

FUNS
 Invasion
 Dance
 Gymnastics
 Strike & field
 Athletics
 Net & wall
 OAA

explore static balancing and hold for a short period of time and with their eyes closed
 explore dynamic balance to agility including turns with control and alternative legs
 explore floor movement patterns introducing fine motor skills
 travel in different ways, showing clear transition and control
 jump with control, precision and in different ways
 catch balls of different sizes, can use a range of techniques whilst running
 throw a range of balls both underarm and over arm accurately



The Year 5 Sports Person I can...

Participate in team games

dribble with control.
 pass and receive the ball with control
 look up whilst passing, travelling with the ball and shooting
 control a ball accurately using a range of techniques
 pass the ball with increasing accuracy and speed over different distances.
 know a range of defending and attacking techniques

change direction and speed whilst dribbling
 use a range of techniques to pass the ball
 begin to apply some skills and techniques consistently and with success in more than one type of invasion game
 begin to explain the effect that using a particular skill or technique has had on their performance.
 begin to choose the best techniques and tactics for attacking in a game situation, such as when to pass and when to dribble to help keep possession

choose the best techniques and tactics for defending in a game situation, such as when to tackle and man-to-man marking
 follow rules in more complex invasion games and contribute towards the success of their team
 Begin to throw the ball over a range of distances with control and accuracy
 practise a range of attacking and defending strategies
 Begin to throw a ball whilst moving
 Begin to catch a ball whilst moving

Begin to perform a round off

perform a range of jumps with control

perform a range of rolls safely and with control

be able to explain and describe the technique for a range of jumps

Begin to perform a pike forward roll

independently plan a sequence of gymnastic movements that are creatively linked together

work with a partner to plan a sequence of gymnastic movements that are creatively linked together

Begin design and perform movements to tell a story

Begin to use my face to express emotions clearly

Begin to link and combine movements together

Begin to select appropriate movements to fit with a chosen dance style

Begin to use different techniques such as unison, canon and repetition

Begin to create a dance with a clear beginning and end

Begin to use and explain techniques for holding different bats

begin to apply a range of tactics and strategies to help drive the success of my team.

Begin to use a range of throwing, catching, fielding, and batting strategies in games

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begin to choose the best techniques and tactics for defending in a game situation, such as when to tackle and man-to-man marking

find and use space to keep possession.

follow rules in more complex invasion games and contribute towards the success of their team.

hold a bat / racket correctly and explain how and why to hold the racket in a certain grip

solve a range of problems when working with others.

follow a set of directions correctly.

begin to choose and use criteria to orally evaluate their own and others' performance

choose an appropriate object for the task and explain why

give clear and precise directions for someone else to follow

follow multi-step instructions

begin to learn the technique for the triple jump

hit a ball back and forwards to a partner for a rally

know what orienteering is

work effectively with others to complete a task

begin to learn the technique for the fling throw.

learn tactics e.g. where to hit the ball, which stroke to choose, where to position yourself

know and understand a range of map symbols.

Communicate effectively

begin sustain my running pace over longer distances (800m, 1600m)

Begin to choose the appropriate stroke

follow simple maps

use an effective technique for sprinting including testing out different sprint starts.

Begin to hit a ball over a net to score a point

practise existing running, throwing and jumping skills