

Year 5 Fitness

Curriculum Link:

Use running, jumping, throwing and catching in isolation and in combination

Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 5 Term: 2 (H1) Unit Name: Fitness</p> <p>Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. Do for other people the same things you want them to do for you.</p> <p>Matthew 7:12</p>	<p>Year 4 - athletics</p> <p>Run/jog a variety of distances, choosing an appropriate speed and pace for the distance and maintain consistency/steady pace.</p> <p>Carry out an effective sprint finish.</p> <p>Develop performing a relay, focusing on the baton changeover technique.</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p> <p>Jump for height and distance with accuracy, balance and control.</p> <p>Focus on trail leg and lead leg action when running over hurdles.</p> <p>Perform a push and pull throw with control and developing accuracy.</p> <p>Improve on own technique and beat personal bests.</p> <p>Improve their throwing techniques to throw for greater distance.</p>	<ul style="list-style-type: none"> Compete against self and others in a controlled manner in teams and individually in a range of competitive activities using evaluation and tactics to improve performance.
Big Ideas	Year 5 Learning	Health and Fitness & Preparation
<p>To explore the different components of fitness including speed, stamina, strength, coordination, balance and agility.</p>	<ul style="list-style-type: none"> Develop an awareness of what your body is able to do. Develop speed and stamina. Develop strength using their own body weight. To develop coordination. To develop agility. To develop balancing with control. 	<ul style="list-style-type: none"> Know and understand the reasons for warming up and cooling down and begin to select appropriate warm-ups and cool downs in relation to the physical activity taking place. Explain why exercise is good for

			health, fitness and wellbeing and know ways we can become healthier.
Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	Evaluation and Communication
stamina accelerate accuracy control co-ordination fluidity precision		<ul style="list-style-type: none"> • Develop an increased awareness of what your body is able to do. • Develop increasing speed and stamina. • Develop increasing strength using their own body weight. • To develop increased coordination. • To develop agility. • To further develop balancing with control. 	<ul style="list-style-type: none"> • Watch or describe performances of themselves and others, and effectively and thoroughly evaluate what went well, what skills or techniques to practice and how that leads to improvements in performance for themselves and others. • Use communication skills to illustrate what they are doing and respond to others to improve team play.
Glossary			