

Year 5 PE Progression Map

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Topic | Invasion Games – Football, Netball, Rugby | Cognitive Skills / Physical Skills/ Dance | Creative Skills / Physical Skills/ Yoga | Social Skills / Physical Skills/ Athletics | Swimming / Rounders | Swimming / Cricket |
| Learning Objective (from DC Pro) | <ul style="list-style-type: none"> 1. I can use combinations of skills confidently in sport specific contexts. 2. I can perform a range of skills fluently and accurately in practice situations. | <ul style="list-style-type: none"> 1. I have a clear idea of how to develop my own and others' work. 2. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents. 1. I can use combinations of skills confidently in sport specific contexts. 2. I can perform a range of skills fluently and accurately in practice situations. I can complete all Red FUNS Challenges | <ul style="list-style-type: none"> 1. I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others 1. I can use combinations of skills confidently in sport specific contexts. 2. I can perform a range of skills fluently and accurately in practice situations. I can complete all Red FUNS Challenges | <ul style="list-style-type: none"> 1. I can give and receive sensitive feedback to improve myself and others. 2. I can negotiate and collaborate appropriately. 1. I can use combinations of skills confidently in sport specific contexts. 2. I can perform a range of skills fluently and accurately in practice situations. I can complete all Red FUNS Challenges | <ul style="list-style-type: none"> 1. I can use combinations of skills confidently in sport specific contexts. 2. I can perform a range of skills fluently and accurately in practice situations. 1. I can swim breastroke 2. I can swim 10 metres on the front and back without touching the bottom of the pool | <ul style="list-style-type: none"> 1. I can use combinations of skills confidently in sport specific contexts. 2. I can perform a range of skills fluently and accurately in practice situations. |
| Skills | <ul style="list-style-type: none"> | <p>Ball skills (FS9):</p> <p>In 20 seconds or less:</p> <ul style="list-style-type: none"> Stand with your legs apart and move ball in figure of eight around both legs 12 times. Move ball around the waist into figure of eight around both legs 10 times. Move ball around waist and then around alternate legs 12 times. Stand with legs apart and perform 24 criss – crosses, with and then without a bounce. <p>Reaction and Response (FS12):</p> <p>From 1,2, and 3 metres:</p> <ul style="list-style-type: none"> React and step across body, bring hand across body and catch a tennis ball after one bounce | <p>Seated (FS2):</p> <ul style="list-style-type: none"> Reach and pick up cone and arms distance away, swap hands and place it on the other side (both directions). Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). Hold a V shape with straight arms and legs for 10 seconds. <p>Floorwork (FS3):</p> <ul style="list-style-type: none"> Transfer tennis ball on and off back in a front support. Transfer cone on and off tummy in back support Transfer tennis ball on and off tummy in back support. | <p>On A Line (FS5):</p> <ul style="list-style-type: none"> Walk fluidly forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. Lunch walk forwards (heel to bottom, knees, extend the leg, sink hips, heel to landing). Lunge walk forwards, bringing opposite elbow up to a 90° angle. Complete already challenges with eyes closed. <p>In Pairs (FS7):</p> <ul style="list-style-type: none"> Stand on one leg holding with one hand, lean back, hold bonds and then move back together. Stand on one leg while holding onto partners opposite foot. | | |

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| Sport specific skills | <ul style="list-style-type: none"> Consolidate different ways of throwing and catching, and know when each is appropriate in a game. Use a variety of ways to dribble in a game with success. Use ball skills in various ways, and begin to link together. Pass a ball with speed and accuracy using appropriate techniques in a game situation. Keep and win back possession of the ball effectively in a team game. Demonstrate an increasing awareness of space. Know when to pass and when to dribble in a game. Devise and adapt rules to create their own game. Know when to pass and when to dribble in a game. Devise and adapt rules to create their own game. | <p>Dance</p> <ul style="list-style-type: none"> Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style. Show a change of pace and timing in their movements. Develop an awareness of their use of space. Demonstrate imagination and creativity in the movements they devise in response to stimuli. Use transitions to link motifs smoothly together. Improvise with confidence, still demonstrating fluency across the sequence. Ensure their actions fit the rhythm of the music. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work | <ul style="list-style-type: none"> | <p>Athletics</p> <ul style="list-style-type: none"> Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly. Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped. Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance | <p>Rounders/ Tennis</p> <ul style="list-style-type: none"> Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve. | <p>Cricket</p> <ul style="list-style-type: none"> Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve. |
| Vocabulary | Dribbling; Shooting; Support; Marking; Attackers/defenders; Team play | Dance style; Technique; Pattern; Rhythm; Variation; Unison; Canon | | | Forehand, backhand, lob, drop shot. | Drive, hook shot, pull shot, forward defensive, long/short barrier, overarm |