



## Year 5 - Progression of Knowledge and Skills- PE

Term	Knowledge	Skills
<p data-bbox="244 458 422 496"><b>Autumn 1</b></p> <p data-bbox="201 576 466 615"><b>Topic: Invasion</b></p> <p data-bbox="270 636 397 675"><b>Games</b></p> <p data-bbox="147 696 524 793">(basketball, football, tag rugby and hockey)</p> <p data-bbox="163 872 509 911"><b>Motor Competence</b></p> <p data-bbox="155 932 517 1025"><b>Rules, Strategies and Tactics</b></p> <p data-bbox="155 1046 517 1085"><b>Healthy Participation</b></p>	<p data-bbox="550 396 1409 572"><b>Sending &amp; Receiving:</b> know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. Know that cushioning a ball will help me to control it when receiving it.</p> <p data-bbox="550 589 1409 765"><b>Dribbling:</b> know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. Know that protecting the ball as I dribble will help me to maintain possession.</p> <p data-bbox="550 782 1409 858"><b>Space:</b> know that by moving to space even if not receiving the ball will create space for a teammate.</p> <p data-bbox="550 875 1294 908"><b>Attacking:</b> recognise when to pass and when to shoot.</p> <p data-bbox="550 925 1378 1001"><b>Defending:</b> know when to mark and when to attempt to win the ball.</p> <p data-bbox="550 1018 1409 1193"><b>Tactics:</b> know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.</p> <p data-bbox="550 1210 1386 1386"><b>Rules:</b> know and understand the rules to be able to manage our own game. Understand and apply rules in a variety of invasion games whilst playing and officiating. Know how to be a good team player and understand the rules of fair play.</p>	<p data-bbox="1434 396 2252 622"><b>Sending &amp; Receiving:</b> develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success. Develop control when S&amp;R under pressure.</p> <p data-bbox="1434 639 2193 765"><b>Dribbling:</b> link dribbling the ball with other actions and change direction whilst dribbling with some control. Dribble with some control under pressure.</p> <p data-bbox="1434 782 2244 858"><b>Space:</b> explore moving to create space for themselves and others in their team.</p> <p data-bbox="1434 875 2252 1001"><b>Attacking:</b> develop movement skills to lose a defender. Use a variety of techniques to lose an opponent e.g. change of direction or speed.</p> <p data-bbox="1434 1018 2219 1143"><b>Defending:</b> develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.</p> <p data-bbox="1434 1160 2262 1336"><b>Health and fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

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<p style="text-align: center;"><b>Autumn 2</b></p> <p><b>Topic: Gymnastics</b></p> <p>Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p><b>Shapes:</b> understand how shapes can be used to improve my sequence. Understand that shapes underpin all other skills.</p> <p><b>Inverted movements:</b> know that inverted movements are actions in which my hips go above my head. Understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</p> <p><b>Balances:</b> know how to keep myself and others safe when performing partner balances.</p> <p><b>Rolls:</b> understand that I can keep the shape of my roll using body tension. Understand that I need to work within my own capabilities and this may be different to others.</p> <p><b>Jumps:</b> develop control in performing and landing rotation jumps. Select a range of jumps to include in sequence work. understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</p>	<p><b>Shapes:</b> develop the range of shapes I use in my sequences. Inverted movements: develop strength in bridge and shoulder stand. Perform shapes consistently and fluently linked with other gymnastic actions.</p> <p><b>Inverted movements:</b> know that inverted movements are actions in which my hips go above my head. Explore progressions of a cartwheel.</p> <p><b>Balances:</b> develop control and fluency in individual and partner balances. Explore symmetrical and asymmetrical balances.</p> <p><b>Rolls:</b> develop control in the straight, barrel, and forward roll. Jumps: develop stepping into shape jumps with control. Crouched forward roll, Forward roll from standing, Tucked backward roll.</p> <p><b>Jumps:</b> Straight jump, Tuck jump, Jumping jack, Star jump, Straddle jump, Pike jump, Straight jump half-turn, Cat leap. Select a range of jumps to include in sequence work.</p>

