

Physical Education

Programme of Study	Year 5 Milestones
Games	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
Dance	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
Gymnastics	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)
Swimming	Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
	Coordinate leg and arm movements
	Swim at the surface and below the water
Athletics	Run over a longer distance, conserving energy in order to sustain performance
	Show control in take off and landings when jumping
	Throw with accuracy to hit a target or cover a distance
	Compete against others and aim to improve personal best performance
Outdoor and Adventurous Activities	Select appropriate equipment for outdoor and adventurous activity
	Embrace both leadership and team roles and gain the commitment and respect of a team
	Use a range of devices in order to orientate themselves