



Grange Park Primary School Physical Education Journey

Year 5

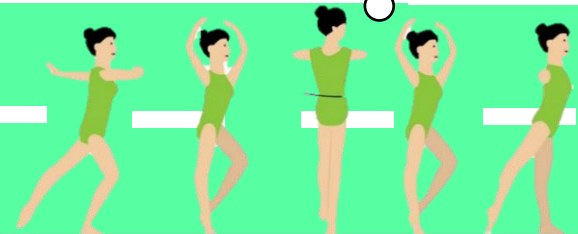
OAA

In our Outdoor & Adventure Activities unit, we will cover: Orienteering, Team-Building, Trails and Problem Solving.



Gymnastics

You will be developing the basic components of spinning and turning.



#TeamGP



Try Your Best in Every Lesson

Passion



Respect



Organised



Unselfish



Determination



Proud to Shine

School Competitions

Below are some examples of competitions available for our Year 5 children to compete in across the year:

● Tri Golf

● Athletics

● Basketball

● Quicksticks Hockey

● Football

● Netball

● Cross Country



Summer Term

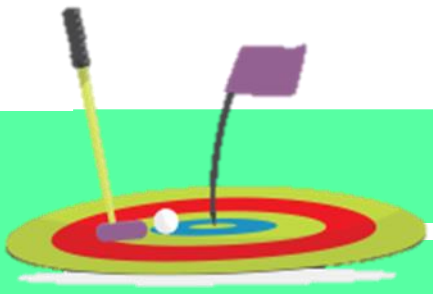
Gymnastics

You will be developing the functional use of limbs.



Dance

Continuing to learn different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Striking and Fielding Games – Tri-Golf

This unit will cover how to control the distance of the ball using both the putter and chipper for tri-golf. You will also understand where you need to stand to be safe when playing tri-golf.

Dance

You will be learning different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Spring Term

Gymnastics

You will be developing the basic Components of flight in gymnastics for this unit.



Invasion & Target Games– Ball Handling

Your lessons will be tailored for you to choose and use skills which meet the specific needs of the ball-handling invasion games - passing by throwing, bouncing, receiving, carrying, dribbling and shooting.

Autumn Term



Athletics

Your lessons will be covering the three disciplines of athletics: throwing, running and jumping. You will develop an understanding of the basic technique required for each event.

Gymnastics

You will be developing the basic components of bridges in gymnastics.



Net / Court / Wall Games

This unit will cover learning how to play shots on both sides of the body and above the head with reasonable control. We will also learn how to understand and apply net / court / wall principles to a range of small sided games.

Invasion Games – Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects needed to play football.



Your Year 5 Physical Education Journey starts here ...