



What are we learning in Year 6:

# P.E

Term: Autumn

Focus: Swimming



1	To develop gliding, front crawl and backstroke.
2	To develop rotation, sculling and treading water.
3	To develop the front crawl stroke and breathing technique.
4	To develop the technique for backstroke arms and legs.
5	To develop breaststroke technique.
6	To develop breaststroke technique.
7	To develop breaststroke and breathing technique.
8	To develop basic skills of water safety and floating.



What are we learning in Year 6:

# P.E

Term: Autumn

Focus: Gymnastics



1	To be able to develop the straddle, forward and backward roll.
2	To develop counter balance and counter tension.
3	To be able to perform inverted movements with control.
4	To be able to perform the progressions of a headstand and a cartwheel.
5	To be able to use flight from hands to travel over apparatus.
6	To be able to create a group sequence using formations and apparatus.



What are we learning in Year 6:

# P.E

Term: Autumn

Focus: Fitness



1	To develop an awareness of what your body is able to do.
2	To develop speed and stamina.
3	To develop strength using my own body weight.
4	To develop co-ordination through skipping.
5	To perform actions that develop agility.
6	To develop control whilst balancing.



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

Children understand the importance of the Torah through understanding its history and how it is used today

Children draw comparisons between Judaism and Christianity

Children watch videos about Christianity and Judaism to create a mind map of the similarities and differences

Children learn about the history of Judaism

Children retell the story of Exodus through role-play and cartoon

Children understand the features of a synagogue

Children watch clips and research to design their own synagogue

Children learn to understand why Hebrew is the language used in Judaism

Children research the history and write a few words using the Hebrew language

Children learn about how the Jewish people use and respect the Torah today

Children create a Torah mantle design based on their understanding of the importance of the Torah using Jewish symbols

COMPOSITE

Children display their mantels with explanations to why they have chosen their particular designs



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.