

Year 5/6 – Unit 5 – Health and Fitness

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<b>Static Balance</b> Stance	<b>On a line and then a low beam, maintaining balance:</b> <ul style="list-style-type: none"> <li>- To know how to throw and catch 2 small balls alternately, using both hands, both close to and away from my body.</li> <li>- To know how to strike a small ball back to a partner with a racket.</li> <li>- To know how to strike a small ball back to a partner from across my body with a racket.</li> </ul>	<b>On a line and then a low beam, maintaining balance:</b> <ul style="list-style-type: none"> <li>- To know how to throw and catch a small ball, catching across the body with either hand.</li> <li>- To know how to throw and catch 2 balls alternately, catching across my body with either hand.</li> <li>- To know how to volley a large ball back to a partner with either foot.</li> </ul>
4 - 6	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<b>Coordination</b> Footwork	<b>With fluency and control, starting slowly and then at maximum speed:</b> <ul style="list-style-type: none"> <li>- To know how to move in a 3-step zigzag pattern while alternating knee raise and foot behind.</li> <li>- To know how to move backwards in a 3-step zigzag pattern with cross-over (swerve).</li> <li>- To know how to move backwards in a 3-step zigzag pattern with knee raise across my body.</li> </ul>	<b>With fluency and control, starting slowly and then at maximum speed:</b> <ul style="list-style-type: none"> <li>- To know how to move backwards in a 3-step zigzag pattern with foot behind.</li> <li>- To know how to move backwards in a 3-step zigzag pattern with alternating knee lift and foot behind.</li> </ul>