

## Curriculum end points – Year 5

By the end of year 6, pupils will be able to...		
HEAD (cognitive/thinking)	HANDS (psychomotor / doing)	HEART (affective/ behavioural)
<ul style="list-style-type: none"><li>• Select and apply appropriate tactical strategies in individual and team game context.</li><li>• Apply the attacking and defending principles.</li><li>• Assess and analyse own and others performances -giving and receiving feedback- to recognise achievements and areas for development to achieve personal bests.</li><li>• Solve problems through decision making as an individual and with others in a range of context.</li><li>• Understand the importance of exercise on the body, both short and long term.</li></ul>	<ul style="list-style-type: none"><li>• Have mastered the range of FMS.</li><li>• Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities.</li><li>• Demonstrate strength, flexibility, technique, control and balance through a broad range of experiences.</li><li>• Compose and perform dances using a range of creative and imaginative movement patterns and sequences.</li><li>• Take part in outdoor and adventurous activities individually and within a team.</li></ul>	<ul style="list-style-type: none"><li>• Use a range of communication methods, styles and language appropriate to the context, effectively.</li><li>• Contribute (collaborate) effectively to a group/team; respecting and valuing other members.</li><li>• Display positive character traits and manage own emotional intelligence i.e empathy, self-awareness, growth mindset and discipline.</li><li>• Display school key values in PE, School sport and Physical activity.</li></ul>

## Skills and knowledge

### Games

- I can demonstrate an increasing awareness of space (finding and creating).
- I can display a range of ways to pass and receive objects.
- Apply skills learned to a range of competitive team games.
- Use width and depth changing direction and speed.
- Discuss tactics when participating in a range of competitive team games.
- I can choose suitable tactics for attacking and defending in competitive team games.

### Gym

- I can perform and apply skills displaying good technique for travel, jumps and rolls.
- I can hold my own body weight through a range of exercise. (plank, wall sit).
- I can select ideas to compose specific sequences of movements, shapes and balances and adapt my sequences to fit new criteria or suggestions.

### Dance

- I can adapt and refine the way I use weight, space and rhythm to be expressive.

- I can compose and modify planned dances creatively and collaboratively in groups.
- I can perform different styles of dance clearly and fluently with accuracy and precision.

### **Athletics**

- I can refine techniques for sprinting, thinking about how to make a fast start.
- I can select a suitable pace for the distance and my fitness level in order to maintain a sustained run.
- I can jump with increasing length and review my performance and technique in order to improve.

### **OAA**

- I can start to orientate myself with increasing confidence using a set out course.
- I can work effectively as part of a team and take on different roles.

### **Swimming (dry)**

- enter and exit deep water safely.
- swim competently and confidently for 25m.
- perform a safe self-rescue.
- use personal survival techniques, e.g. floating, sculling and surface diving.