

PE Skills

Expected by End of Year 5

GAMES

(including a range of Net & Wall, Invasion and Striking & Fielding)

- Pupils can move with a ball under control and can use attacking and defending skills with growing success in a game situation.
- They can play as part of a team in games and can offer advice to others on how to improve their performance.
- Pupils can lead simple warm ups and discuss the effects of this on the body.

Gymnastics

- Pupils can link ideas and skills with greater control and fluency and can work well with a partner or small group.
- They can create and perform longer and more complex sequences accurately changing direction, levels, pathways and speed.
- Pupils can use gymnastic vocabulary with confidence when talking about a performance and can describe the effects of exercise on the body

Dance

- Pupils can create and link movement phrases with greater control and fluency and can work well with a partner and small groups.
- They can create and perform longer and more complex phrases responding to a range of stimuli and accompaniment accurately using changes of direction, levels, pathways, formations and speed.
- Pupils can use dance vocabulary with confidence when talking about a performance and can describe the effects of exercise on the body.

Outdoor and Adventurous Activities

- Take part in outdoor and adventurous activity challenges both individually and within a team

Swimming

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]