



Year 5 Expectations in PE

Invasion Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
pass, dribble and shoot with control in games		
identify and use tactics to help their team keep the ball and take it towards the opposition's goal		
mark opponents and help each other in defence		
know and carry out warm-up activities that use exercises helpful for invasion games		
pick out things that could be improved in performances and suggest ideas and practices to make them better		



Net/Wall Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
use forehand, backhand and overhead shots increasingly well in the games they play		
use the volley in games where it is important		
use the skills they prefer with competence and consistency		
understand the need for tactics		
start to choose and use some tactics effectively		
play cooperatively with a partner		
apply rules consistently and fairly		
identify appropriate exercises and activities for warming up		
recognise how these games make their bodies work		



pick out what they and others do well and suggest ideas for practices

Striking and Fielding Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
strike a bowled ball		
use a range of fielding skills, eg catching, throwing, bowling, intercepting, with growing control and consistency		
work collaboratively in pairs, group activities and small-sided games		
use and apply the basic rules consistently and fairly		
understand and implement a range of tactics in games		
recognise the activities and exercises that need including in a warm up		



identify their own strengths and suggest practices to help them improve		
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Outdoor and Adventurous Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
choose and perform skills and strategies effectively		
find solutions to problems and challenges		
plan, implement and refine the strategies they use		
adapt the strategies as necessary		
work increasingly well in a group or in a team where roles and responsibilities are understood		



prepare physically and organisationally for challenges they are set, taking into account the group's safety		
identify what they do well, as individuals and as a group		
suggest ways to improve		

Dance Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances		
perform to an accompaniment expressively and sensitively		
perform dances fluently and with control		



warm up and cool down independently		
understand how dance helps to keep them healthy		
use appropriate criteria to evaluate and refine their own and others' work		
talk about dance with understanding, using appropriate language and terminology		

Gymnastic activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
create, practise and refine longer, more complex sequences for a performance, including changes in level, direction and speed		
choose actions, body shapes and balances from a wider range of themes and ideas		



<p>adapt their performance to the demands of a task, using their knowledge of composition</p>		
<p>understand the need for warming up and working on body strength, tone and flexibility</p>		
<p>lead small groups in warm-up activities</p>		
<p>use basic set criteria to make simple judgements about performances and suggest ways they could be improved</p>		

Athletic activities

<p>Most pupils will be able to:</p>	<p>Pupils who need more help</p>	<p>Pupils exceeding the expectation</p>
<p>choose the best pace for a running event, so that they can sustain their running and improve on a personal target</p>		



show control at take-off in jumping activities		
show accuracy and good technique when throwing for distance		
organise and manage an athletic event well		
understand how stamina and power help people to perform well in different athletic activities		
identify good athletic performance and explain why it is good, using agreed criteria		

Swimming activities and water safety

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
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swim between 50 and 100 metres and keep swimming for 45 to 90 seconds		
use three different strokes, swimming on their front and back		
control their breathing		
swim confidently and fluently on the surface and under water		
work well in groups to solve specific problems and challenges, sharing out the work fairly		
recognise how swimming affects their body, and pace their efforts to meet different challenges		
suggest activities and practices to help improve their own performance		