

Year 5

Dance

To compose motifs and plan dances creatively and collaboratively in groups.

To perform different styles of dance clearly and fluently.

Gymnastics

To create, practise and refine longer, more complex sequences for a performance, including changes in level, direction and speed.

Invasion Games

To pass, dribble and shoot with control in games.

To mark opponents and help each other in defence.

Net Games

To understand the need for tactics.

To use forehand, backhand and overhead shots increasingly well in the games they play.

To play cooperatively with a partner.

Striking and Fielding

To strike a bowled ball.

To use a range of fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control and consistency.

To work collaboratively in pairs, group activities and small-sided games.

Athletics

To choose the best pace for a running event, so that they can sustain their running and improve on a personal target.

To show accuracy and good technique when throwing for distance.

Outdoor Adventurous Activities

To use a map / diagrams to navigate others and myself around the school ground.

Healthy Lifestyle

To understand how stamina and power help people to perform well in different athletic activities.

Swimming

To develop basic pool safety and confidence in water.

Can swim at least 25 metres.

Can use different strokes when swimming on my front or back.