

Year 5 - Progression of Knowledge and Skills PE

Term	Children can:
AUT 1	▪ Understand that they start on the 'line of scrimmage' ▪ Run different types of routes ▪ Run the comeback, curl, in, out, wheel, slant, flag, post and go routes ▪ Understand they need to create space as they run their route ▪ Know on the QB's call, they plant and accelerate along their route ▪ Know how to play man to man coverage ▪ Close the gap on the person they are covering ▪ Understand what zone on the field they are covering ▪ Understand that they need to drop to the back of zone ▪ Organise their team and call plays to set up an attack ▪ Play small games following the rules provided ▪ Put into practice the techniques shown ▪ Come up with a variety of offensive plays to score a touchdown

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Term	Children can:
AUT 2	▪ Throw the ball in a variety of directions with a degree of accuracy ▪ Consistently dodge the ball in a variety of ways ▪ Consistently catch a ball during a game of dodgeball ▪ Know how to block and protect in a game ▪ Catch the ball in the ready position during the game ▪ React quickly and dodge a ball thrown at them ▪ Listen to others and work well within a team ▪ Evaluate and recognise success to help improve theirs and others performance

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Term	Children can:
SPR 1	▪ Perform and combine different types of movements with control and fluency ▪ Talk about the effects of exercise, before and after taking part ▪ Combine skills within an activity and move between them with control and fluency ▪ Explain how skills are used within an activity and identify which activities require more than one skill ▪ Assist their peers to complete exercises and record scores correctly ▪ Evaluate their performance and talk about how they can improve their scores ▪ Explain how they have used feedback from a partner to improve their performance ▪ Talk about their improvements in their performance and give reasons why

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Term	Children can:
SPR 2	▪ Perform and combine different types of movements with control and fluency ▪ Talk about the effects of exercise, before and after taking part ▪ Combine skills within an activity and move between them with control and fluency ▪ Explain how skills are used within an activity and identify which activities require more than one skill ▪ Assist their peers to complete exercises and record scores correctly ▪ Evaluate their performance and talk about how they can improve their scores ▪ Explain how they have used feedback from a partner to improve their performance ▪ Talk about their improvements in their performance and give reasons why

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Term	Children can:
SUM 1	▪ Use a range of fielding skills with growing control and consistency ▪ Strike a bowled ball ▪ Use a range of skills, e.g. throwing, striking and fielding with some control and accuracy ▪ Intercept and stop the ball with consistency and be able to catch the ball ▪ Judge how far they can run to score points ▪ Field with increased accuracy ▪ Throw over arm with accuracy and for a good distance ▪ Direct the ball away from fielders using different angles and speeds

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Term	Children can:
SUM 2	▪ Understand and can explain different track and field events ▪ Start to show developed running, throwing and jumping skills ▪ Start to show a developed running technique for sprinting, showing good coordination and control ▪ Accurately throw a variety of athletic equipment for distance ▪ Use the upper body to gain distance on the jump ▪ Understand and identify when a technique has not been performed effectively ▪ Demonstrate stamina to maintain a sustained run