

## PE Skills Progression Year 5

| Year 5     | Invasion Games<br>(Competitive Sports)   | Gymnastics   | Dance  | Net and Wall  | Striking and Fielding   | Multiskills and athletics  | Outdoor/Forest School  |
|------------|--|--|--|---|---|--|--|
| Key Skills | <p>Change speed and direction with ball to get away from defender.</p> <p>Mark an opponent.</p> <p>Shoot accurately in a variety of ways.</p> <p>Takes part in competitive games with a strong understanding of tactics and composition.</p> | <p>Develop strength, technique and flexibility throughout performances.</p> <p>Links skills with control, technique, coordination and fluency.</p> <p>Create and perform sequences using apparatus individually and with a partner.</p> <p>Use strength and flexibility to improve the</p> | <p>Demonstrates strong movements throughout a dance sequence.</p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</p> | <p>Hold and swing racket and where to stand on the court.</p> <p>Hit the ball on both sides of the body and above head.</p> <p>Using different types of shots during a game.</p> <p>Understand the need for tactics and make decisions.</p> <p>Play cooperatively with a partner.</p> | <p>To sometimes strike a bowled ball.</p> <p>Use tactics effectively in a competitive situation.</p> <p>Develop the range and consistency of their skills e.g. throwing, catching and striking a ball accurately to a static and moving partner at different distances.</p> | <p>Choose their favourite ways of running, jumping and throwing.</p> <p>Choose the best equipment for different activities.</p> <p>Know how to plan a run so they pace themselves.</p> <p>Show accuracy and good technique when throwing for distance.</p> | <p>Den building.</p> <p>Leaf &amp; Tree I.D.</p> <p>Scavenger hunt.</p> <p>Tree climbing.</p> <p>Art &amp; craft making spiritual face/design with leaves, sticks, mud.</p> <p>Sessions on fire and safety.</p> <p>Make own tools.</p> <p>Make own small scale fires.</p> <p>Cooking tasty snacks weekly with fire.</p> <p>Using tools.</p> <p>Create wildlife habitats.</p> <p>How to support eco system &amp; environment.</p> |



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|--|--|----------------------------------|--|------------------------|--|---------------------------|-----------------------------------|
|  | <p>Apply basic skills for attacking and defending.</p> <p>Uses running, jumping, throwing and catching in isolation and combination.</p> | <p>quality of a performance.</p> | <p>Composing more complex routines with clear sections, starting to use mirroring, canon and repetition.</p> |                        |  |                           |                                   |
| <p>When Taught And who by</p> <p>(black - sports coach)</p> <p>(green - class teacher)</p> | <p>Autumn 1 Netball</p> <p>Spring 2 Tag Rugby</p> <p>Autumn 1 Basketball</p> <p>Autumn 2 Football</p> <p>Spring 1 Invasion Games</p>     | <p>Spring 1 Gymnastics</p>       | <p>Autumn 2 Dance</p>  | <p>Summer 1 Tennis</p> | <p>Summer 2 Rounders</p> <p>Summer 2 Cricket</p> | <p>Summer 1 Athletics</p> | <p>Spring 1 &amp; 2 Friday PM</p> |

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|-----------|--|---|--|--|--|--|---------------------------|
|           | Spring 2 Uni-hoc   |   |  |  |  |  |                           |
| Key Vocab | Attack, defend, throw, catch, shoot, mark, dribble, kick, score, opponent. | Perform, sequence, adapt, apparatus, travelling, balancing. | Canon, communicate, copy, direction, freeze, mirror, pace, rotate, space, stretch, turn. | Throw, catch, receive, direction, opponent, length, court, racket. | Throw, catch, speed, underarm, overarm, direction, strike, bounce, bowl. | Distance, hop, skip, jump, accuracy, speed, steady pace. | Den, fire, safety, tools. |