

## Year 5 PE Progression Map

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

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