



PE Y5 Champions Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Invaders</p> <p>Lesson 1 - Understand basic knowledge of footwork in netball.</p> <p>Lesson 2 - Develop a range of different passes.</p> <p>Lesson 3 - Understand how to create space during a game (movement).</p> <p>Lesson 4 - Demonstrate a range of</p>	<p>Dynamic Dance</p> <p>Lesson 1 - Identify and practise the patterns and actions in a Bollywood dance.</p> <p>Lesson 2 - Demonstrate an awareness of the music's rhythm when improvising.</p> <p>Lesson 3 - Create and perform an individual dance that reflects the Bollywood style.</p>	<p>Gym Sequences</p> <p>Lesson 1 - Identify and practise body shapes and balances.</p> <p>Lesson 2 - Identify and practise symmetrical and asymmetrical body shapes.</p> <p>Lesson 3 - Use and refine these skills (flexibility, strength, balance, power & focus).</p>	<p>Striking & Fielding</p> <p>Lesson 1 - Develop skills in batting and fielding.</p> <p>Lesson 2 - Choose fielding techniques. Able to run between the wickets.</p> <p>Lesson 3 - To run, throw and catch the ball effectively.</p> <p>Lesson 4 - Develop a safe and effective overarm throw.</p>	<p>Nimble Nets</p> <p>Lesson 1 - Identify and apply techniques for hitting a tennis ball.</p> <p>Lesson 2 - Develop the techniques for groundstrokes and volleys.</p> <p>Lesson 3 - Develop a backhand technique and use it in a game.</p> <p>Lesson 4 - Practise techniques for all strokes. Use</p>	<p>Young Olympians</p> <p>Lesson 1 - Use correct technique to run at speed. Develop the ability to run for a distance.</p> <p>Lesson 2 - To throw with accuracy and power.</p> <p>Lesson 3 - Identify and apply techniques of relay running.</p> <p>Lesson 4 - Explore different footwork patterns.</p>

<p>defending skills such as marking and intercepting.</p> <p>Lesson 5 - Using the correct technique to be able to shoot successfully.</p> <p>Lesson 6 - Understand the roles each position plays in a game of netball.</p>	<p>Lesson 4 - Create collaborated dances that reflect the Bollywood dance style and apply key components of dance.</p> <p>Lesson 5 - Create group dances that reflect the Bollywood dance style. Groups of 4.</p> <p>Lesson 6 - Perform a Bollywood dance using a range of movement patterns. To evaluate own and others dances.</p>	<p>Develop skills for movement.</p> <p>Lesson 4 - Use counterbalance and incorporate them into a sequence of movements.</p> <p>Lesson 5 - Perform movements in canon and in unison.</p> <p>Lesson 6 - Perform and evaluate own and others sequences.</p>	<p>Lesson 5 - Learn the correct techniques to batting.</p> <p>Lesson 6 - Use all the skills learned to play a mini tournament.</p>	<p>a scoring system and court for singles tennis.</p> <p>Lesson 5 - Play a tennis game using an overhead serve and the correct selection of shots.</p> <p>Lesson 6 - Understand and use doubles scoring in a tennis game.</p>	<p>Understand which technique is most effective when jumping for distance.</p> <p>Lesson 5 - Learn how to use skills to improve the distance of a pull throw.</p> <p>Lesson 6 - Demonstrate good techniques in a competitive situation.</p>
<p>Boot camp</p> <p>Lesson 1 - Understand what</p>	<p>Mighty movers</p> <p>Lesson 1 - Perform a</p>	<p>Step to the beat!</p> <p>Lesson 1 - Understand the</p>	<p>Gym circuits</p> <p>Lesson 1 - Understand why</p>	<p>Cool core</p> <p>Lesson 1 - Identify</p>	<p>Multi-fitness</p> <p>Lesson 1 - To complete a</p>

<p>fitness means & how to prepare the body for exercise.</p> <p>Lesson 2 - Complete a range or circuit based activities and know the reason for doing them.</p> <p>Lesson 3 - Complete a circuit that includes activities from lessons 1 & 2.</p> <p>Lesson 4 - To complete a circuit that includes balance and coordination.</p> <p>Lesson 5 - Complete a circuit that includes balance, coordination &</p>	<p>boxercise routine demonstrating good technique.</p> <p>Lesson 2 - Understand the principles of dynamic stretching.</p> <p>Lesson 3 - Improve fitness by raising the heart rate and strengthening the legs and arms.</p> <p>Lesson 4 - Create and apply compositional ideas to the sequence.</p> <p>Lesson 5 - Perform actions and moves fluently to music in order to improve fitness.</p> <p>Lesson 6 - Learn how</p>	<p>importance of a warm up. Develop coordination and balance.</p> <p>Lesson 2 - Develop coordination, timing and balance.</p> <p>Improve general fitness levels.</p> <p>Lesson 3 - Understand the benefits of improving muscle tone in the abs and legs. Learn new strength-based moves.</p> <p>Lesson 4 - Understand the benefits of improving muscle tone in the abs and legs. Learn new strength-based</p>	<p>fitness is good for health and wellbeing.</p> <p>Lesson 2 - Develop consistency in technique.</p> <p>Lesson 3 - Develop personal fitness in an obstacle-style circuit.</p> <p>Lesson 4 - Develop personal fitness in an obstacle-style circuit.</p> <p>Lesson 5 - Perform a fitness circuit that aims to improve strength and stamina.</p> <p>Lesson 6 - Perform a fitness circuit that aims to</p>	<p>techniques to improve balance and core strength.</p> <p>Lesson 2 - Perform poses for balance and strength with a partner observing.</p> <p>Lesson 3 - Identify techniques to improve balance and strength whilst learning a new pose.</p> <p>Lesson 4 - Improve on coordination.</p> <p>Understand your own strengths for coordination.</p> <p>Lesson 5 - Devise a sequence of yoga/Pilates moves with fluency</p>	<p>circuit that includes a range of activities.</p> <p>Lesson 2 - Learn how boxercise moves can be adapted and used in a different format.</p> <p>Lesson 3 - Perform a sequence of steps in time with the music. Understand the benefits of improving muscle tone.</p> <p>Lesson 4 - Understand why fitness is good for health and wellbeing.</p> <p>Lesson 5 - Identify techniques to</p>
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<p>speed. Lesson 6 - Complete a circuit that includes balance, coordination, speed & agility.</p>	<p>boxercise moves can be adapted and used in a different format.</p>	<p>moves. Lesson 5 - Develop understanding of the value of this type of exercise. Construct own moves from knowledge gained previously. Lesson 6 - Perform a sequence of steps in time with music. Understanding the benefits of improving muscle tone and aerobic fitness.</p>	<p>improve strength and stamina and understand the relevance of each activity.</p>	<p>and accuracy. Lesson 6 - Aim to improve one specific area of the body you feel is the weakest.</p>	<p>improve balance and core strength. Improve on coordination. Lesson 6 - Perform a sequence of moves at each station within a circuit with increased accuracy.</p>
Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
Swimming will be 4x 1 hour session tbc.					