



# Year 5

## Progression in PE

### Key Stage 2 PE Statutory Coverage

**Pupils should be taught to:**

1. Use running jumping, throwing and catching in isolation and in combination
2. Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending
3. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
4. Perform dances using a range of movement patterns
5. Take part in outdoor and adventurous activity challenges, both individually or in a team
6. Compare their performance with previous ones, demonstrate improvement to achieve their personal best
7. Swim competently, confidently and proficiently over a distance of at least 25m
8. Use a range of strokes effectively (for example, front crawl, back stroke and breast stroke)

Perform safe self-rescue in different water based situations

Key Objective	Key Skills
1. Use running, jumping, throwing and catching in isolation and in combination	<ul style="list-style-type: none"> <li>-Use a range of throwing techniques with increasing power and accuracy.</li> <li>-Perform a range of jumps showing control</li> </ul>
2. Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending	<ul style="list-style-type: none"> <li>-Use a range of throwing techniques with increasing power and accuracy.</li> <li>-Apply a broad range of skills to different situations</li> <li>-Use a range of fielding skills and throw with accuracy to hit a target.</li> <li>-Plan different approaches to attacking and defending</li> <li>-Choose the best pace to use in athletics or games.</li> <li>-Show growing awareness of space in team games.</li> <li>-Work to keep or gain possession.</li> </ul>
3. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)	<ul style="list-style-type: none"> <li>-Show control, coordination in travel and balance.</li> <li>-Perform a range of jumps showing control.</li> <li>-Show increasing clarity and fluency in movement.</li> <li>-Make good use of creativity and imagination when creating sequences in dance or gymnastics.</li> <li>-Use movement expressively to convey an idea, mood or feeling.</li> <li>-Combine changes of shape, speed and level in sequence.</li> <li>- Apply skills actions and ideas with increasing coordination and control.</li> </ul>
4. Perform dances using a range of movement patterns	<ul style="list-style-type: none"> <li>-Show control, coordination in travel and balance.</li> <li>-Perform a range of jumps showing control.</li> <li>-Show increasing clarity and fluency in movement.</li> </ul>

	<ul style="list-style-type: none"> <li>-Make good use of creativity and imagination when creating sequences in dance or gymnastics.</li> <li>-Use movement expressively to convey an idea, mood or feeling.</li> <li>-Combine changes of shape, speed and level in sequence.</li> <li>- Apply skills actions and ideas with increasing coordination and control.</li> </ul>
5. Take part in outdoor and adventurous activity challenges, both individually or in a team	<ul style="list-style-type: none"> <li>-Read a variety of maps and plans accurately, recognising symbols and features</li> <li>-Use physical and teamwork skills well in a variety of different challenges</li> <li>-Successfully apply their skills and understanding to new challenges and environments.</li> </ul>
6. Compare their performance with previous ones, demonstrate improvement to achieve their personal best	<ul style="list-style-type: none"> <li>-Modify and refine skills and techniques to improve any performance.</li> <li>-Show a willingness to practice to develop and improve.</li> <li>-Conserve energy over longer distances.</li> <li>-Independently prepare for exercise and use cooling down techniques.</li> </ul>
7. Swim competently, confidently and proficiently over a distance of at least 25m	<ul style="list-style-type: none"> <li>-Control, their breathing and are comfortable on the surface and under water swimming fluently and with control when using back crawl, front crawl and breast stroke.</li> <li>-To swim at least 25m</li> </ul>
8. Use a range of strokes effectively (for example, front crawl, back stroke and breast stroke)	<ul style="list-style-type: none"> <li>-Swim on their front and back using arm and leg actions with smooth coordination.</li> <li>-Control, their breathing and are comfortable on the surface and under water swimming fluently and with control when using back crawl, front crawl and breast stroke.</li> </ul>
9. Perform safe self-rescue in different water based situations	<ul style="list-style-type: none"> <li>-Use personal surviving techniques including floating, sculling and surface diving.</li> </ul>