



ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 5	SUMMER TERM UNIT 5: Cricket UNIT 6: Athletics
Knowledge Focus	Cricket	Athletics	
National Curriculum Knowledge	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Use running, jumping, throwing and catching in isolation and in combination	
Year 5 Summer Term	<p>Key Knowledge & Skills:</p> <ul style="list-style-type: none"> To know how to overarm throw; To know how to under arm bowl; To know how to catch; To know how to grip the bat and develop technique; To know the short barrier; To know the overarm bowling technique; To know how the different roles within the game and play them; To know the rules to play mini cricket. 		
		<p>Key Knowledge & Skills:</p> <ul style="list-style-type: none"> To know how to apply different speeds over varying distances; To know how to develop coordination when running at speed; To know how to changeover during relays; To know how to develop power, control and consistency when jumping for height and distance; To know the technique for triple jump; To know how to officiate and record. 	