

Year 5 PE objectives



Dance	Gymnastics	Games	Athletics	Swimming
Can explore, improvise and choose appropriate material to create new motifs in a chosen dance style.	Can perform combinations of actions and agilities that show clear differences between levels, speeds and directions.	Can perform skills with accuracy, confidence and control.	Can sustain their pace over longer distances, <i>e.g. sprint for seven seconds, run for one or two minutes.</i>	Can swim competently, confidently and proficiently over a distance of at least 25 metres.
Can perform specific skills and movement patterns for different dance styles with accuracy.	Can perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension.	Knows the difference between attacking skills and defending skills.	Can throw with greater control, accuracy and efficiency.	Can use a range of strokes effectively.
Can compose, develop and adapt motifs to make dance phrases and use these in longer dances.	Can repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction.	Can choose positions in teams and know how to help when attacking.	Can perform a range of jumps showing power, control and consistency at both take-off and landing.	Can perform safe self-rescue in different water-based situations.
Can use exercises that stretch and tone their bodies and help me prepare for my dance.	Can adapt sequences to include a partner or a small group.	Knows and finds ways to get the ball towards opponents' goal.	Can organise themselves and others in small groups safely, and take turns and different roles.	
Can use appropriate dance terminology to identify and describe different styles in own and others' dances.	Knows why strength and suppleness are important in gymnastics.	Knows how to mark and defend their goal(s).	Knows and understands the basic principles of relay take-overs and can take part in a relay event.	
Can talk about the relationship between the dance and its accompaniment.	Knows how muscles work, how to stretch, and how to carry out strengthening exercises safely.	Can find and use space to help team.	Can say why some athletics activities can improve strength, power or stamina, and explain how these can help their performance in other types of activity.	
Can suggest ways to develop technique and composition.	Can watch and comment on the quality of movements, shapes and balances, and the way apparatus is used	Can use a variety of tactics to keep the ball, <i>e.g. changing speed and direction.</i>	Can watch a partner's athletic performance and identify the main strengths.	
	Can identify which aspects were performed consistently, accurately, fluently and clearly	Can use different ways of bowling and can bat using a variety of shots and field with increasing accuracy.	Can identify parts of the performance that need to be practised and refined, and suggest improvements.	
	Can suggest improvements to speed, direction and level in the composition.	Can throw overarm with accuracy and for a good distance.		