



EASTRY C OF E PRIMARY SCHOOL KNOWLEDGE ORGANISERS



YEAR GROUP	5
SUBJECT	PE
KEY VOCABULARY	Techniques, component, accuracy, performance, expression, transition, sequence
END POINTS KNOWLEDGE	<p>Athletics: Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component.</p> <p>Beginning to record peers performances and evaluate these.</p> <p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control</p> <p>Dance: Begins to use exaggerate movements through expressions.</p> <p>Develop fluency through varied transitions between movements.</p> <p>Use strong movements through a sequence.</p> <p>Move appropriately and using controlled movements to a stimuli.</p> <p>Develop change of pace in movements throughout a routine.</p> <p>Uses the space provided to a maximum.</p>



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Improvises with confidence and still demonstrating fluency in their sequence.

Begin to evaluate sequences using more complex dance vocabulary.

Games:

Vary skills, actions and ideas in a way which suits the game.

Shows confidence in ball skills in various ways and can link them together.

Uses skills with coordination, control and fluency.

Takes part in competition with a strong understanding of tactics and improvise in game situations.

Compares and comments on skills using technical vocabulary and provides suggestions to improve performance.

Can make suggestions to differentiate games with resources or changing factors (e.g. space).

Apply attacking and defending to improve performance.

Gym:

Demonstrate mirroring and contrasting movements during a sequence.

Select and combine techniques and ideas.

Apply combined skills accurately and consistently showing control and fluency.

Draw on what they know composition when performing and evaluating.

Analyse and comment on skills and techniques and how these are applied in their own work.

Uses more complex gym vocabulary to describe how to improve and refine performances.



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Develops strength, technique and flexibility throughout performances.

Links skills with control, technique, co-ordination and fluency.

Swimming:

By end of KS2 Work with confidence in water Explore skills, actions and ideas including holding breath underwater
Uses a range of strokes; front crawl, backstroke, breaststroke Performs safe self-rescue in different water-based situations Swims competently and proficiently with confidence at least 25m Improves control and co-ordination in water Evaluates own swimming noting future improvements Chooses appropriate strokes and equipment based on time and distance.

IT HELPS IF I ALREADY KNOW

Athletics

- I can begin to build a variety of running techniques and use with confidence.
- I can perform a running jump with more than one component (Triple jump).
- I can demonstrate accuracy in throwing and catching activities.
- I can describe a good athletic performance using correct vocabulary.
- I can use equipment safely and with good control.

Dance

- I can confidently improvise with a partner or individually.
- I can create longer dance sequences as part of a larger group.
- I can demonstrate precision and control in movements.
- I can begin to develop and vary transitions between movements.
- I can demonstrate rhythm and spatial awareness.
- I can modify parts of a sequence as a result of self-evaluation and begins to critique work of others continuing to use dance vocabulary

Games

- I can vary skills, actions and ideas in a way which suits the game.
- I can show confidence in ball skills in various ways and can link them together



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- I can use skills with coordination and control.
- I can take part in competition with a strong understanding of tactics.
- I can work well in a group to develop various games.
- I can compare and comments on skills using technical vocabulary.

- I can make suggestions on how to differentiate games.
- I can apply basic skills for attacking and defending.
- I can use running, jumping, throwing and catching in isolation and combination and transfer skills into game situations.

Gymnastics

- I can link movements with control, coordination and fluency.
- I can develop composition by performing more complex sequences.
- I can begin to use gym vocabulary to improve and refine performances.
- I can develop strength and flexibility in performances.
- I can create sequences using various body shapes and equipment effectively. Combines equipment with movement to create sequences.