

Our PE Journey in Year 5 & 6

*Inclusion
Mastery
Progress*



I will be physically, socially and emotionally ready for Key Stage 3.



I will celebrate everything I have learnt over the year in Sports Day races and activities.

Record peers' performances, and evaluate these. Representing these findings in scatter graphs, line graphs and finding the '4 average' qualities. e.g. mean, median, mode, range.

cultural capital

I will describe good athletic performances and link them to my own.

"In Y6, I will confidently perform a range of jumps combining skills I have previously learnt."

School Sports Day

End of Year



I can make suggestions about what resources could be used to differentiate a game.

Key Words
- Strike
- Outwit
- Forehand
- Backhand
- Rebound

I will enjoy competing against other children.

I will record performances and plot them on bar charts, scatter graphs and line graphs.

"In Y5, I will demonstrate accuracy and confidence in throwing activities."

Key Words
- Endurance
- Distance
- Trajectory
- Elegance

Athletics

"In Y6, I will demonstrate precision and strength in throwing activities."

I will take part in competitive games showing a strong understanding of tactics.

"In Y5, I will develop my tactical knowledge by outwitting my opponent using different styles."

Athletics

Athletics

"In Y5, I will develop my tactical knowledge by applying it into a game."

"In Y6, I will select the most appropriate skill to achieve the outcome by drawing on what I have already learnt."

"In Y6, I will continue to outwit my opponent in different scenarios."

I will make suggestions as to what resources can be used to differentiate a game.

I will enjoy competing against other children.

"In Y5, I will show confidence in using ball skills by linking them together."

Net/Wall Games

I will show resilience and tolerance when problem solving.



I will use the 8 points of a compass, 4 and 6-figure grid references, symbols and key.

I will demonstrate an understanding of how to stay safe.

Tennis

Summer Term

Key Words
- Cannon
- Rhythmic
- Motifs
- Expression
- Sequence
- Analysis

I will modify parts of a sequence after respectful self and peer evaluation.

I will use more complex dance vocabulary when evaluating performances.

I will improvise and link skills with confidence throughout my performance.

I will use the 8 points of a compass, 4 and 6-figure grid references, symbols and key.

Key Words
- Orienteering
- Compass
- Geographical
- Landscape
- Endurance
- Adventure

I will enjoy communicating and collaborating.
"In Y5, I will think activities through and problem solve using general knowledge."

OAA

"In Y6, I will choose and apply strategies to problem solve."

"In Y5, I will move appropriately in connection to the music."

"In Y5, I will show a control of the speed of my movements."

"In Y6, I will exaggerate movements using speed, levels and direction."

"In Y6, I will move appropriately, considering fluency, timing and technique."

I will confidently improvise with a partner or by myself by drawing upon previously learnt skills.

"In Y6, I will increase the length of my performance to accommodate others."

I will use more complex gymnastics vocabulary when describing aspects of a performance.

"In Y6, I will show a clear control of my movements and choices when performing."

Dance

"In Y5, I will exaggerate dance motifs showing expression."



Dance

Key Words
- Technique
- Elegance
- Evaluate
- Apparatus

I will play celebrate other children's strengths and weaknesses.



Gymnastics

I will analyse and evaluate performances.
"In Y5, I will develop strength, flexibility, coordination and technique through performances."

"In Y5, I will apply combined skills accurately and appropriately, consistently showing precision, control and fluency."

"In Y6, I will perform difficult actions, with an emphasis on extension, clear body shape and changes in direction."

I will take part in competitive games showing a strong understanding of tactics.

Key Words
- Possession
- Outwit
- Feint
- Width
- Strategy
- Delay
- Depth
- Penetration
- Compactness

"In Y6, I will use knowledge of attacking and defending principles to be competitive in a game."

"In Y6, I will keep possession of the ball by outwitting my opponents in a competitive game."

I will use my tactical knowledge to gain advantages in competitive games.

I will assess a peer's performance, giving valuable feedback for skill progression.

Key Words
- Possession
- Tactics
- Collaboration
- Feint

Netball



Autumn Term

"In Y5, I will retain possession of the ball by using my previously learnt skills."

"In Y5, I will outwit my opponent using a variety of skills."

Netball



In Y5 and Y6, I will help to drive the Healthy Heart Scheme by advertising the benefits of having a healthy, active lifestyle.

