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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **5** | **Fitness:** **Interval and flexibility training**  Half hour sessions to increase interval lapse time between sections, develop repertoire of interval exercise that target key muscular groups- legs, arms, core, aerobic/anaerobic create/design own interval training sessions to deliver to small group/partner, flexibility training- stretches to increase flexibility of muscular groups | **Gymnastics:**  Practise body shapes and balances, practise symmetrical and asymmetrical body shapes, use and refine flexibility, strength, balance and power, develop movement skills- rolling, bridging and dynamic moves. | **Dance: Jazz Focus** Practise actions and patterns from style, improvise own moves typical of the style, create short motif that fits to music, create partner and group dance. Perform to another class. | **Dance: Lindyhop**  Practise actions and patterns from style, improvise own moves typical of the style, create short motif that fits to music, create partner and group dance. Perform to another class. | **Fitness: Fartlek and weight training**  Speed play training that develops and combines run, walk and jog. Children to build endurance across sustained time, variety of surfaces- pavement, grass, hills etc. to change pace. Also speed varieties. Children to devise own fartlek training session to deliver to group/partners. | **Gymnastics:**  Practise body shapes and balances, practise symmetrical and asymmetrical body shapes, use and refine flexibility, strength, balance and power, develop movement skills- rolling, bridging and dynamic moves. |

**Indoor: Teachers Year 5**

**Outdoor: Teachers/Coaches**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **5** | **Invasion Games: Netball**  Passing and receiving, footwork rule of netball, range of passes (chest pass, overhead pass, bounce pass) and when to use each pass positions in game, getting free in order to receive ball, dodging, defending skills, shooting skills. | **Invasion Games: Hockey**  Passing and receiving, footwork rule of netball, range of passes (chest pass, overhead pass, bounce pass) and when to use each pass positions in game, getting free in order to receive ball, dodging, defending skills, shooting skills. | **Net and Wall Games: Tennis**  Develop the techniques for ground strokes and volleys, learn backhand technique and use it in a game, practise techniques for all strokes (overhead, underarm, smashing, volley, and backhand), know and use the scoring system and court for singles tennis, use doubles scoring in a doubles tennis game. | **Net and Wall Games: Badminton**  Develop the techniques for ground strokes and volleys, learn backhand technique and use it in a game, practise techniques for all strokes (overhead, underarm, smashing, volley, and backhand), know and use the scoring system and court for singles tennis, use doubles scoring in a doubles tennis game. | **Striking and Fielding Games: Cricket and Rounders** Develop skills in batting and fielding, different fielding techniques, run between wickets and bases, to run throw and catch in succession, develop safe effective overarm throw, learn batting control. | **Multi-Skills and Athletics:** sport day prep. Practise/Focus one station during one single lesson. Bat and ball relay, throw clap and catch, slalom run, standing long jump  can catch a numerous sized items, Shows control over an object in throwing, catching or kicking it in isolation and to a partner. Good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space in team games.  **Swimming** |