



PE Topic Journey Overview Y5

Y5 PE Topic: Games

PE Topic: Y5 Football

<p>Lesson 1</p> <p>Key Skills: Individual Ball control, 2 touch push pass</p> <p>Warm-up: football statues, half dribble, half freeze then swap</p> <p>Activities: 1) 2 touch passing in channels, 2) 2 touch passing over a larger area where player passes then runs to a new space to receive the pass</p> <p>Small sided games: Play 4 small sided ability based games where touches are limited to 2</p> <p>Outcomes: accuracy of first touch, correctly weighted pass.</p>	<p>Lesson 2</p> <p>Key Skills: Ball control using thigh and chest</p> <p>Warm-up: traffic lights where every player has a ball. Children to suggest new challenges when cones are held.</p> <p>Activities: In 2s pass to each other with instep, then progress with throw to control on thigh and pass back. Same for chest.</p> <p>Conditioned game: Throw and catch netball rules with end zones, point scored when ball is controlled on thigh or chest.</p> <p>Outcomes: ability to cushion ball on thigh and chest for control.</p>	<p>Lesson 3</p> <p>Key Skills: Develop confidence on ball when dribbling, fake to kick</p> <p>Warm-up: Simon says, to be done with a ball held in the air</p> <p>Activities: All dribbling in specified area, attempt to kick other balls out</p> <p>Conditioned Game: Football dodgeball, in 4 groups, half of group with ball who attempt to kick the ball onto others below knee, use fake kick to deceive.</p> <p>Outcomes: players to use fake kick to deceive.</p>
<p>Lesson 4</p> <p>Key Skills: Consolidate importance of possession, practice quick touch.</p> <p>Warm-up: Sprint cone react</p> <p>Activities: Passing in 3s in triangle shape, Groups of 5 keeping possession from 1.</p> <p>Conditioned Game: 6/7 a side games with overload of attackers in opposition half.</p> <p>Outcomes: Ability to keep possession confident touches on the ball</p>	<p>Lesson 5</p> <p>Key Skills: Develop different types of heading the ball (softer balls for less confident)</p> <p>Warm-up: Knock the ball, cones with balls on, different colours, knock off the colour called.</p> <p>Activities: In 4s, throw, head, catch with feeder running to back of opposite line. Progress to trying to incorporate 2 or 3 successive headers</p> <p>Conditioned Game: 4 games with netball rules to include throw, head, catch</p> <p>Outcomes: Improved confidence of heading the ball</p>	<p>Lesson 6</p> <p>Key Skills: To practice goalkeeper skills and develop diving for the ball</p> <p>Warm-up: Stuck in mud with ball thrown to release caught players</p> <p>Activities: In pairs, A sits as ball is thrown by B to side for A to catch, then A is squatting as B rolls ball to side for player to dive from squat to reach</p> <p>Conditioned Game: Small sided game, each team to have 2 goals to defend with 2 goalkeepers, ball to stay below head height.</p> <p>Outcomes: Improved handling and shot-stopping by goalkeepers</p>
<p>Resources: Cones, Footballs, range of softer balls for heading when appropriate, poles,</p>	<p>After school club: Pro-skills soccer all year</p>	<p>Out of school links: Links to local football clubs including Maghull</p>

