Physical Education

Throw and catch with control and accuracy Strike a ball and field with control Work alone, or with team mates in order to gain points or possession Maintain possession of a ball (with, e.g. Feet, a hockey stick or hands) Use forehand and backhand when playing racket games Uphold the spirit of fair play and respect in all competitive situations Lead others and act as a respectful team member Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		<u> </u>
Work alone, or with team mates in order to gain points or possession Maintain possession of a ball (with, e.g. Feet, a hockey stick or hands) Use forehand and backhand when playing racket games Uphold the spirit of fair play and respect in all competitive situations Lead others and act as a respectful team member Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)	Programme of Study	Year 5 Milestones
Work alone, or with team mates in order to gain points or possession Maintain possession of a ball (with, e.g. Feet, a hockey stick or hands) Use forehand and backhand when playing racket games Uphold the spirit of fair play and respect in all competitive situations Lead others and act as a respectful team member Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		Throw and catch with control and accuracy
Maintain possession of a ball (with, e.g. Feet, a hockey stick or hands) Use forehand and backhand when playing racket games Uphold the spirit of fair play and respect in all competitive situations Lead others and act as a respectful team member Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		Strike a ball and field with control
Use forehand and backhand when playing racket games Uphold the spirit of fair play and respect in all competitive situations Lead others and act as a respectful team member Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		Work alone, or with team mates in order to gain points or possession
Use forehand and backhand when playing racket games Uphold the spirit of fair play and respect in all competitive situations Lead others and act as a respectful team member Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		Maintain possession of a hall (with le.g. Feet, a hockey stick or hands)
Uphold the spirit of fair play and respect in all competitive situations Lead others and act as a respectful team member Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		
Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		ose foreflatia and sackitatia when playing facket games
Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		
Perform expressively and hold a precise and strong body posture Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		
Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		Compose creative and imaginative dance sequences
Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		
Plan, perform and repeat sequences, including: travelling; balances; swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		
swinging; bending, stretching and twisting; gestures Show changes of speed, direction and level during a performance Practise and refine the gymnastic techniques used in performances (listed above)		maintain this throughout a piece
(listed above)	Gymnastics	Plan, perform and repeat sequences, including: travelling; balances;
(listed above)		swinging; bending, stretching and twisting; gestures
(listed above)		Show changes of speed, direction and level during a performance
		Practise and refine the gymnastic techniques used in performances
Lice more than one stroke and coordinate breathing as appropriate for		(listed above)
Use more than one stroke and coordinate breathing as appropriate for	Swimming	Use more than one stroke and coordinate breathing as appropriate for
the stroke being used.		the stroke being used.
Coordinate leg and arm movements		Coordinate leg and arm movements
Swim at the surface and below the water		Swim at the surface and below the water
Run over a longer distance, conserving energy in order to sustain	Athletics	Run over a longer distance, conserving energy in order to sustain
performance		performance
Show control in take off and landings when jumping		Show control in take off and landings when jumping
Throw with accuracy to hit a target or cover a distance		Throw with accuracy to hit a target or cover a distance
Compete against others and aim to improve personal best performance		Compete against others and aim to improve personal best performance
	Outdoor and Adventurous Activities	
ons sa		
Select appropriate equipment for outdoor and adventurous activity		Select appropriate equipment for outdoor and adventurous activity
Embrace both leadership and team roles and gain the commitment and		Embrace both leadership and team roles and gain the commitment and
respect of a team		respect of a team
Use a range of devices in order to orientate themselves		Use a range of devices in order to orientate themselves