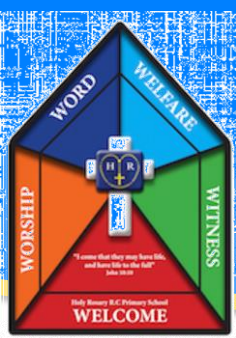
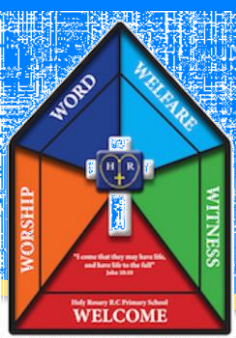


Upper Key Stage 2 - PE



	Dance	Games	Gymnastics
Year 5	<ul style="list-style-type: none"> • Demonstrate precision and control in response to stimuli. • Vary dynamics and develop complex actions with a partner or as part of a group. • Perform and create sequences in a variety of dance styles with accuracy and consistency. • Select and use a wide range of compositional skills to demonstrate ideas. • Evaluate performance to achieve personal best. 	<ul style="list-style-type: none"> • Control movement with a ball in opposed situations e.g. dribbling. • Use accurate passing skills. • Strike a bowled ball with accuracy. • Field accurately and follow the rules of the game. • Apply basic principles of attacking and defending. • Understand fair play and demonstrate this when playing. • Demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> • Create complex sequences using a full range of movements. • Hold strong, fluent and expressive shapes with control. • Vary speed, direction and level. • Develop flexibility, strength and technique and know how to improve.
Year 6	<ul style="list-style-type: none"> • Demonstrate precision, control and fluency in response to stimuli. • Perform and create complex and imaginative sequences in a variety of dance styles with accuracy and consistency. • Develop complex actions to rehearse, remember and perform as a small group. • Suggest ways to improve quality of performance showing sound knowledge and understanding. • Evaluate and compare performance with previous ones to achieve personal best. 	<ul style="list-style-type: none"> • Control movement with a ball in opposed situations e.g. dribbling. • Choose and combine accurate passing technique in order to give an advantage to your team. • Strike a bowled or volleyed ball with accuracy. • Apply principles of attacking and defending. • Advise and help others with techniques. • Follow rules of fair play. • Explain long term effects of exercise. • Demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> • Create complex and well-executed sequences using a full range of movements. • Analyse skills and suggest ways to improve the quality of performance. • Demonstrate safe practice. • Vary speed, direction, level and body rotation. • Develop flexibility, strength, technique, control and balance. • Reflect on and improve performance.

Upper Key Stage 2 - PE



	Athletics	OAA	Swimming
Year 5	<ul style="list-style-type: none"> Combine sprinting with low hurdles over short distances. Throw accurately and analyse performance. Show control in take off when jumping Compete with others and know personal best. Explain how to improve technique in a variety of events. 	<ul style="list-style-type: none"> Identify and manage risk. Take on both leadership and team roles. Offer support without being asked, when someone needs help. Orientate a detailed map. Complete an orienteering course in school grounds or a park. 	<ul style="list-style-type: none"> Swim 25m for a floating object. Enter and tread deep water. Retain a floating object and swim 50m. Answer questions on personal survival skills. Perform a sitting dive. Push and glide on front and back with a smooth transition into stroke. Swim 100m in a preferred stroke showing efficient technique. Swim 50m and 25m in 2nd and 3rd stroke.
Year 6	<ul style="list-style-type: none"> Choose the best pace for running over a variety of distances including hurdles. Show control in take-off and landing when jumping. Set targets for own improvement. Demonstrate control, strength and speed and stamina in athletics events. Understand how to apply athletic skills and tactics to a competitive situation to achieve the best. 	<ul style="list-style-type: none"> Remain positive in very challenging situations and encourage others to be positive. Orientate a map to north with a compass. Complete an orienteering course in school grounds or a park. Be able to relocate. 	

Upper Key Stage 2 - PE