PE Topic: Y5 Netball

<p>Lesson 1</p> <p>Key Skills: To pass a ball with increasing accuracy and control</p> <p>Warm-up: Do this/do that actions with a ball each</p> <p>Activities: In pairs or 3s, children practice throwing different types of passes to each other eg. 1 hand, 2 hand, low/high. Progress by asking children to move after passing.</p> <p>Small-sided games: 4 v 4 games of hoopball, ball has to be bounced in the hoop to score a point</p> <p>Outcomes: Increased range of passing, teamwork</p>	<p>Lesson 2</p> <p>Key Skills: To pass with accuracy, confidence and control and use a variety of tactics to keep the ball .</p> <p>Warm-up: Children make circle and pass the ball while at the same time jogging on the spot. Communicate who passing to.</p> <p>Activities: In pairs, threes practice/recap chest pass, bounce pass and overhead pass. Discuss when appropriate to use each pass.</p> <p>Small sided game: 4 games of end zone. No team allowed to take a 2 goal lead so teams focus on possession</p> <p>Outcomes: Children to show an awareness of tactics to compete in the game.</p>	<p>Lesson 3</p> <p>Key Skills: To recap on how to pivot on one foot</p> <p>Warm-up: Play one bounce. Ball is held with arms extended and dropped for partner to collect after one bounce</p> <p>Activities: In groups, children to line up either side of 3 marker spots. One player lands with one foot on the spot, receives ball from the left, passes to the right while pivoting on the marker spot. Player then moves to next spot. All players to practice pivoting including receiving from both sides</p> <p>Small-sided games: In groups, games of approx 4v4 playing '10 pass'. Score a point for 10 successful passes with everyone included at least once.</p> <p>Outcomes: Ability to pivot successfully</p>
<p>Lesson 4</p> <p>Key Skills: To introduce footwork rules and practice landings when receiving</p> <p>Warm-up: Ball between 2. As children run around , players throw ball for partner to jump and catch making a balanced landing.</p> <p>Activities: 1) Children in lines of 6/7. one player has ball. In turn each of other players runs towards player with the ball, jumps and catches thrown ball before landing. Children call out 1,2 as they land, pass ball back to player 2) As previous, but 2 players run, one catches, lands and then pivots to pass ball to supporting player</p> <p>Small-sided games: 4 games of Zone ball where team must obtain possession of ball in a set area to score a point</p> <p>Outcomes: Improving footwork skills of players in possession of the ball</p>	<p>Lesson 5</p> <p>Key Skills: To shoot goals with increasing accuracy</p> <p>Warm-up: Stuck in mud game where players who are caught are released by receiving a pass. They then move onto releasing others.</p> <p>Activities: Teach children how to shoot the ball; emphasis on steadying and shooting hand. 1) In 6 groups using the netball posts, children to practice and devise their own competition with each other</p> <p>Collective game: Each group given a set amount of time (2 mins) to score as many as possible. Emphasise team work of retrieving the ball for others. Once a player has scored one, cant score again until all have scored,</p> <p>Outcomes: Improved accuracy of shooting using correct technique</p>	<p>Lesson 6</p> <p>Key Skills: To compete in a mini-netball tournament</p> <p>Warm-up: All children on court. Call out netball positions for children to move into zones to show understanding of where on court they are allowed to be</p> <p>Activity/small sided game : Split class into 4 teams. Play games on full sized court with player positions. Players to rotate positions. Two teams on/two teams off. Those off play keep ball or 10 pass</p> <p>Outcomes: Children to show ability to use a range of passing competently, to be able to pivot and also to be able to shoot with increasing accuracy. Children to show enjoyment of the competition and to demonstrate fairness and good sporting behaviour.</p>
<p>Resources: Netballs, handballs, cones, bibs, hoops</p>	<p>After school club: Y5 netball after school club (spring term)</p>	

