

Year 5 Coverage, Skills and Vocabulary

Year 5	Unit Focus	Prior Knowledge	Skills	Vocabulary
Autumn 1 – Dance (Expression)	Perform different styles of dance fluently and confidently. Refine and improve dances adopting them to include the use of space, rhythm and expression.		Apply some basic Bollywood actions. Perform non-locomotive and locomotive moves. Describe key features of line dance. Work collaboratively with a group of 4. Use knowledge of basic line dance steps to create own.	Facial, expression, rehearse, choreograph, choreographer, locomotion, Bhangra, line dancing, wall patterns.
Autumn 1 – Hockey	Practise the key elements of hockey – dribbling, passing, shooting, defending. To use the skills to take part in a game. To start the make decisions when playing a sport.	Control the ball when moving it side to side. Correct position to hold the hockey stick. Keep close control of the ball when dribbling. Travelling at speed with the ball pushing it from your body. Improve the push pass and stopping ability. Importance of the follow through when shooting. Use of the block tackle.	Develop the push pass over a distance with control. Develop dribbling control and look for space to dribble into. To be able to receive and send a ball with control. Know how to defend effectively and develop skills to do this. Develop effective shooting skills and know how to shoot under pressure. Use these skills within a game and know the rules.	Grip, stance, push pass, control, dribble, receive, send, defend, effectively, team mates, shooting, pressure, defence, rules, small sided games.
Autumn 2 – OAA	Exploring ways of communicating in a range of challenging activities. Navigate and solve problem from memory. Develop and use trust to complete the task and work under pressure.	Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and to be able to led. Differentiate between when a task is competitive and when it is collaborative.	Memory and recall skills. Collaborative working. Interpret Morse Code. Send Morse Code. Circle trust.	Challenge, plan, trust, solve, team, design, instructions, extend, orientate, Morse Code, decipher, individual, signal.
Autumn 2 – Gymnastics	To confidently use both the floor and apparatus to perform a range of different jumps, leaps, balances and rolls. Confidently use the vault and bench to perform different jumps and balances.	Use both the floor and apparatus to perform a range of jumps, leaps, balances and rolls. Use the vault to perform different jumps and balances.	Learn and link together point and counter balances individually and as a group. Learn and link together jumps and leaps individually and as a group. Confidently perform different types pf rolls as well as a cartwheel and a tumble. Use the skills to form a variety of formations and to perform a short sequence. Use the skills form a variety of sequences using equipment. Understand how to mount and dismount the bench and vault safety as well as using these to make a sequence.	Cat leap, stag leap, split leap, ring jump, point, high knee skipping, galloping, chasse, balance, posture, log roll, pencil roll, dish roll, egg roll, teddy bear roll, forward roll, cartwheel, tumble, unison, cannon, vault, bench.
Spring 1 – Badminton	Use different types of serves and shots within a game.	Identify and describe some rules in badminton. Serve to begin a game.	Moving oppositions around the court. Play in single games, recapping the rules.	Clear, overhead, cooperate, collaborative, lunge, shuffle,

