**Progression of skills: PE Year Five**

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| National Curriculum  (Abbreviated from SPTO) | Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.  Develop flexibility, strength, technique, control and balance.  Take part in outdoor and adventurous activity challenges both individually and within a team.  Perform dances using a range of movement patterns.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.  Swimming:  Use a range of strokes effectively.  Swim competently, confidently and proficiently over a distance of at least 25 metres.  Perform safe self-rescue in different water-based situations. |
| Games Skills | * Carefully select and use a variety of techniques to pass * Develop consistency in their skills of running, throwing, catching, passing, jumping and kicking through practise and repetition of the skills * Develop the skills of forehand or backhand when playing racket games, showing control when hitting * Hit a bowled or volleyed ball with accuracy in return |
| Dance Skills | * Learn different dance styles, explaining the patterns and forms of the dance * Actions are controlled and express emotions |
| Gym Skills | * Perform a range of gymnastic actions with consistency, fluency and clarity of movement * Show body tension and extension and good weight transference when performing * Combine dynamics when making sequences using changes of speed, level and direction |
| Athletic skills | * Choose the best pace for running over a variety of distances * Use a range of throws accurately to hit a target over a range of distances * Combine running and jumping in athletic activities (long jump) |
| Swimming skills |  |
| Support |  |
| More Able |  |