

PE - CM1 / YEAR 5

		SEMESTER 1	SEMESTER 2
<p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	Frisbee		
	Netball		
	Volleyball		
	Rugby		
	Football		
	Cricket		
	Rounders		
	Badminton		
<p>Develop their technique and improve their performance in other competitive sports</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	Climbing		
	Gymnastics		
	Athletics		
	Wrestling		