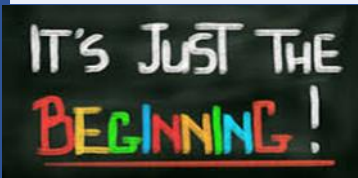


Year 5 and 6 Physical Education Curriculum Map

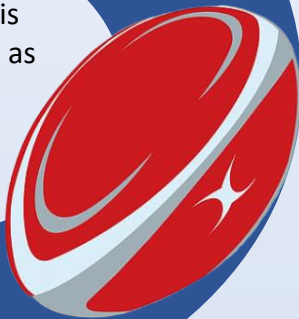
During Year 5 and 6, children are using all of the skills and techniques that they have learnt from Years 3-4 and putting them in to practice by playing games and using FUN cards that challenge all children.



Unit 6: Ball chasing

Unit 6

Finally, in unit 6 we focus on coordination with equipment. Personal skills are developed throughout this unit with children looking at how they can improve when finding things hard. Activities and games such as rainbow baseball, FUN cards and rounders to help the children improve with their coordination.



Unit 6: Coordination with equipment

Unit 5

Unit 5 focusses on the health and fitness of the children. We talk a lot about the science behind changes to the body during physical activity. These can include; why our pulses change, why warm-ups should include pulse changing activities and how athletes can include their strength and flexibility.



Unit 5: Static balance: small base

Unit 5: Coordination with floor movement patterns

Unit 4

Within unit 4, children are increasing their confidence in areas such as static balance, leg stands, dynamic balance and agility. Throughout this unit, many of the games and FUN cards are an extension or harder variations of games and tasks that they completed in the year groups before. The other teaching elements aligned with this unit are the “physical skills” that we use during sports. This could be thing such as be ready when landing; scan ahead when jumping and keeping the centre of gravity forward while jumping.



Unit 4: Dynamic Balance/agility

Unit 3

During unit 3, the children explore the social side of sports by taking more responsibility for their own learning by giving feedback and targets to themselves and peers throughout the unit. The physical skills that are being learnt are dynamic balancing and counter balancing. Kabadi and river-crossing and FUN cards are used to progress and advance the children throughout the unit.

Unit 3: Dynamic balance

Unit 3: Counter balance

Unit 2

Unit 2 allows children to explore their creative side by adding their own adjustment to a game. Games start to become more challenging and complex. Throughout this unit, children are predominately working to improve their static balance. This is achieved through various FUN cards and exciting games such as scorpion handball and seated volleyball.



Unit 2: Static balance

At the end of each unit, we revisit the first lesson to remind ourselves what we have covered over the unit and then attempt to beat our previous score from lesson 1.

Unit 1: Agility : reaction/response

Unit 1: Coordination with ball skills



Unit 1

This unit focusses on the cognitive skills of a child by looking at how children are handling and controller particular pieces of sporting equipment. This includes a small, medium and large-sized balls. A huge focus is on using the correct techniques to use this particular piece of equipment effectively within a game. Games such as throw-tennis and bench-ball are played and FUN cards are also an integral part of the learning as they continue to develop the core skills.