

PE On Track Indicators – Year 5



Athletics	Dance	Gymnastics
<ul style="list-style-type: none"> I can sprint and change a baton; I have the ability to take off and include use of arms; I can use a greater range of equipment; I can throw; I can measure how far I can run in a given time, I can measure how high and how I can jump in different ways. I can make up a throwing game which involves throwing over a distance. I can develop an ability to run around a bend, demonstrating when and how to overtake. I can set my own targets to improve time over given straight line/distance e.g. leg action, stride strength. I can show how to use arms more vigorously to reach an outstretched arm towards the next runner in a relay exchange. I can explain how I get ready to perform or compete, starting slowly and then getting more vigorous. I can describe how exercise effects such as increased heart rate and perspiring. I know how exercise promotes a healthy active lifestyle. 	<ul style="list-style-type: none"> I can create a group dance showing a moment of cannon, where each pupil uses the same movement, one after another. I can use direction to move away and towards a partner. I can use different patterns to move such as circling, weaving or straight. I can use points of contact such as hands, back, hip to create safe balance and supports through improvisation. I can teach a friend or group a phrase. I can observe how good dancers use their eyes to focus on, either a point in space or a body part to improve performance. I can improve my performance by performing silently with greater concentration and clear focus. I can explain why warming up my feet and knees before jumping is important. I can describe how dance generates warmth in the muscles and why perspiring occurs. 	<ul style="list-style-type: none"> I can put together sequences showing changes of direction and level, whilst aiming for control. I can link together 8-10 actions showing variety and control with a partner or small group. I can perform my sequence to an audience showing variations in speed, direction and level. I can suggest positive ways to improve quality. I can evaluate aspects of my sequence e.g. body, position and flow. I can say why it is important to warm up my muscles before starting vigorous activity to get my heart pumping faster. I can give reasons why an activity might be good for me, because it makes me strong and supple.
Invasion Games	Net & Wall Games	Striking and Fielding
<ul style="list-style-type: none"> I can pass accurately at speed. I can pass the ball into space for a team member to receive, in order to beat an opponent. I can beat an opponent by feinting in one direction and passing in another and marking players tightly. I can watch a successful team and comment on 	<ul style="list-style-type: none"> I can pass accurately at speed. I can score points by hitting into opponents court so it bounces x2. I can play short tennis doubles and singles using basic rules on full court. I can beat an opponent by feinting in one direction and passing in another. I can comment on success of performance. 	<ul style="list-style-type: none"> I can pass accurately at speed to give the runner more time to score. I can pass the ball into space for a team member to receive. I can beat an opponent by working as a team to position, run and throw the best. I can comment on success of performance. I can discuss how to restart a game after a

<p>success of tactic, e.g. passing into a space for a team member to receive.</p> <ul style="list-style-type: none"> • I can show in my next attempt, awareness of team members and opponents position. • I can explain how I get ready to play a game starting slowly and then getting more vigorous. I can show a selection of appropriate stretching exercises before I practise my skills. • I can describe how exercise affects me such as increased heart rate and perspiring. I know how exercise promotes an active and healthy lifestyle. 	<ul style="list-style-type: none"> • I can discuss how to restart a game after a point has been scored. • I can explain how I get ready to play a game starting slowly and then getting more vigorous. I can show a selection of appropriate stretching exercises before I practise my skills. • I can describe how exercise affects me such as increased heart rate and perspiring. I know how exercise promotes an active and healthy lifestyle. 	<p>point has been scored.</p> <ul style="list-style-type: none"> • I can explain how I get ready to play a game starting slowly and then getting more vigorous. I can show a selection of appropriate stretching exercises before I practise my skills. • I can describe how exercise affects me such as increased heart rate and perspiring. I know how exercise promotes an active and healthy lifestyle.
---	---	---