



**Whitegate CE Primary School**  
 "Trusting in God; Growing in Wisdom"

## Whitegate C of E Primary School – Physical Education

### Year Five Progressive Statement

#### Curriculum Requirements

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Games and athletics	Dance	Gymnastics
Year Five	<ul style="list-style-type: none"> <li>• Choose and combine techniques in games.</li> <li>• Work alone or with a team in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with some accuracy.</li> <li>• Choose appropriate tactics for a game.</li> <li>• Uphold spirit of fair play and respect in all competitive situations.</li> <li>• Combine spiriting with hurdles</li> <li>• Throw accurately and refine performance by analysing technique and body shape</li> <li>• Compete with others and keep tract of personal best, setting won targets for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences</li> <li>• Express and idea in an original and imaginative way.</li> </ul>	<ul style="list-style-type: none"> <li>• Create complex and well executed sequences that include a range of moments including:               <ul style="list-style-type: none"> <li>○ Travelling</li> <li>○ Balances</li> <li>○ Swinging</li> <li>○ Bending</li> <li>○ Stretching</li> <li>○ Twisting</li> <li>○ Gestures</li> <li>○ Linking shapes</li> </ul> </li> <li>• Link sequences of movements effectively</li> <li>• Practise and refine gymnastic techniques</li> </ul>
Swimming	<p>By the end of Key Stage 2:            swim competently, confidently and proficiently over a distance of at least 25 metres            use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]            perform safe self-rescue in different water-based situations</p>		

