**Year 5 - Physical Education Curriculum Overview 2025/26**

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| **YR**  **5** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | **Invasion Games**  *(suggested activities)*   * Football * Basketball * Tag Rugby * Netball * Hockey * Handball | **Net / Wall Games**  *(suggested activities)*   * Badminton * Pickleball * Tennis * Volleyball | **Movement Patterns**  *(suggested activities)*   * Gymnastics * Dance * Yoga | **Targeting Games**  *(suggested activities)*   * Golf * Dodgeball | **Performance Skills**  *(suggested activities)*   * Track & Field * Fitness | **Striking & Fielding**  *(suggested activities)*   * Rounders * Cricket |
| **Key new knowledge** | Dribbling with control under defensive pressure  Passing accurately to moving teammates during gameplay  Demonstrating a basic understanding of attacking strategies, like overlapping runs  Beginning to use defensive principles, such as tracking opponents or intercepting passes | Performing both forehand and backhand strokes with reasonable control  Adjusting positioning on the court to react to opponents’ movements  Explaining the importance of effective court positioning during rallies  Developing short rallies with a partner to maintain gameplay | Maintaining precision and control during balances and complex movements, like backward rolls  Choreographing and performing short sequences with linked movements  Performing flowing yoga sequences, demonstrating flexibility and strength | Adapting throwing techniques to different distances and targets during gameplay  Predicting opponents’ movements and adjusting positioning accordingly  Reflecting on performance to identify areas for improvement | Practicing pacing strategies for short and middle-distance runs  Performing a variety of jumping actions, such as standing jumps and small combinations  Exploring throwing techniques with lightweight objects to improve accuracy | Timing shots to hit balls into open spaces during gameplay  Demonstrating different throwing techniques depending on fielding requirements  Catching balls at varying heights with improved consistency |
| **Assessments** |  |  |  |  |  |  |