Physical Education - Years 5 and Year 6

CURRICULUM ROADMAP

BEDE'S AMBITIOUS ACADEMIC FACULTIES





Gymnastics - Balance, movement and travelling. Utilising apparatus such as vauls, balance beams.

SUMMER TERM

Racquet Sports - Table Tennis, Badminton, Pickleball, Padel. Looking at techniques, matchplay. Court positioning.

Team Sports - Utilise individual and team strengths, Analyse performances and tactics. Go into more depth in spatial awareness and movement.

Athletics - Working through different events . Techniques and prep for sports day. Entry of IAPS and national competitions.

SPRING TERM

AUTUMN TERM



Team sports - Basketball, Volleyball, Stoolball, Rugby, Netball. Tactics, spatial awareness.

Fitness- Pupils will test fitness levels and look at ways to improve them. Going into more depth about the human body.

Fitness - Fitness testing.

Y6

SUMMER TERM



Gymnastics - Balance, movement and travelling. Routines and apparatus. Short half term with minimal lessons.

Athletics - Working through different events . Techniques and prep for sports day.

Racquet Sports - Pickleball, Padel, Table Tennis, Badminton.

SPRING TERM



Fitness - Fitness testing.

Racquet Sports - Court Positioning, Tactics, Shot techniques, Matchplay



Y5

AUTUMN TERM

Fitness - Different types of fitness testing using worksheets for pupils to see where they are at the beginning and end of the term.

Team sports - Basketball, Volleyball, Stoolball, Rugby, Netball.

Team Sports - Utilise individual and team strengths, Analyse performances and tactics.

