

Year 5 - Physical Education

Areas of Learning

- Develop confidence and competence
- Athletics skills
- Competitive games
- Develop fitness skills
- Swimming and water safety
- Develop PE vocabulary

Approaches to learning

- Perform in a broader range of skills effectively
- Implement basic rules and regulations
- Actively participate in opposed situations
- Become more engaged in competitive games
- Evaluate performance and recognise their potential

Examples of learning

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

References

National curriculum in England: primary curriculum, DfE, 2015

www.education.gov.uk/national-curriculum