

PE in Years 5 and 6



Pupils will:

Develop competence to excel in a broad range of physical activities
Be physically active for sustained periods of time
Engage in competitive sports and activities
Learn to lead healthy, active lives.

You will see them:

- Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).
- Work alone, or with team mates in order to gain points or possession.
- Strike a bowled or volleyed ball with accuracy.
- Use forehand and backhand when playing racket games.
- Field, defend and attack tactically.
- Uphold the spirit of fair play and respect in all
- Compose and perform creative and imaginative dance sequences.
- Express an idea in original and imaginative ways.
- Create well-executed sequences that include a full range of movements including: travelling, balances, springing, bending, stretching and twisting.
- Combine sprinting with low hurdles over 60 metres.
- Choose the best place for running over a variety of distances.
- In athletics throw accurately and refine performance by analysing technique and body shape.
- Show control in take-off and landings when jumping.
- Compete with others and keep track of personal best performances, setting targets for improvement
- Select appropriate equipment for outdoor and adventurous activity.
- Swim at least 25 metres unaided.
- Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
- Swim fluently with controlled strokes.
- Swim at the surface and below the water.

Years 5 and 6 will learn through:

Dance activities, games activities and gymnastic activities, swimming activities and water safety, athletic activities, outdoor and adventurous activities.