PE Topic: Y5 Tag Rugby

<p>Lesson 1</p> <p>Key Skills: Running with the ball</p> <p>Warm-up: : In pairs, reverse wrestling where players try to stop each other standing up when starting from the floor</p> <p>Activities: Steal the ball with 8 groups stealing from middle, then onto stealing from other groups</p> <p>Small sided game: Ball tag, where 3 players try to tag any of the other players in the group with the ball</p> <p>Outcomes: Running with the ball, passing and catching skills</p>	<p>Lesson 2</p> <p>Key Skills: Passing the ball, chasing tags</p> <p>Warm-up : using tag belts, children to play tag chase with one house team at a time doing the chasing</p> <p>Activities: Practice passing the ball amongst the group, reminding children that they can run with the ball.</p> <p>Small-sided games: Children play 4v4 game of 10 tag where a team attempt to keep the ball for 10 tags before the other team get the ball. Encourage a pass before you are tagged.</p> <p>Outcomes: Passing the ball at the correct time, chasing and collecting of tags.</p>	<p>Lesson 3</p> <p>Key Skills: Passing the ball backwards</p> <p>Warm-up : Stuck in mud, release with the pass of a rugby ball</p> <p>Activities: 1) In groups of 6-8, ball is on the ground between two cones with 3/4 players at each cone facing each other. First player runs and scoops up the ball before passing to team mate. On receiving this pass, player 2 runs to middle and puts the ball down for player 3 to collect and so on 2) Groups of 6/8, two players as passers, one with ball. A player from the line runs from cone to cone, receiving the ball from the first passer before advancing past the other player and turning to pass to them.</p> <p>Outcomes: Children to develop concept of passing the ball backwards</p>
<p>Lesson 4</p> <p>Key Skills: To run with the ball and improve speed of passing</p> <p>Warm-up: Play ball tag in 4 groups. 2 balls are passed around the group attempting to catch one 'mouse' by touching(not throwing) the ball against them</p> <p>Activity: Sidestep when running with the ball; two lines of approx 4 facing each other. First player runs towards cone in middle and each other before both side-step to the right and run to opposite line, passing to next player. Small-sided game: Play 4 games of 10 touch game as in lesson 2 but without tags</p> <p>Outcomes: Children to show how to sidestep while running with ball.</p>	<p>Lesson 5</p> <p>Key Skills: To pass the ball into hands of team mate accurately while moving.</p> <p>Warm-up: Octopus; group of 8 all with a ball to chase others as they run from one side to the other. Touch with a ball to tag. Those caught then become tentacles who can reach out and tag others but feet must remain stuck to ground.</p> <p>Activity: Groups of 8, 4 players facing each other, one ball with each group of 4 but at opposite ends. Each group of 4 jog towards the other, passing the ball along line being aware of others coming opposite way. Start slowly and look to gradually increase the speed.</p> <p>Small sided game: Touch rugby: 4 games of approx 4v4, object is to get ball past opponents line. Ball must be passed backwards or sideways when player is touched on waist by opponent.</p> <p>Outcomes: Quick and accurate passing along the line</p>	<p>Lesson 6</p> <p>Key Skills: To use skills learned in class mini-tournament</p> <p>Warm-up: Horse and jockey. Groups of 8 in pairs form inner and outer circle. Balls in middle. Outside players run around circle once before crawling under partners legs to retrieve ball</p> <p>Small-sided game: 4 teams of approx 8. Two teams to play match on each pitch. No player allowed to score 2 successive tries, ball returned to opponents after 6 tags. If only one pitch available, two teams who are not playing, to play ball tag game while not playing small-sided game.</p> <p>Outcomes: Children to show skills, enthusiasm, competitiveness and fair play in game situation</p>
<p>Resources: rugby balls, cones, poles, bibs, tag rugby belts</p>	<p>After school club : Y5/6 Tag rugby ASC autumn term</p>	

PE Topic: Y5 Handball/Hockey

Lesson 1
Key Skills: To show control of the hockey stick and ball
Warm-up: Recap correct use of hockey stick. Each pupil with hockey stick, no ball keeping stick near ground in and out of cones
Activities: 1) All children with hockey stick and ball dribble ball around area, Focus on using flat side of stick and eye on the ball.
2) Each group to set out cones to dribble through. Vary distances between cones to make it easier/harder.
Outcomes: Children to dribble hockey ball with increasing control

Lesson 2
Key Skills: To pass the hockey ball with increasing accuracy
Warm-up : In groups of approx 8. All players except 1 with a ball. Player who is without ball attempts to get a touch on the other players ball with their hockey stick. Swap roles
Activities: 1) In pairs or threes, children pass the ball to each other, stopping the ball after each pass before returning it. Progress to moving after passing.
2) In groups of approx 8, children are given a number and then pass the ball to the next numbered player. Each group plays the other to see which group can be the quickest to complete the set of passes.
Outcomes: Children to pass the ball accurately and with increasing speed.

