




PE Progression Map Year 5

National Curriculum	Area	Theme	Knowledge/Skills (Sequence of learning)	
<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 	Athletics	Health & Fitness	<ol style="list-style-type: none"> 1) Know and understand the reasons for warming up and cooling down 2) Explain some safety principles when preparing for and during exercise 	warm up, cool down safety principles
		Running	<ol style="list-style-type: none"> 1) Accelerate from a variety of starting positions and select their preferred position 2) Identify their reaction times when performing a spring start 3) Continue to practise and refine their techniques for sprinting focusing on an effective sprint start 4) Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run 5) Identify and demonstrate stamina explaining its importance for runners 	Accelerate reaction time sprint start pace, fitness level, sustained stamina, importance
		Throwing	<ol style="list-style-type: none"> 1) Perform a fling throw 2) Throw a variety of implements using a range of throwing techniques 3) Measure and record the distance of their throws 4) Continue to develop techniques to throw for increased distance 	fling throw throwing techniques measure, record increased distance
		Jumping	<ol style="list-style-type: none"> 1) Improve techniques for jumping for distance 2) Perform an effective standing long jump 3) Perform the standing triple jump with increased confidence 4) Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight 5) Land safely and with control 6) Measure the distance and height jumped with accuracy 7) Investigate different jumping techniques 	Distance standing long jump standing triple jump standing vertical jump, take off, flight land, control measure jumping techniques
		Compete/ Perform	<ol style="list-style-type: none"> 1) Consistently perform and apply skills and techniques with accuracy and control 2) Take part in competitive games with a strong understanding of tactics and composition 	accuracy, control competitive, tactics
		Evaluate	<ol style="list-style-type: none"> 1) Choose and use criteria to evaluate own and others performance 2) Explain why they have used particular skills or techniques and the effect they have had on their performance 	criteria, evaluate effect on performance
	Dance	Health & Fitness	<ol style="list-style-type: none"> 1) Know and understand the reasons for warming up and cooling down 2) Explain some safety principles when preparing for and during exercise 	warm up, cool down safety principles

<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through • athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to • achieve their personal best. • swim competently, confidently and proficiently over a distance of at 		Dance Skills	<ol style="list-style-type: none"> 1) Identify and repeat the movement patterns and actions of a chosen dance style 2) Compose individual, partner and group dances that reflects the chosen dance style 3) Show a change of pace and timing in their movements 4) Develop an awareness of their use of space 5) Demonstrate imagination and creativity in the movements they devise in response to stimuli 6) Use transitions to link motifs smoothly together 7) Improvise with confidence, still demonstrating fluency across the sequence 8) Ensure their actions fit the rhythm of the music 9) Modify parts of a sequence as a result of self and peer evaluation 10) Use more complex dance vocabulary to compare and improve work 	movement patterns individual, partner, group pace, timing space imagination, creativity transitions improvise, fluency rhythm modify, evaluate compare, improve, vocabulary
		Complete / Performs	<ol style="list-style-type: none"> 1) Perform own longer, more complex sequences in time to music 2) Consistently perform and apply skills and techniques with accuracy and control 	perform, complex sequences perform, accuracy, control
		Evaluate	<ol style="list-style-type: none"> 1) Choose and use criteria to evaluate own and others' performances 2) Explain why they have used particular skills or techniques and the effect they have had on their performance 	criteria, evaluate effect on performance
	Games	Health Fitness	<ol style="list-style-type: none"> 1) Know and understand the reasons for warming up and cooling down 2) Explain some safety principles when preparing for and during exercise 	warm up, cool down safety principles
		Tactics and Rules	<ol style="list-style-type: none"> 1) Know when to pass and when to dribble in a game 2) Devise and adapt rules to create their own game 	know, pass, dribble devise, adapt rules
		Strike and hitting a ball	<ol style="list-style-type: none"> 1) Use different techniques to hit a ball 2) Identify and apply techniques for hitting a tennis ball 3) Explore when different shots are best used 4) Develop a backhand technique and use it in a game 5) Practise techniques for all strokes 6) Play a tennis game using an overhead serve 	hit, technique tennis ball range of shots backhand technique strokes overhead serve
		Throwing and catching a ball	<ol style="list-style-type: none"> 1) Consolidate different ways of throwing and catching and know when each is appropriate in a game (Netball?) 	throwing, catching
		Attacking and defending	<ol style="list-style-type: none"> 1) Choose the best tactics for attacking and defending 2) Shoot in a game 3) Use fielding skills as a team to prevent the opposition from scoring 	tactics, attacking, defending shoot fielding skills, prevent, opposition
		Travelling with a ball	<ol style="list-style-type: none"> 1) Use a variety of ways to dribble in a game with success 2) Use ball skills in various ways and begin to link together 	dribble ball skills
		Using space	<ol style="list-style-type: none"> 1) Develop an increasing awareness of space 	space, awareness
Passing a ball		<ol style="list-style-type: none"> 1) Pass a ball with speed and accuracy using appropriate techniques in a game situation 	Pass, speed, accuracy	
Complete / Perform		<ol style="list-style-type: none"> 1) Consistently perform and apply skills and techniques with accuracy and control 2) Take part in competitive games with a strong understanding of tactics and composition 	accuracy, control competitive, tactics	

