



## SESSION PLANNER OVERVIEW

Subject :

PE & GAMES

Year Group: 5 & 6

### BLOCK 1 ( 12 weeks) OBJECTIVES

#### INVASION GAMES

Developing and improving skillful attack and team play, working as a team and exploring ways to defend alongside the importance of fitness

To use skills / tactics to overcome opponents, reach good positions to shoot on goal within even sided games

### BLOCK 4 ( 6 weeks) OBJECTIVES

#### NET / WALL GAMES

Developing the range and quality of racket skills. Learning tactics and the game of short Tennis

Developing an effective technique to apply in games to outwit an opponent on a court

To serve and make shots using tactics relating to their opponent , the space they are working an and the shot to make

### BLOCK 2 continued OBJECTIVES

#### INVASION GAMES CONTINUED

Possession, passing, dribbling, shooting, shielding, support, covering, marking, attacker, defender

Can be split in 4 week blocks :

TAG RUGBY  
FOOTBALL  
HOCKEY

### BLOCK 5 ( 6 weeks) OBJECTIVES

#### STRIKING AND FIELDING

Developing the range and quality of skills and understanding, exploring roles of batter/fielder/wicket keeper or back stop and bowler

Striking the ball with pace/ power and accuracy with awareness of fielders and their positions in order to score runs.

Fielding to prevent runs being scored , being alert , well positioned and ready to react

### BLOCK 3 ( 6 weeks) OBJECTIVES

Developing team skills and the importance of using the space well and supporting players to form an effective team, developing reacting quickly to move to the ball / away from the ball and into space

Exploring and improving receiving skills during gameplay and using disguise to outwit opponents

BASKETBALL / NETBALL / DODGEBALL /  
HANDBALL

### BLOCK 6 ( 6 weeks) OBJECTIVES

#### ATHLETICS

Developing technical understanding of athletic activity.

Learning how to set targets and improve using self and peer assessment in short sprints, start positions , longer distance , jumping and throwing activities

Understanding of how being fit and performing well are related

Coaching, umpiring, recording, judging activities