Lesson 3
Key Skills: To shoot the ball accurately into a goal
Warm-up : Collection of hockey balls in central area. Groups of 4 spaced around the edge. One at a time from each group run to the middle and collect a ball with their stick and return to their own collection area. When all balls gone, steal from other groups.
Activities: 1) Groups of approx 4; set up a goal with cones. Players shoot to the goal from varying distances and angles. Introduce inner cones for players to shoot into the corners of a goal.
2) In same groups, children set up a dribble to be followed by a shot. Children to decide best approach to shooting when attacking down left hand side channel.
Outcomes: Children to shoot with increasing accuracy

Lesson 4
Key Skills: To pass a handball over increasing distances with accuracy
Warm-up: Relay game: 4 groups of approx 8. Player at front rolls the ball through all team mates legs to player at back of line. Player at back runs in and out of line to get to front of line and process starts again
Activities: 1) In pairs, children pass the ball; one handed pass with a throwing action. Use full throw with no bounce and one bounce pass. Gradually increase the distance thrown.
2) In 4 groups of approx 8, children pass the ball around the group, keeping possession away from 1 chaser. Swap roles.
3) Small-side games of approx 4v4. play 5 pass: Each team has to complete 5 consecutive passes to score a point.
Outcomes: Children to demonstrate accurate passing and control of the ball in possession

Lesson 5
Key Skills: To dribble the handball
Warm-up: Relay game: 4 groups of approx 8. Player at front rolls the ball through all team mates legs to player at back of line. Player at back instructs team to lie down and jumps over them all to get to front of line and process starts again
Activities: 1) Remind children that only 3 steps are allowed in handball. In pairs, children dribble for 3 steps and then pass to partner who does the same.
2) Possession game similar to previous week of approx 7v1 but include a dribble if possible before the pass
3) Small sided game: approx 4v4 playing 5 pass but can include a dribble after each pass.
Outcomes: Children to be able to receive a pass before starting a short dribble and passing again

Lesson 6
Key Skills: To shoot the handball with accuracy
Warm-up: 4 groups of approx 8. Relay where 1st player dribbles to line before turning and passing to next player in line. 1st player then runs to back of line
Activities: 1) Groups of approx 4 set up a low height goal and 4 shooting points. In turn, players shoot at the goal, scoring points for every goal.
2) Make the same activity more challenging by placing 2 cones in the corners of each goal. Points are now only scored when the cones are hit.
Small-sided games: Set up 4 games of approx 4 v 4. Play to handball rules of only 3 steps and shooting from outside goal area. Play with no goalkeepers.
Outcomes: Children to be able to shoot the ball one handed into a goal and play a small-sided game of handball

Resources: Hockey sticks, hockey balls, plastic hockey sticks, tennis balls, cones, bibs, handballs, netballs