least 25 metres •use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •perform safe self-rescue in different water-based situations.		Evaluate	1) Choose and use criteria to evaluate own and others performance 2) Explain why they have used particular skills or techniques and the effect they have had on their performance	criteria, evaluate effect on performance
	Gymnastics	Health Fitness	1) Know and understand the reasons for warming up and cooling down 2) Explain some safety principles when preparing for and during exercise	warm up, cool down safety principles
		Rolls	1) Forward roll from standing 2) Straddle forward roll 3) Pike forward roll 4) Tucked backward roll 5) Backward roll to straddle	Forward roll Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle
		Acquiring and developing skills (General)	1) Select ideas to compose specific sequences of movement, shapes and balances 2) Adapt their sequences to fit new criteria or suggestions 3) Perform jumps, shapes and balances fluently and with control 4) Confidently develop the placement of their body parts in balances recognising the position of their centre of gravity and where it should be to the base of the balance 5) Confidently use equipment to vault in a variety of ways 6) Apply skills and techniques consistently 7) Develop strength, technique and flexibility throughout performances 8) Combine equipment with movement to create sequences	sequence, movement, shape, balances adapt perform centre of gravity, develop vault consistent develop strength, technique, flexibility combine equipment with movement
		Vault	1) Hurdle step onto springboard 2) Squat on vault 3) Straddle on vault 4) Star jump off 5) Tuck jump off 6) Straddle jump off 7) Pike jump off 8) Squat through vault	hurdle step squat straddle star jump tuck jump jump off pike jump off squat through vault
		Shapes and Balances	1) 1, 2, 3 and 4 point balances 2) Balances on apparatus 3) Part body weight partner balances 4) Pike, tuck, star, straight, straddle shapes 5) Front and back support	point balances apparatus balances, partner pike, tuck, star, straight, straddle front, back support
		Handstands, cartwheel, round offs	1) Lunge into handstand 2) Lunge into cartwheel 3) Lunge into round-off	lunge, handstand lunge, cartwheel lunge, round off
		Jumps	1) Straight jump 2) Tuck jump 3) Jumping jack 4) Star jump 5) Straddle jump 6) Pike jump 7) Straight jump half turn	straight jump tuck jumping jack star straddle pike jump, turn

		<ul style="list-style-type: none"> 8) Straight jump full turn 9) Cat leap 10) Cat leap half turn 11) Split leap 	<ul style="list-style-type: none"> cat leap split leap
	Travelling and linking actions	<ul style="list-style-type: none"> 1) Tiptoe, step, jump and hop 2) Hopscotch 3) Skipping 4) Chassis steps 5) Straight jump half turn 6) Straight jump full turn 7) Cat leap 8) Cat leap half turn 9) Pivot 	<ul style="list-style-type: none"> tiptoe, step, jump, hop hopscotch skipping chassis steps jump, turn cat leap pivot
	Compete perform	<ul style="list-style-type: none"> 1) Perform own longer more complex sequences in time to music 2) Consistently perform and apply skills and techniques with accuracy and control 	<ul style="list-style-type: none"> perform accuracy, control
	Evaluate	<ul style="list-style-type: none"> 1) Choose and use criteria to evaluate own and others' performances 2) Explain why they have used particular skills or techniques and the effect they have had on their performance 	<ul style="list-style-type: none"> criteria effect on performance
Outdoor Adventurous Activities	Health & Fitness	<ul style="list-style-type: none"> 1) Know and understand the reasons for warming up and cooling down 2) Explain some safety principles when preparing for and during exercise 	<ul style="list-style-type: none"> warm up, cool down safety principles
	Trails	<ul style="list-style-type: none"> 1) Start to orientate themselves with increasing confidence and accuracy around an orienteering course 2) Design an orienteering course that can be followed and offers some challenge to others 3) Begin to use navigation equipment to orientate around a trail 	<ul style="list-style-type: none"> orientate design, challenge navigation equipment
	Problem Solving	<ul style="list-style-type: none"> 1) Use clear communication to effectively complete a particular role in a team 2) Complete orienteering activities both as part of a team and independently 3) Identify a key on a map and begin to use the information within activities 	<ul style="list-style-type: none"> communication team, independent key, map
	Preparation and Organisation	<ul style="list-style-type: none"> 1) Choose the best equipment for an outdoor activity 2) Create an outdoor activity that challenges others 3) Create a simple plan of an activity for others to follow 4) Identify the quickest route to accurately navigate an orienteering course 	<ul style="list-style-type: none"> equipment challenge create, plan quickest route
	Communication	<ul style="list-style-type: none"> 1) Communicate clearly and effectively with others 2) Work effectively as part of a team 3) Successfully use a map to complete an orienteering course 4) Begin to use a compass for navigation 	<ul style="list-style-type: none"> communicate team complete compass
	Compete and Perform	<ul style="list-style-type: none"> 1) Complete an orienteering course on multiple occasion in a quicker time due to improved techniques 2) Offer a detailed and effective evaluation of both personal performances and activities 3) Improve trails to increase the challenge of the course 	<ul style="list-style-type: none"> improve technique evaluate increase challenge
	Evaluate	<ul style="list-style-type: none"> 1) Choose and use criteria to evaluate own and others' performances 2) Explain why they have used particular skills or techniques and the effect they have had on their performance 	<ul style="list-style-type: none"> criteria, evaluate effect on performance