



Year 5 – PE Overview

Autumn Swimming	Spring Swimming Gymnastics	Summer Dance Athletics
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Games	Gym	Dance	Athletics	Outdoor Adventure Activities	Evaluation	Swimming
G1 – I can effectively travel with a ball into the correct space.(with intent)	GY1 - I can combine and perform taught skills with precision, control and fluently.	D1- I can improvise with confidence, still demonstrating fluency across my sequence, on my own, with a partner or in a group.	A1 - I can use a variety of running techniques and with them in a competitive situation	O1 - I can develop strong listening skills	E1 -I can watch and describe a performance accurately	S1 I can swim competently, confidently over a distance of at least 25m.
G2 – I can vary skills, actions and ideas and link these in ways that suit the games activity.	GY2 - I can confidently use more complex gym vocabulary describe how to improve and refine performances	D2 - I can move appropriately and with the required style in relation to the stimulus using various levels, ways of traveling and motifs.	A2 - I can apply my jumping skills for specific height or distances	O2 - I can use and interpret maps	E2 - I can learn from other in how I can improve my skills	S2 Use a range of strokes effectively.



G3 - I can use a range of techniques effectively when passing, kicking and dribbling effectively.	GY3 - I can develop their own sequences.	D3 - I can exaggerate dance movements and motifs using expression when moving.	A3 - I can apply my throwing techniques with accuracy and confidence for specific throws in a competitive situation.	O3 - I can think activities through and problem solve using basic general knowledge.	E3 - I can comment on tactics and techniques to help improve performances	S3 I can perform safe self-rescue in different waterbased situations.
G4 - I can show confidence in using ball skills in various ways and can link these together effectively	GY4 - I can perform difficult actions with an emphasis on extension, clear body shape and changes in direction	D4 - I can demonstrate a strong imagination when creating own dance sequences and motifs using peer and self-evaluation to assist.		O4 - I can choose and apply strategies to solve problems	E4 - I can make suggestions in how to improve my work, commenting on similarities and differences.	
G5 - I can apply knowledge of skills for attacking and defending.	GY5 - I can develop strength, technique and flexibility throughout performances on the floor and on equipment.	D5 - I can perform with confidence using a range of movement patterns to use the space.		O5 - I can confidently show and understand how to be safe.		
G6 - I can modify competitive games.		D6 - I can move to the beat accurately and dance with fluency linking all of my movements and ensuring they flow.				



G7 - I can keep possession of the ball during game situations		D7 - I can understand why dance is good for fitness.				
G8 - I can confidently make suggestions as to what resources can be used to differentiate a game.						
G9 - I can effectively select the right approach to attacking and defending in games situation						
G10 - I can choose when to pass or dribble, so that they keep possession and make progress towards the goal.						

Topic Coverage		
Autumn Swimming	Spring Swimming Gymnastics	Summer Dance Athletics



S1, S2, S3 E1, E2, E3, E4	S1,S2, S3 GY1, GY2, GY3, GY4, GY5 E1, E2, E3, E4	D1, D2, D3, D4, D5, D6, D7 A1, A2, A3, A4
Vocabulary	Vocabulary	Vocabulary
<p>Swimming Tread water, Glide, Front Crawl, Float, Backstroke, Glide</p>	<p>Swimming Tread water, Glide, Front Crawl, Float, Backstroke, Glide</p> <p>Gymnastics Balance, symmetrical, Apparatus, Rotation, Jump, Movement</p>	<p>Dance Moti Transition, Posture, Genre, Choreography, Collaboratively</p> <p>Athletics Javelin, Track, Shot put, Momentum, Sprint, Stance</p>
I will know...	I will know...	I will know...
<ul style="list-style-type: none"> - To develop gliding, front crawl, and back stroke - To develop rotation and treading water - To develop the front crawl stroke and breathing technique - To develop the technique for backstroke arms and legs - To develop the breaststroke technique - To develop skills of water safety and floating 	<ul style="list-style-type: none"> - To perform symmetrical and asymmetrical balances - To develop the straight and forward straddle - To explore different travelling actions using both canon and synchronisation - To perform progressions of inverted movements - To explore matching and mirroring in sequence work - To create a partner sequence using apparatus 	<ul style="list-style-type: none"> - To understand how changing dynamics changes the appearance of the performance. - To understand and use relationships and space to change how the performance looks - To work with a partner to copy and repeat actions in time with the music. - To choose actions to create a motif in a given character with consideration of dynamics, space and relationships - To use structure to choreograph a dance performance - To select and combine dance tools to choreograph and perform a dance