

## PE Skills Progression Year 5

Year 5	Invasion Games (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>



## PE Skills Progression Year 5

	<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>



## PE Skills Progression Year 5

	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.