

PE Skills, Knowledge and Vocabulary Progression



Year 5

	<u>Athletics</u>	<u>Striking and fielding</u>	<u>Net/ wall</u>	<u>Invasion</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>OAA</u>
<u>Skills</u>	<p>Identify how they can change an activity by using the STEP principle</p> <p>Distinguish between good and poor performances and suggest ways to improve self and others</p> <p>Sustain pace over shorter and longer distances such as running 100m and running for 2 minutes</p>	<p>Recognise where increased flexibility and power is an advantage in striking and fielding the ball</p> <p>In a game situation play using a range of simple tactics such as getting players out to restrict the attack</p> <p>Use and apply the basic rules of the game fairly and consistently</p>	<p>Recognise where they should stand on the court when playing on their own and with others</p> <p>Play a range of basic shots on both sides of the body, move feet to hit ball at most appropriate point</p> <p>Play modified games with confidence sending and</p>	<p>Play in formations and execute 'set plays' in game situations</p> <p>Explain the need for different tactics and attempt these in a game situation</p> <p>Know and apply the rules consistently in a game situations</p> <p>Able to</p>	<p>Selects a component for improvement and use guidance from others to do so</p> <p>Explain the significance of a warm up and how it relates to gymnastics activity</p> <p>Create longer and more complex sequences and adapt their</p>	<p>Confidently participate in dances from different cultures/parts of the world</p> <p>Perform different styles of dance clearly and fluently</p> <p>Refine & improve dances adapting them to include use of space rhythm & expression</p>	<p>Recall and remember symbols, items and objects during task as an individual and team</p> <p>Play a role in problem solving</p> <p>Communicate using code</p> <p>Work at a high intensity for sustained period of time whilst completing a task</p>

<p>Perform a range of jumps in different activities</p> <p>Demonstrate a range of throwing actions using different equipment with some consistency and control</p> <p>Able to run as part of a team in relay style events and demonstrate max effort pace</p> <p>Compare own performance with previous ones and demonstrate improvement to achieve personal best</p>	<p>Choose where to hit the ball to maximise likelihood of scoring runs</p> <p>Use a variety of shots in isolation and in a game situation</p> <p>Throw with accuracy and consistency over short distances</p> <p>Tracking flight of the ball to increase catching success</p> <p>Begin to employ specific bowling techniques such as overarm in cricket</p> <p>Work collaboratively with others to</p>	<p>returning a ball this may be with differentiated equipment</p> <p>Apply some control when returning the ball including foot placement, shot selection and aim</p> <p>Demonstrate a variety of service shots in isolation and some game play</p> <p>Play with others with some flow to the game, keeping track of their own scores</p> <p>Suggest and lead warm ups</p>	<p>combine basic skills such as dribbling and passing</p> <p>Select and apply skills in game situation with some consistency e.g. dodging, pivoting, dribbling and running with the ball</p> <p>Move balls over longer distances accurately, demonstrating power</p> <p>Play in different positions with some success</p> <p>Where appropriate</p>	<p>performances</p> <p>Follow, copy and repeat others actions</p> <p>Make a dynamic sequence with contrasting shapes and actions and balances demonstrating smooth transitions</p> <p>Attempt to perform more complex skills in isolation such as round-off</p> <p>Remember and repeat longer sequences with more difficult</p>	<p>Adapt their skills to meet the demands of a range of dance styles</p> <p>Incorporate levels and flight in to movement patterns and dances</p> <p>Create and use compositional ideas confidently such as pathways, step patterns and unison</p> <p>Recognise and comment on dances suggesting ways to improve</p>	<p>Evidence results and keep score</p> <p>Compete against others and perform under pressure</p> <p>Explore and refine ways of communicating to best complete a set task</p>
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		both score runs and in the field to restrict runs	that prepare the body appropriately for net/wall activities	mark goal side Use appropriate language to explain their attacking and defensive play Use specific learned skills to maintain possession during a game and	actions such as cartwheels, shoulder rolls Work responsibly in trust exercises and when counterbalancing Perform symmetry and asymmetry individually, in pairs and as a group	Work collaboratively in groups to compose short dances	
<u>Vocabulary</u>	Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, relay, baton, safety, rules, targets, record, set, take over, pass.	Stance, bowling, bat, wicket, stumps, crease, boundary, batsman, bowler, wicketkeeper, bail, field, innings, strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive. bat, box, backstop, field, innings, strike,	Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready, volley, overhead, singles, doubles.	Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, possession, goal side. Control,	Symmetry, sequences, combinations, direction, speed, partner, asymmetrical, elements, control, balance, strength, flexibility, asymmetrical.	Dance, stretch, levels, mood, feeling, emotions, facial expression, improvisation, rehearse, director, choreographer, slide, formation,	Maps, diagrams, remember, symbols, orienteering, challenges, problem-solving, lead, challenge, plan, trust, solve, team, design, instructions, extend, orient, Morse code, decipher, individual.

