

CURRICULUM MAP (Long term plan)

SUBJECT :Physical Education

YEAR GROUP: 5

	Cycle 1 Autumn	Cycle 2 Spring	Cycle 3 Summer
<p>Substantive knowledge – Essential knowledge & conceptual understanding of the National Curriculum</p>	<p>Football</p> <ul style="list-style-type: none"> ● Introduction to basic rules and skills ● Introduction to different attacking and defending positions and tactics <p>Netball</p> <ul style="list-style-type: none"> ● Introduction to basic rules and skills ● Introduction to different attacking and defending positions and tactics <p>Hockey</p> <ul style="list-style-type: none"> ● Introduction to basic rules and skills ● Introduction to different attacking and defending positions and tactics <p>Rugby</p> <ul style="list-style-type: none"> ● Introduction to basic rules and skills – modified for TAG rugby ● Introduction to different attacking and defending lines and tactics <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and</p>	<p>Dance</p> <ul style="list-style-type: none"> ● Introduction to torsion - Balletboyz ● Introduction to performing in canon ● Introduction to performing in unison <p>Perform dances using a range of movement patterns</p> <p>Gymnastics</p> <ul style="list-style-type: none"> ● Exploring locomotion, individual and paired balances technique in isolation <p>Develop flexibility, strength, technique, control and balance</p> <p>HRF</p> <ul style="list-style-type: none"> ● Introduction to key terms – heart rate, warm ups, cool downs ● Understanding safe practice when exercising 	<p>Athletics</p> <ul style="list-style-type: none"> ● Introduction to basic skills and rules. ● Recording times and distances for the following: <ul style="list-style-type: none"> ● 75m ● 150m ● 600m ● Relay ● Shot Put ● Javelin ● Long jump <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>OAA</p> <ul style="list-style-type: none"> ● Develop problem solving skills ● Develop communication skills ● Develop teamwork skills ● Introduction to compass skills

	<p>tennis, and apply basic principles suitable for attacking and defending</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>
<p>Disciplinary knowledge - what skills are practiced?</p>	<p>TAG Rugby – Ball familiarisation, scoring, push pass, offloading, attacking/outwitting opponents, Defending, attacking and defensive lines, game play</p> <p>Football – Passing, receiving a pass, ball control, dribbling, shooting, tackling, defensive play, attacking play</p> <p>Netball – Passing, footwork, movement, dodging, marking, intercepting, shooting, positioning</p> <p>Hockey – Push pass, trapping, dribbling, block tackle, slap hit, attacking play, defensive play</p>	<p>HRF – Warm ups, taking pulse, exercise/HR, recording and marking, use of equipment, strengths/weaknesses, nutrition and diet, cool downs</p> <p>Dance – Counting a beat, moving to the beat, performing in canon/unison, learning a routine, choreographing a routine, judging performance, performing a whole routine</p> <p>Gymnastics – Locomotion, individual balances, counter-tension, partner balances, rotation, basic shapes/flight, creating a routine</p>	<p>Athletics – Athletics – Introduction to Shot put, javelin technique, standing long jump, sprint start, sprint technique, pacing, relay handovers, relay running</p> <p>Cricket – Throwing, catching, ground fielding, batting, grip/stance/running between the wickets, straight drive, pull shot, bowling, game play</p> <p>OAA – Problem solving, decision making, communication, teamwork, orienteering, reading a compass, navigational skills</p>
<p>Key questions (What is the learning about?)</p>	<p>Can I...?</p> <ul style="list-style-type: none"> ● Know the various teaching points for the skills learnt ● Understand how/when/what the importance is of applying these skills in competitive situations ● Be able to perform skills in competitive situations. 	<p>Can I...?</p> <ul style="list-style-type: none"> ● Know the various teaching points for the skills learnt ● Understand how/when/what the importance is of applying these skills in competitive situations ● Be able to perform skills in competitive situations. 	<p>Can I...?</p> <ul style="list-style-type: none"> ● Know the various teaching points for the skills learnt ● Understand how/when/what the importance is of applying these skills in competitive situations ● Be able to perform skills in competitive situations.

