



What are we learning in Year 5:

P.E

Term: Autumn

Focus: Swimming



1	To develop gliding, front crawl and backstroke.
2	To develop the front crawl stroke and breathing technique.
3	To develop the technique for backstroke arms and legs.
4	To develop breaststroke technique.
5	To develop breaststroke and breathing technique.
6	To develop water safety skills and an understanding of personal survival.



What are we learning in Year 5:

P.E

Term: Spring

Focus: Football



1	To dribble a ball under pressure maintaining possession.
2	To develop dribbling to maintain possession.
3	To choose when to pass and when to dribble.
4	To move into space to support a teammate.
5	To develop defending skills to gain possession.
6	To apply rules, skills and principles to play in a tournament.



What are we learning in Year 5:

P.E

Term: Spring

Focus: Yoga



1	To develop flexibility through the sun salutation flow
2	To develop strength through yoga flows
3	To create your own flow showing quality in control, balance and technique
4	To develop balance through yoga flows.
5	To work collaboratively to create a controlled paired yoga flow
6	To create your own yoga that challenges techniques, balance and control



What are we learning in Year 5:

P.E

Term: Summer

Focus: Hockey



1	To develop dribbling to beat a defender.
2	To choose when to pass and when to dribble.
3	To develop receiving the ball with control.
4	To move into space to support a teammate.
5	To develop tackling to gain possession of the ball.
6	To apply rules, skills and principles to play in a hockey tournament.