

PE Key Performance Indicators (KPI):

: Year 5				
	Developing skills	Making & applying	Physical & mental	Evaluate & improve
Dance	<ul style="list-style-type: none"> Choose appropriate material to create new motifs in a dance style Perform specific skills and movement patterns and different dance styles with accuracy 	<ul style="list-style-type: none"> Compose, develop and adapt motifs to make dance phrases and use these in longer dances 	<ul style="list-style-type: none"> Warm up and cool down independently Use exercises that stretch and tone their bodies 	<ul style="list-style-type: none"> Use dance terminology to identify different styles of dance Talk about the relationship between the dance and its accompaniment Suggest ways to develop their technique and composition
Gymnastics	<ul style="list-style-type: none"> Perform combinations of actions that show clear levels, speeds and directions Perform actions, shapes and balances clearly, consistently and fluently 	<ul style="list-style-type: none"> Repeat a longer sequence with extension, clear body shape and changes in direction Adapt sequences to include a partner or a small group 	<ul style="list-style-type: none"> Take more responsibility for their own warm-up Know how muscles work, how to stretch and how to do strengthening exercises 	<ul style="list-style-type: none"> Watch and comment on the quality of movements, shapes and balances Identify which aspects were performed accurately, fluently and clearly Suggest improvements to speed, direction and level in composition
Invasion Games	<ul style="list-style-type: none"> Perform skills with accuracy, confidence and control Know the difference between attacking skills and defending skills 	<ul style="list-style-type: none"> Choose positions in their teams and know how to help attack Use a variety of tactics to keep the ball Know and find ways to get the ball towards the opponents goal Know how to mark and defend their goal 	<ul style="list-style-type: none"> Suggest ideas for warming up, explaining their choice Recognise activities that help strength, speed and stamina 	<ul style="list-style-type: none"> Look for specific things in a game and explain if they are being done well
Net/wall	<ul style="list-style-type: none"> Hit the ball with purpose, varying the speed, height and direction Explain what they are trying to do and why it is a good idea Spot the spaces in their opponent's court and try to hit the ball towards them Position themselves well on court 	<ul style="list-style-type: none"> Play shots on both sides of the body and above their heads Direct the ball reasonably well towards their opponent's court Show good backswing, follow through and feet positioning 	<ul style="list-style-type: none"> Carry out warm-up activities carefully and thoroughly Give good explanations of how warm-up activities affect the body Know why warming up is important to help them play better Know the types of exercise they should concentrate on, eg speed and flexibility 	<ul style="list-style-type: none"> Know what they are successful at and what they need to practise more Try things out and ask for help to perform better Work well with others, adapting their play to suit their own and others' strengths
Athletics	<ul style="list-style-type: none"> Perform a range of jumps showing power, control and consistency at both take-off and landing 	<ul style="list-style-type: none"> Organise themselves in small groups safely, and take turns and different roles Know and understand the basic principles of relay take-overs Take part well in a relay event 	<ul style="list-style-type: none"> Perform a range of warm-up activities Say why some athletics activities can improve strength, power or stamina, and explain how these can help their performance in other types of activity 	<ul style="list-style-type: none"> Watch a partner's athletic performance and identify the main strengths Identify parts of the performance that need to be practised and refined, and suggest improvements

Main progressions points:

- Choose own material and perform specific skills and movement patterns accurately
- Compose, develop and adapt motifs to make longer dances (6-8 movements)
- Show clear levels, speeds and directions and perform actions consistently
- Show extension, clear body shape and changes in direction in phrases with partner or small group (6-8 actions)
- Know the difference between attacking and defending skills
- Find ways to get ball to opponents goal and mark/defend their own
- Hit the ball with purpose, varying the speed, height and direction
- Direct the ball reasonably well towards their opponent's court
- Perform range of jumps showing power, control and consistency
- Organise themselves in small groups safely, and take turns and different roles

