of catching, stopping and throwing, and develop these under pressure, applying their learning into mini games. Pupils will refine batting, creating and applying batting tactics into game scenarios.</p>	<p><b>TriGolf</b> Pupils will develop coordination and balance holding a club. Pupils will learn how to put and chip with aim and accuracy. They apply these skills to chip for distance with control. They will use these skills in combination and become architects to build their own games.</p>
	<b>Fundamental Development</b>					
	<i>Stamina</i>	<i>Coordination</i>	<i>Lower body strength</i>	<i>Balance</i>	<i>Striking</i>	<i>Coordination</i>

<b>Culture of Opportunity</b>	<p>Pupils can develop their running skills through participating in the daily mile and working towards completing 1, 2 or 3 marathons as part of the ABC Marathon Challenge. Pupils will have the opportunity to compete in the School Games Sportshall Athletics heats and competitions. Pupils can choose to attend Bingham TriClub or Rushcliffe Athletics at Bingham Leisure Centre to further develop their passion for Athletics. All pupils feel confident to compete in our School Sports Day. Pupils also have the opportunity to represent the school at Toothill Sports Day. Pupils can participate in the School Games Cross Country Relays at Rushcliffe Park. Pupils can develop their running skills at the extra-curricular cross country club. Pupils can choose to become part of the Ready Steady Go running club.</p>	<p>Pupils will experience a range of outdoor adventurous activity on their residential trip to Conover. Pupils also apply/extend their communication and teamwork skills in our outdoor learning area.</p>	<p>Pupils have the opportunity to represent the school in the School Games Mini Football event. They can also participate in the School Games Futsal Event. Pupils have the opportunity to develop their football skills at extra-curricular football clubs and inter-school sports competitions. Pupils can choose to play for various football teams in the local area; Cotgrave, Radcliffe Olympic, Keyworth, Bingham and more.</p>	<p>Pupils can develop their dance skills in the extra-curricular dance club and Maypole club. Maypole dancers will perform in the annual Thoroton Show. Pupils can participate in school clubs such as Cosmic Yoga and Super Movers. Pupils can choose to join local dance clubs to further develop their passion.</p>	<p>Pupils can develop their skills with Chance 2 Shine sessions. Pupils can represent the school at the School Games Indoor Cricket Festival. They can also apply their striking and fielding skills at the School Games Rounders event. Pupils will develop their cricket skills at Belvoir Cricket and Countryside day. Pupils can choose to attend Radcliffe on Trent Cricket club, Bingham cricket club or other local clubs to further develop their passion.</p>	<p>Pupils have the opportunity to develop their TriGolf skills in extra-curricular clubs. Pupils can also represent the school at the School Games TriGolf event. Pupils can also choose to develop their golfing skills at Radcliffe on Trent golf club or at Ramsdale golf club.</p>
	<p><b>Swimming and Water Safety</b> By the end of KS2 pupils' can swim competently, confidently and proficiently over a distance of at least 25metres. They can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). They can perform safe self-rescue in different water-based situations.</p>				<p><b>Culture of Opportunity</b> Pupils can continue their swimming development at Bingham Leisure Centre.</p>	
<p><b>Health and Wellbeing</b> Pupils know and understand the reasons for warming up and cooling down. Pupils can explain some safety principles when preparing for and during exercise.</p>						

Pupils understand why exercise is good for health, fitness and wellbeing.  
Pupils know ways they can become healthier.  
Pupils can explain what it means to show good sportsmanship.  
Pupils are aware of how to develop growth mind-set.

**School Values** *trust, kindness, thankfulness, respect, responsibility and courage*

Pupils follow, apply and create rules to follow a game successfully.  
Pupils communicate plans to others during a game.  
Pupils lead others during a game.  
Pupils perform independently with confidence and passion to an audience.  
Pupils describe how their performance has improved over time.  
Pupils watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.  
Pupils thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.  
Pupils take part in competitive games with a strong understanding of tactics and composition.  
Pupils will cope well and react positively when things become difficult.  
Pupils compete against self and others in a controlled manner.  
Pupils develop the quality of the actions in their performances.  
Pupils modify their use of skills or techniques to achieve a better result.  
Pupils perform learnt skills and techniques with control and confidence.

**Assessment** – BEPE Test

Pupils complete an assessment each term measuring their abilities in the following fundamental skills -  
Coordination- catching a ball with alternate hands bounced onto a wall  
Endurance – 400m run timed  
Agility – transfer 5 bean bags from one hoop to another over a 10m distance timed  
Balance – stand on one leg with eyes closed timed  
Upper body strength – dynamometer reading  
Lower body strength – standing long jump measured in cm