PE Topic: Y5 Cricket

<p>Lesson 1</p> <p>Key Skills: To catch the ball and throw it accurately</p> <p>Warm-up: All children with a ball, throw into the air and catch, try to clap between catches. Extend to catching with one hand.</p> <p>Activities: 1) In pairs, children throw and catch the ball. Start close and move further apart. Increase the height on throws. 2) 4 games of cricket targetball approx 4v4; cone at each end of pitch surrounded by roped off area which nobody is allowed in. Aim is to hit the cone with an underarm throw. Ball is passed amongst the team, no moving with the ball. Dropped ball goes to other team.</p> <p>Outcomes: Improved catching and throwing skills</p>	<p>Lesson 2</p> <p>Key Skills: To throw a ball with increasing accuracy, practice running between wickets</p> <p>Warm-up: Play keep ball in groups of 8, ball is thrown around group to keep it away from one player in middle. If ball is dropped, player who drops is in middle.</p> <p>Activities: 1) In groups of 4/5, 2 traffic cones, 2 batters to run. Wicket keeper rolls ball out to fielder who throws to either wicket as the batters try to complete a run. Encourage backing up. Rotate positions. 2) Play Run them out game. 2 games of approx 8v8. Batting team in line, first player with bat ready to run to a cone and back. Fielding team in separate line with wicketkeeper behind stumps. Wicketkeeper rolls ball out to fielder, batter runs. If batter is back before the wickets are broken, batter stays in and scores a point. Each team bats and fields.</p> <p>Outcomes: Accurate throwing, teamwork</p>	<p>Lesson 3</p> <p>Key Skills: To recap on bowling a cricket ball</p> <p>Warm-up: 4 games of cricket targetball approx 4v4; cone at each end of pitch surrounded by roped off area which nobody is allowed in. Aim is to hit the cone with an underarm throw. Ball is passed amongst the team, no moving with the ball. Dropped ball goes to other team.</p> <p>Activities: Remind children of correct technique: straight arm, correct grip and follow through. 1) Children in pairs practice bowling to each other looking for the ball to bounce once only 2) Introduce wickets/traffic cones. Groups of 4/5 with a wicketkeeper, practice bowling at the target 3) Introduce a batter and play game where batter faces a ball from everyone in the group. Score as many runs as possible. 3 runs scored for a ball that is too high or wide</p> <p>Outcomes: Teamwork in the game and correct technique for bowling.</p>
<p>Lesson 4</p> <p>Key Skills: To improve accuracy of bowling and try to bowl a good length that is difficult for the batter to hit.</p> <p>Warm-up: Number catching. 4 groups of approx 8. All players numbered and throw to each other in order. Start in small area then spread into other groups to make catching more challenging</p> <p>Activities: 1) Set up 4/5 children with wickets/traffic cone, one wicketkeeper. Place 10 marker cones in area where ball is supposed to land. Remove marker cone when it is hit. After a practice round, play competitively between all of the groups; first group to remove 10 cones wins 2) Groups of 4/5 Game from previous week where batter faces a ball from everyone in the group. Score as many runs as possible. 3 runs scored for a ball that is too high or wide</p> <p>Outcomes: Improved accuracy of bowling, both in length and direction</p>	<p>Lesson 5</p> <p>Key Skills: To learn how to strike the cricket ball accurately</p> <p>Warm-up: Quick runs, safe catches. Groups of approx 8 split into 4v4 4 are running between cones 1 at a time, other 4 make a group where they are throwing the ball to make catches. How many catches before the opponents have all completed 2 runs.</p> <p>Activities: 1) In groups of 4/5, children strike the ball off the tee through cone targets which are guarded by other players. 4 goes each then rotate 2) Teach children how to play French cricket where aim is to underarm bowl the ball from where it is fielded with the aim of hitting the batter below the knee to get them out.</p> <p>Outcomes: Accurate striking of the ball into specific areas.</p>	<p>Lesson 6</p> <p>Key Skills: To incorporate skills learned into a game of continuous cricket</p> <p>Warm-up: Play games of French cricket as learned in previous lesson</p> <p>Activities: Demonstrate game of continuous cricket with approx 8 children. Bowler bowls overarm, batter must attempt to hit the ball and take a run, but run in sideways direction. Fielders return the ball to the bowler who can bowl as soon as they get the ball, even if batter has not returned. New bowler each time there is a new batter or if the batter has scored 10. Batter retires at 20 if still in. Other 3 groups to then play the game.</p> <p>Outcomes: Children to use the skills they have learned to play the game. Good communication, teamwork and fair play.</p>
<p>Resources: kwik cricket bats, balls, wickets, cones, traffic cones, ropes</p>	<p>After school club Y5 cricket ASC (summer term)</p>	<p>Out of school links: Maghull Cricket Club junior training</p>