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<p style="text-align: center;"><b>Autumn 2</b>  <b>Topic: Gymnastics</b>            Motor Competence            Rules, Strategies and            Tactics            Healthy Participation</p>	<p><b>Strategy:</b> know that if I use different levels it will help to make my sequence look interesting. Know that if I use different pathways it will help to make my sequence look interesting.</p>	<p><b>Sequencing:</b> Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p><b>Health and fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>
<p style="text-align: center;"><b>Spring 1</b>  <b>Topic: Interpretive Dance</b>            The Solar System            Motor Competence            Rules, Strategies and            Tactics</p>	<p><b>Actions:</b> respond imaginatively to a range of stimuli related to character and narrative. Understand that different dance styles utilise selected actions to develop sequences in a specific style.</p> <p><b>Compose:</b> Compose an interpretive dance that reflects and responds to the movement of the Solar System. Compose longer dance sequences in a small group.</p>	<p><b>Actions:</b> understand that some actions are better suited to a certain character, mood or idea than others. Develop flexibility, strength, technique, control and balance. Demonstrate precision and some control in response to stimuli. Choreograph dances by using, adapting and developing actions and steps from different dance styles.</p> <p><b>Dynamics:</b> understand that some dynamics are better suited to a certain character, mood or idea than others. Vary dynamics and develop actions and motifs in response to musical and image stimuli</p>

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<p style="text-align: center;"><b>Spring 1</b></p> <p style="text-align: center;"><b>Topic: Interpretive Dance The Solar System</b></p> <p style="text-align: center;"><b>Motor Competence Rules, Strategies and Tactics Healthy Participation</b></p>	<p><b>Dynamics:</b> change dynamics confidently within a performance to express changes in mood or character.</p> <p><b>Space:</b> confidently use changes in level, direction and pathway. Understand that space relates to where my body moves both on the floor and in the air.</p> <p><b>Relationships:</b> use action and reaction to represent an idea. Understand that different dance styles utilise selected relationships to express mood.</p> <p><b>Performance:</b> perform complex dances that communicate narrative and moods well, performing clearly and fluently. Understand what makes a performance effective and know how to apply these principles to my own and others' work.</p> <p><b>Strategy:</b> know that I can select from a range of dance techniques to translate my idea. Know that if I use dance principles it will help me to express an atmosphere or mood.</p>	<p><b>Space:</b> understand that space can be used to express a certain character, mood or idea. Demonstrate rhythm and spatial awareness.</p> <p><b>Relationships:</b> understand that some relationships are better suited to a certain character, mood or idea than others. Confidently improvise with a partner or on their own.</p> <p><b>Performance:</b> know that being aware of other performers in my group will help us to move in time. perform dances expressively, using a range of performance skills, showing accuracy and fluency.</p> <p><b>Strategy:</b> know that I can select from a range of dance techniques to translate my idea</p> <p><b>Health and Fitness:</b> Carry out warm-ups and cool-downs safely and effectively. Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.</p>

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<p style="text-align: center;"><b>Spring 2</b></p> <p style="text-align: center;"><b>Topic: Net and Wall Volleyball, Badminton, Tennis</b></p> <p style="text-align: center;"><b>Motor Competence</b> <b>Rules, Strategies and Tactics</b> <b>Healthy Participation</b></p>	<p><b>Shots:</b> know which skill to choose for the situation e.g. a volley if the ball is close to the net. Understand when to play a forehand and a backhand and why.</p> <p><b>Serving:</b> know that serving is how to start a game or rally and use the rules applied to the activity for serving.</p> <p><b>Rallying:</b> know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going.</p> <p><b>Footwork:</b> know that using small, quick steps will allow me to adjust my stance to play a shot.</p> <p><b>Tactics:</b> know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points. Understand the need for tactics and identify when to use them in different situations.</p> <p><b>Rules:</b> Understand and apply rules in a variety of net and wall games whilst playing and officiating.</p>	<p><b>Shots:</b> demonstrate technique when using shots playing cooperatively and beginning to execute this competitively. Develop the range of shots used in a variety of games.</p> <p><b>Rallying:</b> Develop rallying using both forehand and backhand with increased technique. Develop the range of shots used in a variety of games.</p> <p><b>Footwork:</b> consistently use and return to the ready position in between shots. Demonstrate effective footwork patterns to move around the court.</p> <p><b>Health and Fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>



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<p style="text-align: center;"><b>Summer 1</b></p> <p style="text-align: center;"><b>Topic: Athletics Swimming</b></p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p><b>Running:</b> understand that I need to pace myself when running further or for a long period of time. understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances.</p> <p><b>Jumping:</b> know that if I drive my knees high and fast I can build power and therefore distance in my jumps.</p> <p><b>Throwing:</b> know how to transfer my weight in different throws to increase the distance.</p> <p><b>Rules:</b> know the rules of the event and begin to apply them. Know and understand the rules to be able to manage our own events</p> <p><b>Compete/Perform:</b> Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p><b>Strength:</b> know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p>	<p><b>Running:</b> develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. Apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.</p> <p><b>Jumping:</b> Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control. Explore technique and rhythm in the triple jump.</p> <p><b>Throwing:</b> Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance. Explore power and technique when throwing for distance in a pull and heave throw. Develop technique and power in javelin.</p>