cross, rounder,
half-rounder, over,
balls, shot,
defensive,
offensive, predict,
place, select,
tactics,

use space, defend,
attack, chest
pass, tactics,
compete,
collaborate,
teamwork, score,
shoot, footwork,
foul, free pass,
pivotControl, use
space, defend,
attack, dribble,
pass, push, slap,
tactics, compete,
collaborate,
teamwork, score,
shoot, positions,
power, distance,
perform,
consistent, fair
play. Passing,
running,
backwards, tag,
straight, space,
teamwork, try-
area, defend,
attack, retain,
contest,
possession,
pressure, support,
pop pass, turn
over, lose pass

Symmetry,
sequences,
combinations,
direction,
speed,
partner,
asymmetrical,
elements,
control,
balance,
strength,
flexibility,
asymmetrical

locomotion,
Bangra, wall
patterns,
steps, dance
style.
Performance
quality,
dynamics,
formations,
floor
patterns,
assemblé,
sissone, sauté,
jump, fall,
travel, turn,
gesture,
stillness,
chainé,
retrograde,
inversion,
instrumentati
on,
fragmentation
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<p><u>Knowledge</u></p>	<p>I know that the STEP Principle means: Space Time Equipment Practice and that this can be used to improve performance in an activity .</p> <p>I know that running at a slower pace will allow me to conserve energy to make my performance last longer.</p> <p>I know that running at a faster pace will allow me to complete a task quickly but will impede the length of time I can maintain the task for.</p>	<p>I know that having a plan/tactic for a game will help me to improve my performance.</p> <p>I know the rules for Kwik Cricket.</p> <p>I know that watching the ball and its flight closely will allow me a better chance of catching the ball.</p> <p>I know that throwing a ball over a short distance will be more accurate than throwing over a longer distance.</p> <p>I know what</p>	<p>I know that having a plan/tactic for a game will help me to improve my performance.</p> <p>I know which areas of the court that can be used to score points in tennis.</p> <p>I know that the ball can only bounce once for a point to be scored in tennis.</p> <p>I know what position my body should be in for a forehand shot in tennis.</p> <p>I know what position my body should be in for a</p>	<p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.</p> <p>I know basic rules to play: netball, football, Tag Rugby and Hockey.</p> <p>I know the main principles of attack and defend positions in Invasion Games and can execute them to support my team.</p> <p>I know what aspects of an Invasion Game (Attack or</p>	<p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.</p> <p>I know how to safely use apparatus</p> <p>I know that I need to bend my knees when dismounting equipment to reduce the risk of injury</p> <p>I know that the higher I jump off equipment, the more I will need to control my landing.</p>	<p>I can adapt and refine the way I use actions, dynamics and relationships in my dance.</p> <p>I can recognise and comment on dances, showing an understanding of style.</p> <p>I can suggest ways to improve my own and other people's work.</p> <p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.</p>	<p>I can reflect on when and how I was successful at solving challenges, and alter my methods in order to improve.</p> <p>I can use critical thinking to approach a task.</p> <p>I know how to evidence results and keep score.</p> <p>I know how to compete against others and perform under pressure.</p> <p>I know how to explore and refine ways of communicating</p>
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I know that by moving my arms in conjunction with my legs I can increase the power of my movement.

I know that the position of my arms influences the speed of my movement.

I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.

position my body should be in for an over-arm throw.

back hand shot.

I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.

Defend) I am good at and through game play can identify ways to improve these.

I know that is easier to receive a ball when my body position is faced towards the thrower/kicker.

I know my body position for dribbling needs to be in Ready Position with my knees slightly bent, on my toes and my body in an open position.

I know the correct body position to perform the following rolls: forward, backward, pencil, teddy.

I know the correct body positions to perform the following jumps:: straddle, tuck, pike.

I know what movements will work together well in a sequence and how they can flow into each other.

to best complete a set task.