

Year 5 PE Unit Overviews – Mid Term Planning

Basketball		
Week	Lesson 1	Lesson 2
1	Ball Familiarization & Pre-assessment	Dribbling & 'Big 3' Rules
2	Passing – Chest, Bounce, Overhead	Jump & Set Shot
3	Defense – Man-to-Man	Offence & Lay-Up
4	Match Play and Assessment	Match Play and Assessment

Striking & Fielding		
Week	Lesson 1	Lesson 2
1	Throwing and Catching	Fielding
2	Pitching/Bowling	Striking
3	Cricket Striking	Cricket Match
4	Rounders/Baseball Striking	Rounders Match

Athletics & Fitness		
Week	Lesson 1	Lesson 2
1	Sprinting and Sprint Starts	Long Jump
2	Endurance and CV Fitness	High Jump
3	Ball Throw & Javelin	Shot Putt
4	Circuit Fitness	Mini Olympics

Aquatics 1		
Week	Lesson 1	Lesson 2
1	Water Safety, Buoyancy and Streamlining	Push and Glide
2	BLAT-T: Front Crawl	BLAT-T: Front Crawl

Year 5 PE Unit Overviews – Mid Term Planning

3	BLAT-T: Front Crawl	BLAT-T: Breast Stroke
4	BLAT-T: Breast Stroke	BLAT-T: Breast Stroke

Football

Week	Lesson 1	Lesson 2
1	Dribbling	Passing
2	Passing on the move	Shooting
3	Defending	Attacking/Outwitting Opponent
4	Game Play	Game Play and Assessment

Aquatics 2

5	BLAB-T: Back Stroke	BLAB-T: Back Stroke
6	BLAB-T: Back Stroke	BLAB-T: Butterfly
7	Assessment	Assessment
8	Water polo	Water polo

Gymnastics

Week	Lesson 1	Lesson 2
1	Travelling	Shapes
2	Balance	Rolling
3	Jumps	Sequence Development
4	Sequence Development	Assessment

Dance – Year 5

Week	Lesson 1	Lesson 2
1	Peter Pan Theme Unit - Mirroring / Shadowing	Travelling/flying

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2	Group Interpretive Work	Interpretation of a character
3	Interpretation of a character	Choreographing a fight scene
4	Performance and Peer Assessment	Performance and Peer Assessment