	Play with others to score and defend points in competitive games. Move confidently around the playing area using footwork techniques.	Explore forehand hitting.	Perform service using forehand long and short. Close control. Play in games against others using a range of badminton shots.	skip, run, backline, movement.
Spring 1 – Games (Basketball)	Confidently use key elements of basketball – dribbling, passing, shooting, tricks, defending, shooting within games. To start the make decisions when playing a sport.	Practise the key elements of basketball – dribbling, passing, shooting, tricks, defending, shooting. To use the skills to take part in a game. To start the make decisions when playing a sport. Start to understand how to stay safe when playing different sports.	Ball familiarisation – moving the ball in pairs, improve speed, power and reaction when throwing, ball skills and creativity. Dribbling – walking, running, with a partner and at speed keep control and perform a skill. Confidently pass and receive the ball and analysis performance. Confidently shoot the ball at the hoop from different distances accurately hitting the target. Use the skills to play in a conditioned game using the rules.	Close to body, control, accuracy, height, dribbling, technique, bounce pass, chest pass, overhead pass, shot, target, accuracy, hoop, defend, opponent, body stance,
Spring 2 – Dance (Street Dance)	To perform a street dance using different street dance moves which have been practised during the unit if work. To have the confidence to perform and evaluate street dancing.	Perform different styles of dance fluently and confidently. Refine and improve dances adopting them to include the use of space, rhythm and expression.	Standing move and counting – count in beats of 8 and link top rock moves together. Floor moves – perform a range of these and link together. Start to be able to link standing moves to floor moves. Practise routines so that they can be performed.	Standing move, floor move, routines. Performance, confidence, counting, beats.
Spring 2 – Games (Netball)	To be able to play a game of netball knowing how to pass and defend. Know the different positions of netball and the rules so that the game can be played.	Use the knowledge and skills learning in Basketball to help with passing, shooting and defending.	To learn a variety of passes – bounce, chest, shoulder. Incorporate these into a game. Understand how to defend the different passes in a match. To understand the 7 positions of netball. To be able to play a short game of netball and apply the rules.	Bounce, chest, shoulder, pass, accuracy, defend, defence, goal shooter, goal attack, wing stack, centre, wing defence, goal defence, goal keeper.
Summer 1 – Tennis	Introduce volley and overhead shots. Apply new shots into game situations. Play with others to score and defend points. Explore in more detail tennis service rules.	To identify and describe some rules of tennis. To serve to begin a game. To explore forehand hitting.	To move quickly to the ball to perform a volley. To play an overhead shot and know when you may use it. To use different court formations during doubles play. To refine court movement before hitting the ball. To perform a diagonal serve.	Service rules, volley, overhead, singles, doubles.
Summer 1 – Athletics	To confidently use the correct technique in different sports which make up track and field – Javelin,	To participate by using the correct technique in different sports which make up track and field –	Jumps – running long jump, triple jump (hop, skip, jump)	Javelin, face, shoulder, arm, standing, over, relay, running, stance, sprint, long

	Long Jump, Triple Jump, sprint, relay and long distance. To understand how to be competitive against peers.	Javelin, Shotput, Discus, Standing Long Jump, Standing Triple Jump, racing, To understand how to be competitive against peers.	Javelin – correct throwing technique from a 3 steps walk through. Sprint – correct technique to sprint and competing in races. Relay – correct position to hand over. Long distance – technique to perform a long distance run.	distance, endurance, technique.
Summer 2 – Game (Football)	To start playing effectively in different positions and formations. Understand a greater number of attacking and defensive tactics. Become more skilful at moving at speed.	To be able to show basic control skills. To send the ball with some accuracy to maintain possession and build attacking game. To implement the basic rules of football.	To turn with a ball. To travel quickly and effectively with the ball. Combine running with the ball and sending it into space. Maintain position when attacking to create space. To perform a step over to beat a defender. To control a bouncing ball to keep it close to the body.	Distance, perform, consistent, speed, performance, fair play, regain, possession, goal side, interchange, position, maintain.
Summer 2 – Games (Cricket)	Confident use the key elements of cricket – throwing, catching, striking of the ball with a bat. To use the skills to take part in a game. Understand how to be a bats person, fielder and bowler. To start the make decisions when playing a sport.	Practise the key elements of cricket – throwing, catching, striking of the ball with a bat. To use the skills to take part in a game. Understand how to be a bats person, fielder and bowler. To start the make decisions when playing a sport.	To throw under and catch using an accurate underarm throwing technique. Use a range of throwing techniques to suit the situation. To bowl using an overarm technique. To be able to perform a straight drive using the 5 S's. Know when to run as a bats person what to call and how to carry the bat. Play games using the rules of cricket and putting the new skills into practise.	Scoop, moving ball, throwing, control, accuracy, bowl, bowler, overarm, technique, bounce, strike, target, fielders, feeder, back swing, bats person, cut the line, rock the baby, 3 C's (cup your hands, close hands over the ball, bring the ball into the chest), 5S's (stance, sideways, step, swing, strike).

*A combination of Sports Plus and PE Hub have supported the planning of this document.