



Physical Education Programme of Study – Year 5 and 6 Cycle A and B



Autumn

Spring

Summer

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water based situations
- Develop flexibility, strength, technique, control and balance
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Play competitive games, modified where appropriate (football and dodgeball) and apply basic principles suitable for attacking and defending
- Compare their performances with previous ones and demonstrate improvement to

Pupils are taught to:

- Take part in outdoor and adventurous activity challenges both individually and within a group
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Play competitive games, modified where appropriate (tag rugby) and apply basic principles suitable for attacking and

Pupils are taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Develop flexibility, strength, technique, control and balance
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Play competitive games, modified where appropriate (cricket, hockey and rounders) and apply basic principles suitable for attacking and defending
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

<p>achieve their personal best</p> <ul style="list-style-type: none">• Year 6: Playmaker training	<p>defending</p> <ul style="list-style-type: none">• Compare their performances with previous ones and demonstrate improvement to achieve their personal best	
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