

<b>Year 5</b>	<b>Term 1</b>		<b>Term 2</b>		<b>Term 3</b>	
<b>Indoor</b>	<b>Dance</b>		<b>Gymnastics</b>		<b>Athletics</b>	
	Louise Coates to teach.		<ul style="list-style-type: none"> <li>• Rotation.</li> <li>• Flight.</li> <li>• Balance – individual, pairs, groups</li> <li>• Weight on hands.</li> <li>• Locomotion.</li> <li>• Apparatus work.</li> <li>• Choreographing sequences.</li> </ul>		<ul style="list-style-type: none"> <li>• Running over hurdles.</li> <li>• Relay changeovers and techniques.</li> <li>• Pacing for world records.</li> <li>• Stepping, striding and jumping.</li> <li>• Sprinting in teams.</li> </ul>	
<b>Outdoor</b>	<b>Swimming/ Basketball</b>	<b>Sports Hall Athletics</b>	<b>Tag Rugby</b>	<b>Netball</b>	<b>Softball</b>	<b>Tennis</b>
	Swimming; <ul style="list-style-type: none"> <li>• Demonstrates with good technique front crawl, breast stroke and back stroke.</li> <li>• Timed swims</li> <li>• Varied breathing techniques for different strokes.</li> <li>•</li> </ul> Basketball; <ul style="list-style-type: none"> <li>• Travelling with a ball and showing change of directions.</li> <li>• Varying height and speed of passes.</li> <li>• Principles of attack and defense.</li> </ul>	<ul style="list-style-type: none"> <li>• Standing jump/long jump – technique and rules.</li> <li>• Relay change over – technique and rules.</li> <li>• Sitting throw technique and rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply knowledge and understanding of rules.</li> <li>• Develop understanding of tactics in games based scenarios.</li> <li>• Conditioned practices and games.</li> </ul>		<ul style="list-style-type: none"> <li>• Basic rules applied in games and practices.</li> <li>• Skills based practices.</li> <li>• Conditioned games – focus on serving, forehand and back hand strokes from the rear of the court.</li> </ul>	