

PE and Games Age End Points - Year 5

Dance	Gymnastics	Athletics	Invasion				
			Football	Tag Rugby	Basketball	Netball	Hockey
<ul style="list-style-type: none"> + link techniques & gestures to steps/actions + perform with precision & accuracy + link moves to lyrics + express ideas towards choreography 	<ul style="list-style-type: none"> + negotiate a range of apparatus safely + perform gymnastics skills before, on and after apparatus to form a sequence + dismount apparatus correctly (chair landing) + correctly use jumping aids to assist vaults 	<ul style="list-style-type: none"> + incorporate a run up to a long jump (1 foot to 2 feet) + accurately use a stopwatch/tape measure to record performance of peers + make use of leg power to extend throw 	<ul style="list-style-type: none"> + explore other areas of the body to gain control of the ball + maintain possession while under pressure from a tackler + provide attacking opportunities for others + dispossess an attacker and clear the danger 	<ul style="list-style-type: none"> + pass to a moving runner accurately + receive the ball while on the move + participate consistently in conditioned games + defend with a peer effectively 	<ul style="list-style-type: none"> + outwit a defender using chest or bounce pass + instantly move into new space after a pass + dribble past defenders confidently + perform a shot using BEEF (Balance, Eyes, Elbow, Follow-through) 	<ul style="list-style-type: none"> + spot when footwork fouls are committed + shoot consistently using correct technique + mark a player & ball + keep to their own personal boundaries 	<ul style="list-style-type: none"> + send & receive the ball in a competitive situation + use both push and slap shots + use open & close stick dribble + begin to use reverse stick sweep
			<ul style="list-style-type: none"> + create and apply simple defensive tactics to a game (man to man / zonal marking) + create and apply simple attacking tactics to a game (attack wide channels/short & fast passing) + umpire / referee a game confidently 				
Striking & Fielding		Net / Wall		Outdoor & Adventurous Activities		Assessment	Coaching / Leadership
Cricket	Rounders	Tennis	Badminton	<ul style="list-style-type: none"> + co-ordinate with a group, dividing out roles in order to successfully complete a challenge + plan strategies to complete a challenge prior to beginning the task + re-evaluate planning and persevere 		<ul style="list-style-type: none"> + identify and correct own weaknesses (self-assess) + identify and suggest areas of improvement for others (peer assess) 	<ul style="list-style-type: none"> + lead a warm-up specifically suited to the lesson ahead + provide detailed feedback to a teammate about performance of a skill
<ul style="list-style-type: none"> + vary shot based on delivered ball + bowl consistently & legally 	<ul style="list-style-type: none"> + hit ball forwards + hit to outside the diamond from a tee + bowl accurately 	<ul style="list-style-type: none"> + serve overarm + hit on both forehand & backhand sides 	<ul style="list-style-type: none"> + use both flick & underarm serve to space + hit on both forehand & backhand sides 				
<ul style="list-style-type: none"> + score runs/rounders + make effective fielding choices 		<ul style="list-style-type: none"> + know forehand/backhand sides + knows how a rally ends 		<ul style="list-style-type: none"> + orientate a map correctly 			

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+ begin to umpire games	+ score in a modified game			
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