**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
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| **Key new knowledge** | Dribbling with control under defensive pressurePassing accurately to moving teammates during gameplayDemonstrating a basic understanding of attacking strategies, like overlapping runsBeginning to use defensive principles, such as tracking opponents or intercepting passes | Performing both forehand and backhand strokes with reasonable controlAdjusting positioning on the court to react to opponents’ movementsExplaining the importance of effective court positioning during ralliesDeveloping short rallies with a partner to maintain gameplay | Maintaining precision and control during balances and complex movements, like backward rollsChoreographing and performing short sequences with linked movementsPerforming flowing yoga sequences, demonstrating flexibility and strength | Adapting throwing techniques to different distances and targets during gameplayPredicting opponents’ movements and adjusting positioning accordinglyReflecting on performance to identify areas for improvement | Practicing pacing strategies for short and middle-distance runsPerforming a variety of jumping actions, such as standing jumps and small combinationsExploring throwing techniques with lightweight objects to improve accuracy | Timing shots to hit balls into open spaces during gameplayDemonstrating different throwing techniques depending on fielding requirementsCatching balls at varying heights with improved consistency |
| **Assessments** |  |  |  |  |  |  |