

Year 5	Areas of Study-
Movement	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop Side gallop Jump for distance Jump from side to side Run at speed moving through and over obstacles
Technique, control and balance	Perform a basic forward, shoulder, and egg roll Bounce a small ball on the spot with consistency Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can travel whilst bouncing a ball, showing control Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.
Agility and coordination	Be able to throw and catch a small sized ball accurately Dribble a small sized ball in and out of a set of obstacles.
Movement patterns	Discuss rhythm and be able to move to a beat Create and perform a short sequence linking basic actions (cannon, levels) with a clear beginning, middle and end. Provide feedback to others in order to improve Choose and link actions to create an expressive dance phase which shows some sensitivity to music Plan and perform a movement sequence showing contrasts in speed, level and direction, Work with a partner to create a simple dance phrase Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.
Competitive team games	Be able to participate in a game with an opposing side Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball. Develop simple tactics for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities.

	Attempt to beat a personal best Play competitive games, modified where appropriate. Compete in a range of increasingly challenging situations Apply basic principles suitable for attacking and defending Compete in a range of increasingly challenging situations
Knowledge and understanding of fitness and health	They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.