



Progression of Knowledge in P.E. – Year 5

<p><u>Invasion Games</u></p>	<ul style="list-style-type: none">● Describe and explain ways to keep the ball away from defenders● Know and explain the rules of hockey – ball passed between team using hockey sticks to get goals and opponents try to defend, intercept and then attack.● Explain ways to mark an opponent● Understand how changes of speed and direction can help avoid defenders● Know how to shoot accurately in a range of ways● Explain the times when it is best to pass or travel with the ball● Understand different formations of attack using space and changes of speed and direction to keep possession of the ball● Explain different positions of the team and their role within it● Know and understand the basic principles of warming up and choose appropriate activities for games they are going to play● Identify and explain what is done well by others during games, how effective it is and how it could be improved
<p><u>Gymnastics</u></p>	<ul style="list-style-type: none">● Know a range of actions and body shapes and balances they can use fluently and consistently in a performance● Know and understand some actions and balances are symmetric or asymmetric and must have extension, body tension and control● Know how to combine movements with others in a group so they are mirrored or matched● Know what actions, shapes and rolls can be applied and adapted in sequences to include changes of speed, direction, levels and rotation and when to mirror or match when working with a partner● Understand how to plan a pathway to create more complex sequences knowing when balances/actions are symmetrical, asymmetrical, fast, slow, different levels etc● Understand why physical activity is good for their health● Choose and use information and basic criteria to evaluate their own and others' work

<p><u>Dance</u></p>	<ul style="list-style-type: none"> ● Know and describe actions, gestures, body shapes, rhythms and travelling patterns to suit the style of dance ● Know how to create motifs and develop phrases in the style of the dance varying shape, group size, levels and direction ● Explain ways to develop dance phrases on their own, with a partner or a group ● Understand how to vary dance using space, dynamics and relationships ● Know different warm up and cool down activities which can be done to suit the dance ● Describe and evaluate dances understanding some aspects of style and context
<p><u>Athletics</u></p>	<ul style="list-style-type: none"> ● Understand and describe the difference it makes when running faster and slower over long distances ● Know and describe how to use a run up to increase the distance they can jump – eg running faster at take-off, not too long a run up ● Know a range of throwing actions such as slinging, pushing and pulling using different equipment ● Understand how to plan a run so that they pace it evenly ● Understand the basic principles of warming up ● Understand how to choose a set of criteria that they can use to evaluate the quality of running, jumping and throwing activities
<p><u>Striking and Fielding</u></p>	<ul style="list-style-type: none"> ● Describe how to hit a ball accurately into space and how to position their body ● Know and explain how to bowl and how to position the feet and bodies when doing so and how to grip the ball ● Explain how to stop, intercept and retrieve a ball by getting their body behind it – long barrier ● Explain how working as a team (bowler, backstop, 1st base and then deep fielders, posts and bowler) make it harder for batters to score ● Know the rules of rounders – know squares used for bowler and batter, run whether ball is hit, batters can be out caught or stumped, fielders get ball to post or bowler, rounder if batter gets all round the 4 posts ● Understand what to include in a warm up in order to improve performance ● Explain strengths and weaknesses in performance and say how play can be improved