



		Year 5 2 double lessons per fortnight		
	Wk	Topic	Learning content	Assessment
Autumn	1	Invasion games	Head- Find corrections in performance. Hands- identify skills in. Heart- Remember rules and expectations.	
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	7	College matches	School games intra school competition.	
	8	Cross country	School games intra school competition to facilitate inter school competition.	
	9	Gym	Head- Identify correct performance. Hands-Create shapes and travel. Heart- Demonstrate safety.	
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	12	Dance	Head- Comment on a performance using green and pink. Hands- Repeat 5 basic actions. Heart- Emit expected behaviour.	
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	14	OAA	Head- Recognise how to solve problems. Hands- Effective communication techniques. Heart- Cooperate and communicate	
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Spring	2			
	3			
	4	Fitness	Head- Identify skills which link to fitness stations. Hands-show effective participator skills Heart-Aspire to keep going	Initial review
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	11	College matches	School games intra school competition.	Mid-year review
	12	Invasion games	Head- Compare own and others performance. Hands- Show skills in Heart- Demonstrate team worker skills.	
	Summer	1	Athletics	Head-discuss strengths and weaknesses Hands-Show a variety of running, throwing, jumping skills. Heart- Show confidence in performance.
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6		Striking and fielding	Head- Explain strengths and weaknesses Hands- Reproduce skills in. Heart- Consistently show skills.	
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		Year 6 2 double lessons per fortnight		
	Wk	Topic	Learning content	Assessment
Autumn	1	Invasion games	Head- Identify the skill shown in a performance. Hands- Revise skill in. Heart- Express team worker skills.	
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	7	College matches	School games intra school competition.	
	8	Cross country	School games intra school competition to facilitate inter school competition.	
	9	Gym	Head-Discuss strengths and areas to improve Hands- Demonstrate cannon and unison. Heart- Show friendliness.	
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	12	Dance	Head- Explain the strengths and areas to improve. Hands-Demonstrate contrast/action and reaction/canon. Heart- Apply friendliness.	
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	14	OAA	Head- Show the strengths and areas to improve. Hands- Revise communication techniques. Heart- Demonstrate communication and cooperation.	
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Spring	2			
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	4	Fitness	Head- Explain and predict the results. Hands- Report on your heart rate. Heart- Demonstrate effective participator skills.	Initial review
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	11	College matches	School games intra school competition.	Mid-year review
	12	Invasion games	Head- Identify the strengths and areas to improve of a skill. Hands- Develop skill in Heart- Model team worker skills.	
	Summer	1	Athletics	Head-classify the strengths and areas to improve of a skill. Hands-Practice a range of running, jumping, throwing, skills. Heart- Demonstrate confidence in performance.
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6		Striking and fielding	Head- Summarise the strengths and areas to improve. Hands-Illustrate skill in. Heart- Transfer the skills to a game.	
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