	Year 5 Football SOW.docx Year 5 Netball SOW.docx Year 5 Hockey SOW.docx Year 5 Rugby SOW.docx	Year 5 Gymnastics SOW.docx Year 5 HRF SOW.docx Year 5 Dance SOW.docx	Year 5 Cricket SOW.docx Year 5 Athletics SOW.docx Year 5 OAA SOW.docx
Assessment	<ul style="list-style-type: none"> ● Targeted questioning ● Peer assessment ● Self-assessment ● Live mark- verbal/written feedback ● Formative ● Technology <p>For further information see the assessment grid on the SOW Year 5 Netball SOW.docx Year 5 Hockey SOW.docx Year 5 Rugby SOW.docx</p>	<ul style="list-style-type: none"> ● Targeted questioning ● Peer assessment ● Self-assessment ● Live mark- verbal/written feedback ● Formative ● Technology <p>For further information see the assessment grid on the SOW Year 5 Gymnastics SOW.docx Year 5 HRF SOW.docx Year 5 Dance SOW.docx</p>	<ul style="list-style-type: none"> ● Targeted questioning ● Peer assessment ● Self-assessment ● Live mark- verbal/written feedback ● Formative ● Technology <p>For further information see the assessment grid on the SOW Year 5 Cricket SOW.docx Year 5 Athletics SOW.docx Year 5 OAA SOW.docx</p>
Literacy (L), Numeracy (N), Oracy (O) opportunities	<p>Literacy:</p> <ul style="list-style-type: none"> - Use of resource sheets/cards, whiteboards, keywords/terms <p>Numeracy</p> <ul style="list-style-type: none"> - Score keeping, timing <p>Oracy</p> <ul style="list-style-type: none"> - Coaching roles, Peer assessment, TAG team roles, and Sport Education programme 	<p>Literacy:</p> <ul style="list-style-type: none"> - Use of resource sheets/cards, whiteboards, keywords/terms <p>Numeracy</p> <ul style="list-style-type: none"> - Score keeping, timing <p>Oracy</p> <ul style="list-style-type: none"> - Coaching roles, Peer assessment, TAG team roles, and Sport Education programme 	<p>Literacy:</p> <ul style="list-style-type: none"> - Use of resource sheets/cards, whiteboards, keywords/terms <p>Numeracy</p> <ul style="list-style-type: none"> - Score keeping, timing <p>Oracy</p> <ul style="list-style-type: none"> - Coaching roles, Peer assessment, TAG team roles, and Sport Education programme
Cross Curricular Opportunities	<p>Basketball - Science - arc and flight of ball - parabola Rugby - Science - Scrum/tackle/ruck forces</p>	<p>HRF - Science - Graph work Forces/effects of exercise on the body/muscular and skeletal system Dance - Reference to historical events within English, History, RE.</p>	<p>Athletics - Geography and countries Cricket - Geography and countries - climate and weather OAA - Geography - Use of compasses & Map Reading</p>
SMSC / Character/Careers /Cultural Capital (personal development)	<ul style="list-style-type: none"> ● Sport Education programme – giving learners roles and responsibilities to complete for reward during lesson, whilst showcasing the various different 	<ul style="list-style-type: none"> ● Sport Education programme – giving learners roles and responsibilities to complete for reward during lesson, whilst showcasing the various different 	<ul style="list-style-type: none"> ● Sport Education programme – giving learners roles and responsibilities to complete for reward during lesson, whilst showcasing the various different

	<p>opportunities/careers in sport. Roles include: Captain, equipment manager, warm up manager, press officer, time keeper, lead assessor.</p> <ul style="list-style-type: none"> ● PBA core values ● Careers board to be set up in PE area ● Resilience, perseverance, positivity threaded throughout topics, with team points awarded for those showing these traits consistently. ● Lunch and after school clubs with a focus on teamwork and team chemistry – learning how to work together effectively. ● Use of IPADs to improve self-reflection of skills and performance, students are able to recognise key misconceptions. ● Individual sports allow students to manage emotions, attitude and aptitude through ownership of their performance. ● Outdoor life skills that promote communication, problem solving and leadership – students use newly acquired skills such as map reading and compass use that will help in real world experiences. 	<p>opportunities/careers in sport. Roles include: Captain, equipment manager, warm up manager, press officer, time keeper, lead assessor.</p> <ul style="list-style-type: none"> ● PBA core values ● Careers board to be set up in PE area ● Resilience, perseverance, positivity threaded throughout topics, with team points awarded for those showing these traits consistently. ● Lunch and after school clubs with a focus on teamwork and team chemistry – learning how to work together effectively. ● Use of IPADs to improve self-reflection of skills and performance, students are able to recognise key misconceptions. ● Individual sports allow students to manage emotions, attitude and aptitude through ownership of their performance. ● Outdoor life skills that promote communication, problem solving and leadership – students use newly acquired skills such as map reading and compass use that will help in real world experiences. 	<p>opportunities/careers in sport. Roles include: Captain, equipment manager, warm up manager, press officer, time keeper, lead assessor.</p> <ul style="list-style-type: none"> ● PBA core values ● Careers board to be set up in PE area ● Resilience, perseverance, positivity threaded throughout topics, with team points awarded for those showing these traits consistently. ● Lunch and after school clubs with a focus on teamwork and team chemistry – learning how to work together effectively. ● Use of IPADs to improve self-reflection of skills and performance, students are able to recognise key misconceptions. ● Individual sports allow students to manage emotions, attitude and aptitude through ownership of their performance. ● Outdoor life skills that promote communication, problem solving and leadership – students use newly acquired skills such as map reading and compass use that will help in real world experiences.
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<p>Equality and Diversity</p>	<p>Discussion in lessons about the diversity of national teams. Reference to sports athletes or : Football- Lionel Messi- Forward-Paris St Germain/Argentina Kylian Mbappe- Forward-Paris St Germain/France Netball- Alice Harvey- Defender Helen Housby- GA Hannah Joseph- Centre Basketball- Lebron James- PF/SF - LA Lakers/American Giannis Antetokounmpo- PF/SF/C - Milwaukee Bucks/Greek Rugby- Beauden Barrett- Fly Half- New Zealand Maro Itoje- Lock- England</p>	<p>Discussion in lessons about the diversity of national teams i.e. Hockey teams Discussion in lessons about major sporting events i.e. Olympics, European championships Perform dances using a range of movement patterns. Dance is linked to historical events i.e. WWII</p>	<p>Cricket- Discussion in lessons about the diversity of national teams. Teaching the different types of catches - English and Australian. Bowling - Asia. Introduction to diverse competitive leagues such as the IPL, students represent teams in sport education such as Kolkata Knight Rider and Chennai Super Kings. Athletics - Discussion on different events being dominated by specific countries based on climate/demographics/culture i.e. Kenya - long distance, Jamaica - Sprinting.</p>
<p>Super Curriculum (personal development)</p>	<p>PBA Extra-Curricular Autumn 2022.docx</p> <ul style="list-style-type: none"> ● Tag Team ● Sport Education Programme 	<p>PBA Extra-Curricular Spring 2023.docx</p> <ul style="list-style-type: none"> ● Tag Team ● Sport Education Programme 	<p>PBA Extra-Curricular Summer 2023.docx</p> <ul style="list-style-type: none"> ● Tag Team ● Sport Education Programme