



# Year 5

## Unit Overviews

Unit:	Overview:
<b>Core Unit 1: Athletics</b>	<p><b>Skills: Throwing, Jumping, Acceleration, Reactions, Agility</b></p> <p>In this unit, the children will develop their reaction skills and learn how to accelerate over short distances. They will learn how to throw a javelin effectively, as well as perform a variety of jumps. During the unit, the children will begin to run longer distances and develop skills in pacing themselves.</p>
<b>Core Unit 2: Gymnastics</b>	<p><b>Skills: Balance, Control, Co-ordination, Accuracy</b></p> <p>During this unit, the children will develop skills in combining balances, rolls and jumps to create a detailed sequences. They will also begin to perform cartwheels using various apparatus, as well as begin to perform basic vault jumps and hurdle steps using a springboard.</p>
<b>Core Unit 3: Stomp Dance</b>	<p><b>Skills: Musicality, Team Work, Co-ordination, Control, Balance</b></p> <p>In this unit, the children will learn how to use different levels, pathways and space when performing a dance. They will work collaboratively in small groups to create, refine and perform a detailed dance sequences to a stimulus, as well as work on creating dance warm ups.</p>
<b>Core Unit 4: Fitness</b>	<p><b>Skills: Balance, Co-ordination, Agility, Strength, Power</b></p> <p>In this unit, the children will take part in various activities and exercises that develop balance, strength and power. Throughout the unit, the children will learn fitness exercises and techniques that promote and develop a healthy physical lifestyle.</p>
<b>Core Unit 5: Basketball</b>	<p><b>Skills: Agility, Balance, Strength, Control, Awareness</b></p> <p>During this unit, the children will develop skills in dribbling the ball with the correct techniques, as well using different types of passes to pass the ball. They will also work on how to pivot and protect the ball effectively. Throughout the unit, they will also learn the BEEF shooting technique.</p>
<b>Unit 6: Tag Rugby</b>	<p><b>Skills: Agility, Balance, Control, Passing, Attacking, Defending</b></p> <p>In this unit, the children will learn the basic attacking and defending principles in tag rugby. Throughout the unit, the children will develop their passing techniques whilst moving, as well as how to effectively</p>

	<p>tag another player. The children will think about how to attack effectively as a team in different match situations.</p>
<p><b>Unit 7: Tennis</b></p>	<p><b>Skills: Co-ordination, Balance, Agility, Control, Accuracy</b></p> <p>During this unit, the children will develop the ability to control a ball with the racket whilst moving, as well as the importance of using different footwork in tennis. They will also learn how to serve the ball using the correct technique, as well as further practicing forehand and backhand swings. The children will apply skills learnt through a variety of game scenarios.</p>
<p><b>Unit 8: OAA</b></p>	<p><b>Skills: Team work, communication, Control, Respect, Strength, Power, Co-ordination, Balance. Flexibility.</b></p> <p>In this unit, the children will participate in a variety of games and activities which promote the use of good teamwork and communication. They will also need to think logically about how to solve problems, whilst performing activities that use control, balance and co-ordination. Children will learn about using co-ordination on a map and learn how to identify key features on a map.</p>