



Warren Wood Progression Grid



PE Skills and Knowledge Expected by the End of Year Five	
Dance	Gymnastics
<ul style="list-style-type: none">• Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.• Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.• Confidently perform choosing appropriate dynamics to represent an idea.• Use counts accurately when choreographing to perform in time with others and the music.	<ul style="list-style-type: none">• Show increasing control and balance when moving from one balance to another.• Use strength to improve the quality of an action and the range of actions available.• Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.• Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.
Games	Athletics
<ul style="list-style-type: none">• Use dribbling to change the direction of play with some control under pressure.• Dribble with feet with some control under increasing pressure.• Use a variety of throwing techniques with some control under increasing pressure.• Use a variety of kicking techniques with some control under increasing pressure.• Catch and intercept a ball using one and two hands with some success in game situations.• Receive a ball using different parts of the foot under pressure with increasing control.• Strike a ball using a wider range of skills. Apply these with some success under pressure.• Use a variety of techniques to change direction to lose an opponent.• Create and use space for self and others with some success.• Understand the need for tactics and can identify when to use them in different situations.	<ul style="list-style-type: none">• Run at the appropriate speed over longer distances or for longer periods of time.• Show control at take-off and landing in more complex jumping activities.• Perform a range of more complex jumps showing some technique.• Show accuracy and power when throwing for distance.• Demonstrate good balance and control when performing other fundamental skills.• Demonstrate improved body posture and speed when changing direction.• Can co-ordinate a range of body parts at increased speed.



Warren Wood Progression Grid



OAA	Swimming
<ul style="list-style-type: none">• Use clear communication when working in a group and taking on different roles.• Begin to lead others, providing clear instructions.• Plan and apply strategies with others to more complex challenges.• Orientate a map confidently using it to navigate around a course.• Explain why a particular strategy worked and alter methods to improve.	<p><u>Beginners</u></p> <ul style="list-style-type: none">• Submerge and regain feet in the water.• Breathe in sync with an isolated kicking action from poolside• Use arms and legs together to move effectively across a short distance in the water.• Float on front and back for short periods of time.• Glide on front and back over short distances.• Confidently roll from front to back and then regain a standing position. <p><u>Developers</u></p> <ul style="list-style-type: none">• Confidently and consistently retrieve an object from the floor with the same breath.• Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.• Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.• Combine gliding and floating on front and back over an increased distance.• Float on front and back using different shapes with increased control.• Comfortably demonstrate sculling head first, feet first and treading water. <p><u>Intermediate</u></p> <ul style="list-style-type: none">• Confidently combine skills to retrieve an object from greater depth.• Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.• Confidently demonstrate good technique in a wider range of strokes over increased distances.• Combine gliding and transitioning into an appropriate stroke with good control.



Warren Wood Progression Grid



	<ul style="list-style-type: none">• Confidently link a variety of floating actions together demonstrating good technique and control.• Select and apply the appropriate survival technique to the situation.
--	---