PE Topic: Y5 Tennis

<p>Lesson 1</p> <p>Key Skills: To play the forehand shot accurately</p> <p>Warm-up: Jogging around outside of court, quick changes of direction, power skipping and heel flicks</p> <p>Activities: 1) Roll to roll. Players in pairs roll the ball to each others forehand side using the rackets. 2) Small court of approx 5m x 2m from cones with a traffic cone for net height. One player as feeder, other to hit returns over the net but into play. Emphasise stiff wrist for control 5 goes each then swap 3) Both players to use rackets an attempt forehand rallies on same court. Try to keep rally going for at least 10 shots</p> <p>Outcomes: Children to be able to demonstrate an accurate forehand shot.</p>	<p>Lesson 2</p> <p>Key Skills: To play the backhand shot accurately</p> <p>Warm-up: Crossover steps moving around outside of grid. One foot crosses in front of other before other foot goes behind to bring level. Repeat but starting with leading foot behind first.</p> <p>Activities: 1) Roll to roll on backhand side, one handed or 2 handed using rackets 2) Small court of approx 5m x 2m from cones with a traffic cone for net height. One player as feeder, other to hit backhand returns over the net but into play. Emphasise stiff wrist for control 5 goes each then swap 3) Both players to use rackets an attempt backhand rallies on same court. Try to keep rally going for at least 10 shots</p> <p>Outcomes: Children to be able to demonstrate an accurate backhand shot.</p>	<p>Lesson 3</p> <p>Key Skills: To play forehand and backhand shots either down the line or cross-court.</p> <p>Warm-up: Do keep-ups with racket and ball. Do 5 on forehand side and then 5 on backhand side which is more challenging</p> <p>Activities: 1) Small court approx 5m x 2m marked by cones with traffic cone for net height. Play game in small court where feeder has 2 tennis racket on the court as targets, one on the forehand side, one on the backhand side. Feeder throws to forehand side and ball is hit back over the net aiming to land ball on either of the rackets. 5 goes each to determine a winner. 2) As above but feed to the backhand side 3) Change partners around so that children have different partners to play.</p> <p>Outcomes: Children to begin to show that they can play shots to different areas of the court.</p>
<p>Lesson 4</p> <p>Key Skills: To develop the accuracy of the volley shot</p> <p>Warm-up: All children with a ball. Sidestepping around outside of court but with a ball to bounce while sidestepping. Change direction, run to middle on command, move in and out of cones.</p> <p>Activities: 1) Small court approx 5m x 2m marked by cones with traffic cone for net height. One feeder, one with racket. Ball is fed for 5 forehand volleys and then 5 backhand volleys. Player must try to volley the ball back into hands of feeder. 2) Place 2 cones on the court which are targets for the volleyer to try and hit. 6 goes each; 3 goes with a forehand volley, 3 with a backhand volley 3) Change partners to play the game again</p> <p>Outcomes: Children to become more accurate when playing the volley.</p>	<p>Lesson 5</p> <p>Key Skills: To start to serve the ball overarm</p> <p>Warm-up: Knockout; All children with a ball balanced on racket move around area. Using spare hand, other players can be pushed (carefully) to make them lose control of the ball</p> <p>Activities: 1) Players in pairs approx 10m apart, throw the ball overarm to each other with sideways action similar to a serve. Introduce a net (tape across between the pairs and a marker cone to signal where the ball has to land to be in play. 2) Introduce a racket for one of the players to hit serves across to each other. Play a game where a point is scored for every serve that is hit and caught by in play.</p> <p>Outcomes: Children to be able to hit a serve with an overarm action</p>	<p>Key Skills: To apply skills learned to playing mini-tennis matches in a tournament</p> <p>Warm-up: Playing area set out for tournament. In warm-up children in pairs run with a ball to one of the courts, underarm throw over the net to their partner who then moves to another court.</p> <p>Activities: Set up as many mini-courts as space permits taking account of safety. Courts to be made from cones with traffic cones as nets (8 would be ideal as it allows children to play all of the time) Children in pairs or threes. Each game is played up to 5 points and starts with a serve from behind the base line. Disputed points should be re-played. Frequent changes of opponents. Encourage fair play and sporting behaviour with the traditional handshake after the game.</p> <p>Outcomes: Children to demonstrate a range of skills that they have learned and play competitively and fairly</p>
<p>Resources: Slo-coach tennis balls, larger foam balls (easier) Tennis rackets (1 each), marker cones, traffic cones, tennis nets</p>	<p>After school club: Y5 and Y6 annual doubles tennis tournaments(lunchtimes)</p>	