**Year 5 PE-Curriculum Map.**

|  |  |  |
| --- | --- | --- |
| 6 Strands of PE(Golden Thread) | Skills taught. | End Points to be achieved bythe end of the year. |
| Fundamental skills. | I can change pace and run at different tempos.I can Sustain my pace over longer distances.I can throw with accuracy and power using the pull technique.I can throw after a run up.I can throw with greater force and over longer distances.I can throw with greater control, accuracy and efficiency.I can perform the correct techniques for triple jump, high jump and standing vertical jump.I can measure accurately my performance at standing vertical jumping.I can combine sprinting with hurdling.I can transfer a relay baton efficiently as part of a team.I know how to control my running over middle distance.I know how running a bend differs from running a straight.I know to get sideways on when throwing.I know how to throw a shot using, ‘clean palm, dirty neck' technique.I know how to generate power from the thighs.I know the technique, 'same, different, both' for triple jump.I know my take off foot and lead leg.I know how to hurdle efficiently.I know how to position myself to receive a baton.I enjoy competing and challenging myself to improve across all areas. | To be able to select and perform appropriate movement skills with control in a range of competitive events and to evaluate performance |
| Dance. | I can develop a motif demonstrating some agility, balance, coordination and precision.I can creatively change static actions into travelling movements.I can show different levels, pathways and directions when I travel.I know how to use chance choreography to create a sequence.I know how to use canon, formation changes, direction and level to improve our ideas.I know how to listen to other people’s ideas and vocalise my own thoughts.I know how to recognise good timing, execution and performance skills. | To know elements of choreography can be used as part of a linked sequence of skills to create a routine. |
| Gymnastics 3 strands as they progress through the school.MovementBalancePartner/group work. | I can perform matching moves with a partner within a sequence.I can hold balances on different numbers of points of contact.I can perform routines and a range of skills seamlessly.I can control an Arabesque.I can contrast my partner’s moves so that we work at different levels and in different pathways.I can evaluate the work of others using technical language including setting targets for improvement.I can perform a sequence, mirroring a partner’s symmetrical and asymmetrical shapes.I can perform a sequence with a partner, which moves from matching moves to contrasting.I can work as a group to demonstrate fluent routines involving mirroring and contrasts.I can perform elements of unison and canon in a group routine.I know how to perform an Arabesque.I know how to use gymnastic terminology in my feedback.I know how to mirror in unison with my partner.I know the importance of timing and how to ensure I work in synchrony with my partner. | To be able to select, perform and evaluate technical gymnastics skills safely on a range of apparatus. |
| Invasion Games | I can pass accurately and using a variety of passes.I can anticipate the play and release the ball quickly and efficiently.I can work constructively, irrespective of who I am working with.I can demonstrate specific tactical/performance awareness as an individual and team member.I can read the play and show tactical awareness.I can create space for myself.I can position myself to take rebounds from missed shots.I can participate purposefully in a netball match.I can apply some tactics we have decided on as a team.I can play by the rules.I can use different skills such as varying speed and direction to get past defenders.I can mark a player or an area of the court to limit opportunities for the opposition.I can dodge.I can adopt sideways on positions to receive the ball.I can track an opponent playing 'player-to-player' defence.I can pass attackers on to other defenders when they run across the pitch.I can make diagonal runs to confuse defenders.I know how to disguise my passes.I know that when I get sideways on to receive a ball it opens up the court.I know some attacking principles.I know to communicate nonverbally on court.I know where I am allowed on court when playing specific positions.I know how to use my body to protect the ball.I know how to defend against an attacking player.I know what the difference between man v man defence and zone defence and understand the benefits of both styles.I know how to work as a team to create shooting opportunities.I know how to communicate with teammates and understand the principles of attacking and defending when playing a competitive game.I know to travel with my head up.I know that I get a better view of the whole pitch when I get wide and sideways on.I know when to attack and when not to.I know that I need to be alert in defence and always have one eye on the ball and one on my opponent.I know some strategies to cope with having fewer players than my opponents by having good shape and discipline.I know how to make use of extra players. | To select a range of attacking and defensive tactical strategies as part of a team in a range of sports. |
| Net and Wall Games. | I can assume a position of readiness.I can perform a forehand and backhand serve.I can serve with accuracy.I can serve long and short.I can demonstrate a split step and understand its use.I can chase into the net to retrieve shots.I can play deft shots.I can smash.I can drop shot.I can perform different shots consistently and with accuracy.I know how to grip a racket.I know to keep the racket head below waist height when striking a serve.I know why it is important to serve in different ways.I know where to stand and how to position my body to serve.I know to vary my serve. | To be able to play a repertoire of strokes with increasing accuracy and control. |
| Striking and fielding Games. | I can catch consistently well under pressure.I can pull a ball from a short delivery to the leg side.I can perform a range of fielding techniques confidently and consistently.I can pick up and return a ball with one hand quickly and consistently well.I can use my feet to get to the pitch of the ball when batting.I can show tactical awareness as a fielder.I can play a square cut shot.I know to slide my bat over the crease when running.I know which ground fielding technique to use and why.I know which calls I should use when batting.I know when I might use a one-handed pick up. technique.I know why it is important for outfielders to walk in with the bowler as he/she runs up.I know to work as a team ensuring that I back up for possible overthrows  | To develop an awareness of fielding positions and communicate effectively as a team.To be able to strike accurately into a chosen space. |