

Name: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PE – Year 5**

**Autumn 2 – Invasion Games**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I create and perform sequences using apparatus, individually and with a partner? |  |  |
| Can I use strength and flexibility to improve the quality of a performance? |  |  |
| Can I perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions? |  |  |
| Can I explore symmetrical and asymmetrical balances? |  |  |
| Can I select a range of jumps to include in sequence work showing different shapes and directions in the air and show flight from feet to hands to feet? |  |  |
| Can I perform with control and fluency the straight, barrel, forward, straddle and backwards roll? |  |  |
| Can I explore progressions of a cartwheel? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I use a set criteria to make simple judgements about performances and suggest ways they could be improved? |  |  |
| Can I work safely when learning a new skill to keep myself and others safe?**Spring 1 - Dance** |  |  |

**Autumn 1 - Gymnastics**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I dribble, pass, receive and shoot the ball with some control under pressure and in game situations? |  |  |
| Can I use control when sending and receiving under pressure? |  |  |
| Can I explore creating tactics with others and apply them to different game situations? |  |  |
| Can I track and mark with a variety of techniques and increased success and intercept when necessary? |  |  |
| Can I move to create space for myself and others in my team to keep possession of the ball? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I understand the need for tactics and can identify when to use them in different game situations? |  |  |
| Can I understand the rules of the game and apply them honestly most of the time? |  |  |

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A close-up of a logo  Description automatically generated with low confidence | Can I accurately copy and repeat set choreography? |  |  |
| Can I choreograph phrases individually and with others considering actions and dynamics? |  |  |
| Can I use counts when choreographing to stay in time with others and the music? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I suggest ways to improve my own and other peoples work using key terminology?  |  |  |
| Can I use feedback provided to improve my work? |  |  |

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I strike a ball with increased consistency?  |  |  |
| Can I develop over and under arm bowling techniques and use a variety of throws under pressure? |  |  |
| Can I explore catching skills (close/deep/wicket keeping etc) and apply these with some consistency in game situations? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I understand the need for tactics and identify when to use them in different game situations? |  |  |
| Can I understand the rules of the game and apply them honestly most of the time whilst working cooperatively with others? |  |  |
| Can I understand there are different skills for different situations, and I am beginning to use these? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I work cooperatively with others to manage a game? |  |  |

**Spring 2 – Striking & Fielding**

 **Summer 2 – Net & Wall Games**

 **Summer 1 - Athletics**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I effectively apply speeds appropriate for a running event? |  |  |
| Can I perform a range of jumps showing some technique and control? |  |  |
| Can I show accuracy and power when throwing for distance? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I identify good athletic performance and explain why it was good? |  |  |

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I develop the range of shots used in the games I play?  |  |  |
| Can I develop my range of serving techniques appropriate to the game? |  |  |
| Can I use a variety of shots to keep a continuous rally?  |  |  |
| Can I demonstrate effective footwork patterns to move around the court? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I understand the need for tactics and identify when to use them in different situations? |  |  |
| Can I understand the rules of the game and apply them honestly most of the time? |  |  |

**Swimming**

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|  | **Success Criteria:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I swim competently, confidently and proficiently over a distance of at least 25 metres? |  |  |
| Can I use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)? |  |  |
| Can I perform safe self-rescue in different water-based situations? |  |  |