|  |
| --- |
| **PE Skills**  *Expected by End of Year 5* |
| **GAMES**  *(including a range of Net & Wall, Invasion and Striking & Fielding)* |
| * Pupils can move with a ball under control and can use attacking and defending skills with growing success in a game situation. * They can play as part of a team in games and can offer advice to others on how to improve their performance. * Pupils can lead simple warm ups and discuss the effects of this on the body. |
| **Gymnastics** |
| * Pupils can link ideas and skills with greater control and fluency and can work well with a partner or small group. * They can create and perform longer and more complex sequences accurately changing direction, levels, pathways and speed. * Pupils can use gymnastic vocabulary with confidence when talking about a performance and can describe the effects of exercise on the body |
| **Dance** |
| * Pupils can create and link movement phrases with greater control and fluency and can work well with a partner and small groups. * They can create and perform longer and more complex phrases responding to a range of stimuli and accompaniment accurately using changes of direction, levels, pathways, formations and speed. * Pupils can use dance vocabulary with confidence when talking about a performance and can describe the effects of exercise on the body. |
| **Outdoor and Adventurous Activities** |
| * Take part in outdoor and adventurous activity challenges both individually and within a team |
| **Swimming** |
| * Swim competently, confidently and proficiently over a distance of at least 25 metres. * Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PE Assessment**  *Expected by End of Year 5* | | | | | |
| **GAMES***(including a range of Net & Wall, Invasion and Striking & Fielding)* | | | **Gymnastics** | | |
| * Pupils can move with a ball under control and can use attacking and defending skills with growing success in a game situation. * They can play as part of a team in games and can offer advice to others on how to improve their performance. * Pupils can lead simple warm ups and discuss the effects of this on the body. | | | * Pupils can link ideas and skills with greater control and fluency and can work well with a partner or small group. * They can create and perform longer and more complex sequences accurately changing direction, levels, pathways and speed. * Pupils can use gymnastic vocabulary with confidence when talking about a performance and can describe the effects of exercise on the body | | |
| **Below Expectation** | **Above Expectation** | | **Below Expectation** | | **Above Expectation** |
| **Dance** | | | **Outdoor and Adventurous Activities** | | |
| * Pupils can create and link movement phrases with greater control and fluency and can work well with a partner and small groups. * They can create and perform longer and more complex phrases responding to a range of stimuli and accompaniment accurately using changes of direction, levels, pathways, formations and speed. * Pupils can use dance vocabulary with confidence when talking about a performance and can describe the effects of exercise on the body. | | | * Take part in outdoor and adventurous activity challenges both individually and within a team | | |
| **Below Expectation** | | **Above Expectation** | **Below Expectation** | | **Above Expectation** |
| **Swimming** | | | | | |
| * Swim competently, confidently and proficiently over a distance of at least 25 metres. * Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] | | | | | |
| **Below Expectation** | | | | **Above Expectation** | |