

| Physical Education<br>Year 5  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Physical skills               | <ul style="list-style-type: none"> <li>• Perform a variety of movements and skills with good body tension and strong control</li> <li>• Use a combination of skills confidently in sporting contexts</li> <li>• Perform a range of skills fluently and accurately in practise and competitive situations, working cooperatively with others to put strategies and solutions into place</li> <li>• Perform balance, agility and co-ordination skills in a range of activities with increasing control and accuracy, linking actions together so that they flow in running, jumping and throwing activities</li> <li>• Play competitive sports implementing fundamental skills into them - including hockey/netball/tag-rugby/rounders/cricket</li> <li>• Effectively take part in outdoor activity challenges both individually and in a team and build up stamina</li> </ul> |
| Cognitive and creative skills | <ul style="list-style-type: none"> <li>• Understand ways to judge their peer's performance (criteria) and identify specific parts to continue to work upon</li> <li>• Show good awareness of space and the actions of others</li> <li>• Change and develop tactics/rules/tasks to make activities more challenging</li> <li>• Respond to different situations adapting and adjusting skills so they are different from or in contrast to others</li> <li>• Evaluate a sequence and suggest improvements to speed/direction and level applying some basic criteria</li> </ul>                                                                                                                                                                                                                                                                                                 |
| Personal skills               | <ul style="list-style-type: none"> <li>• Improve their stamina and resilience levels when things become challenging</li> <li>• Develop confidence and competence</li> <li>• Work and compete individually and with others in games demonstrating good sportsmanship</li> <li>• Recognise that strength and suppleness are important parts of fitness</li> <li>• See all new opportunities to learn and develop, analysing all strengths and weaknesses and setting appropriate self targets</li> <li>• Compare their performance with previous ones and demonstrate improvements to achieve their personal best</li> </ul>                                                                                                                                                                                                                                                   |
| Health and Fitness Skills     | <ul style="list-style-type: none"> <li>• Understand fully why exercise is good for fitness, health and wellbeing</li> <li>• Self select and perform appropriate warm ups and</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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|                   | cool down activities <ul style="list-style-type: none"> <li>Identify possible dangers when planning an activity</li> <li>Use equipment safely and appropriately, including setting activities up, with indirect supervision</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Swimming          | <ul style="list-style-type: none"> <li>Swim 25metre and keep swimming for 45-90 seconds</li> <li>Use 3 different strokes, for example front crawl, backstroke and breaststroke, controlling their breathing</li> <li>Swim confidently and fluently on the surface and under the water</li> <li>Recognise how swimming affects their bodies and pace their efforts to meet different challenges</li> <li>Perform safe self-rescue in different water-based situations</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Key vocabulary    | Related Vocabulary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Greater Depth:    | <ul style="list-style-type: none"> <li>Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control</li> <li>Know and apply the strategic and tactical principles of various games and adapt them to different situations</li> <li>Analyse the impact of food choices relative to physical activity</li> <li>Individual talents and interests (in and out of school) are enhanced</li> </ul> <p><b><u>Swimming</u></b></p> <ul style="list-style-type: none"> <li>Swim further than 100 metres fluently and confidently for over 90 seconds</li> <li>Use all 3 strokes with control and begin to swim short distances using the butterfly technique</li> <li>Perform a wide range of personal survival techniques</li> <li>Describe good swimming techniques and explain and demonstrate this to their peers</li> </ul> |
| Topic/Novel Link: |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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| Defined End Point                                                                                                                                                                                                                                                                                                                                                      |
| <ul style="list-style-type: none"> <li>Continued development of precision to excel in a broad range of physical activities by evaluating the performance of themselves and others</li> <li>Increasingly engage in competitive sports and activities</li> <li>Understand how to lead healthy, active lives - The impact of a balanced diet on fitness levels</li> </ul> |