



Physical Education Objectives Year 5

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| Y5 | Gymnastics | develop flexibility, strength, technique, control and balance |
| Y5 | Athletics | develop flexibility, strength, technique, control and balance |
| Y5 | Athletics | use running, jumping, throwing and catching in isolation and in combination |
| Y5 | Games | play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending |
| Y5 | Games | take part in outdoor and adventurous activity challenges both individually and within a team |
| Y5 | Dance | perform dances using a range of movement patterns |
| Y5 | PE | compare their performances with previous ones and demonstrate improvement to achieve their personal best. |
| Y5 | Swimming | swim competently, confidently and proficiently over a distance of at least 25 metres |
| Y5 | Swimming | use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] |
| Y5 | Swimming | perform safe self-rescue in different water-based situations. |
| Y5 | PE - Physical | 1. Possesses good core strength to apply FUNdamental movements to modified versions of major games. |
| Y5 | PE - Physical | 2. Applies agility, balance, co-ordination in modified versions of major games and athletic activities. |

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| Y5 | PE - Physical | 3. Applies a range of throwing actions using a variety of objects. |
| Y5 | PE - Healthy | 1. Work in pairs and small groups safely in different situations. |
| Y5 | PE - Healthy | 2. Runs at a speed appropriate to the time required. |
| Y5 | PE - Healthy | 3. Talks about how exercise, eating and sleeping can contribute to good health. |
| Y5 | PE - Social | 1. Can take responsibility for their actions and those of others. |
| Y5 | PE - Social | 2. Communicates effectively with others. |
| Y5 | PE - Social | 3. Can play fairly and follow a set of rules. |
| Y5 | PE - Thinking | 1. Can begin to suggest improvements and refinements. |
| Y5 | PE - Thinking | 2. Makes judgements on the effect of exercise and how performance can be improved. |
| Y5 | PE - Thinking | 3. Can set personal targets for skill development. |