

Subject Progression

Physical Education – Year 5

Adjusted Autumn Term Due to COVID restrictions

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics: -I can run using a good knee lift. -I can throw a variety of different implements with increasing distances and long jump by taking off on one foot and landing with both.	Athletics: -I can participate in an athletics competition demonstrating most of the skills I have learnt to improve my sprinting, long distance running, jumping and throwing.	Tag Rugby: -I can run forward with the ball and pass backwards to a player once tagged. -I am beginning to evaluate my own performance and the performance of others.	Dance: - I can be part of a group dance playing an effective role in storytelling.	Athletics: -I can participate in an athletics competition demonstrating most of the skills I have learnt to improve my sprinting, long distance running, jumping and throwing.	Swimming: - I can swim front crawl for 1 width showing a good technique and arm recovery -I can swim back crawl for 1 width showing a good technique and arm recovery. -I can scull head first for a distance of 5m and return feet first.
		Gymnastics: -I can work with a partner to create and perform a sequence of 8-10 actions on the floor and apparatus. -I can show changes of levels in my sequence. -I can include 3 or more partner balances and travel in unison and cannon.	Tri-Golf: -I can play a golf course within 20 shots on the target number using some correct techniques.	Tennis: - I can participate in an athletics competition and am trying to improve my sprinting, long distance running, jumping and throwing skills	Cricket: -I can play a competitive cricket game using the following skills: hit the ball a range of distances and bowl a ball over or underarm consistently into a designated area, allowing the ball to bounce once. -I can stop the ball and throw over arm towards the bowler at the stumps.