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<p style="text-align: center;"><b>Summer 1</b></p> <p style="text-align: center;"><b>Topic: Athletics</b></p> <p style="text-align: center;"><b>Swimming</b></p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p><b>Stamina:</b> understand that I need to pace myself when running further or for a long period of time.</p> <p><b>Swimming Knowledge:</b></p> <p><b>Strokes:</b> Understand that using cupped hands will help me to swim as the water cannot escape between my fingers. Understand that moving my arms quickly will help me to pass through the water.</p> <p><b>Breathing:</b> Know that I need to take a big breath before submerging. Know that when I swim, I inhale through my mouth when my face is above water and exhale through my mouth or nose when my face is underwater.</p> <p><b>Water safety:</b> Understand that floating can help me to stay safe. Understand that floating uses less energy than swimming.</p> <p><b>Rules:</b> Know that walking on poolside helps to keep me safe. Know how to safely enter and exit the pool.</p>	<p><b>Health and fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p> <p><b>Swimming Skills:</b></p> <p><b>Strokes:</b> Can swim over a 10m distance with a buoyancy aid. Begin to use arms and legs together, more effectively across the water unaided.</p> <p><b>Breathing:</b> Can submerge confidently in the water. Begin to explore breathing in sync with my kicking action.</p> <p><b>Water safety:</b> Become aware of water safety and explore floating on my front and back. Demonstrate an awareness of water safety and float on my front and on my back.</p>

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<p style="text-align: center;"><b>Summer 2</b></p> <p style="text-align: center;"><b>Topic:</b> <b>Striking and fielding</b> <b>Swimming</b></p> <p style="text-align: center;"><b>Motor Competence</b> <b>Rules, Strategies and</b> <b>Tactics</b> <b>Healthy Participation</b></p>	<p><b>Striking:</b> know that striking to space away from fielders will help me to score. Understand that stance is important to allow me to be balanced as I hit.</p> <p><b>Fielding:</b> know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball. Know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p><b>Throwing:</b> know that overarm throwing is used for long distances and underarm throwing for shorter distances. Understand where to throw the ball in relation to where a batter is.</p> <p><b>Catching:</b> know to move my feet to the ball. Understand when to use a close catch technique or deep catch technique.</p> <p><b>Tactics:</b> understand the need for tactics and identify when to use them in different situations.</p>	<p><b>Striking:</b> explore defensive and driving hitting techniques and directional batting.</p> <p><b>Fielding:</b> develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.</p> <p><b>Throwing:</b> demonstrate good technique when using a variety of throws under pressure.</p> <p><b>Catching:</b> explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations</p> <p><b>Health and fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>



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<p data-bbox="242 458 422 494"><b>Summer 2</b></p> <p data-bbox="155 576 512 733"><b>Topic: Striking and fielding Swimming</b></p> <p data-bbox="155 811 512 1025"><b>Motor Competence Rules, Strategies and Tactics Healthy Participation</b></p>	<p data-bbox="550 396 1386 586">Know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points.</p> <p data-bbox="550 604 1386 691"><b>Rules:</b> understand and apply rules in a variety of striking and fielding games whilst playing and officiating</p> <p data-bbox="550 708 881 743"><b>Swimming Knowledge:</b></p> <p data-bbox="550 761 1386 951"><b>Strokes:</b> Understand that using cupped hands will help me to swim as the water cannot escape between my fingers. Understand that moving my arms quickly will help me to pass through the water.</p> <p data-bbox="550 968 1386 1158"><b>Breathing:</b> Know that I need to take a big breath before submerging. Know that when I swim, I inhale through my mouth when my face is above water and exhale through my mouth or nose when my face is underwater.</p> <p data-bbox="550 1175 1386 1308"><b>Water safety:</b> Understand that floating can help me to stay safe. Understand that floating uses less energy than swimming.</p> <p data-bbox="550 1325 1386 1405"><b>Rules:</b> Know that walking on poolside helps to keep me safe. Know how to safely enter and exit the pool.</p>	<p data-bbox="1437 396 1679 432"><b>Swimming Skills:</b></p> <p data-bbox="1437 449 2193 586"><b>Strokes:</b> Can swim over a 10m distance with a buoyancy aid. Begin to use arms and legs together, more effectively across the water unaided.</p> <p data-bbox="1437 604 2181 741"><b>Breathing:</b> Can submerge confidently in the water. Begin to explore breathing in sync with my kicking action.</p> <p data-bbox="1437 758 2252 948"><b>Water safety:</b> Become aware of water safety and explore floating on my front and back. Demonstrate an awareness of water safety and float on my front and on my back.</p>