

PE Key Skills Y5

Area	Key Skill
Games	<ul style="list-style-type: none"> • Use a small range of sending, receiving and travelling techniques in games, with varied control • Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control • Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations • Understand why exercise is good for their fitness, health and wellbeing • With help, devise warm up and cool down activities and justify their choices
Dance	<ul style="list-style-type: none"> • Can explore ideas from different dance styles • Can compose dances expressively • Can organise their own warm up and cool down to suit activities. • Can understand why it's important to warm up
Gymnastics	<ul style="list-style-type: none"> • Perform combinations of gymnastic actions with different levels, speeds and direction • Perform actions, shapes and balances with good body tension and extension • Repeat a longer, more difficult sequence accurately emphasising extension, body shape and changes in direction, alone, with a partner or a small group • Understand why warming-up and cooling-down are important and devise their own warm up routine • Evaluate a sequence and suggest improvements to speed, direction and level, applying some basic criteria
Outdoor Adventure	<ul style="list-style-type: none"> • Develop and refine orienteering and problem-solving skills when working in groups and on their own • Work cooperatively to put strategies and solutions into action • Identify how their bodies work in the different challenges • Conserve their efforts and keep their concentration during tasks • Identify what they do well as individuals and as a group
Athletics	<ul style="list-style-type: none"> • Understand and demonstrate the differences between sprinting and distance running • Show control in take-off activities • Demonstrate a range of throwing actions using modified equipment with some accuracy and control • Organise and manage an event well • Predict how different activities will affect heart rate, temperature and performance • Watch partner's performance and identify strengths • Understand the basic principles of warming up • Understand fully why exercise is good for fitness, health and wellbeing