

National Curriculum Requirements of PE at Key Stage 2

Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, catching and throwing in isolation and in combination
- Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics
- 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 to achieve their personal best?

Swimming and water safety

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively such as front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations.

Knowledge, Skills and Understanding breakdown for Physical Education

Year 5

Acquiring & developing skills	Evaluating & Improving	Health & Fitness	Dance (also covered in Dance section)
<p>Can they link skills, techniques and ideas and apply them accurately and appropriately? Do they show good control in their movements?</p>	<p>Can they compare and comment on skills, techniques and ideas that they and others have used? Can they use their observations to improve their work?</p>	<p>Can they explain some important safety principles when preparing for exercise? Can they explain what effect exercise has on their body? Can they explain why exercise is important?</p>	<p>Can they compose their own dances in a creative and imaginative way? Can they perform to an accompaniment, expressively and sensitively? Are their movements controlled? Does their dance show clarity, fluency, accuracy and consistency?</p>
Games	Gymnastics	Athletics	Outdoor/adventurous
<p>Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot?</p>	<p>Can they make complex or extended sequences? Can they combine action, balance and shape? Can they perform consistently to different audiences? Are their movements accurate, clear and consistent?</p>	<p>Are they controlled when taking off and landing in a jump? Can they throw with accuracy? Can they combine running and jumping? Can they follow specific rules?</p>	<p>Can they follow a map in an unknown location? Can they use clues and compass directions to navigate a route? Can they change their route if there is a problem? Can they change their plan if they get new information?</p>

Knowledge, Skills and Understanding breakdown for Physical Education

Swimming

Lower attainers	Mid attainers	Higher attainers
<p>Can they swim between 25 and 50 metres unaided?</p> <p>Can they keep swimming for 30 to 45 seconds, using swimming aids and support?</p> <p>Can they use a variety of basic arm and leg actions when on their front and on their back?</p> <p>Can they swim on the surface and lower themselves under water?</p> <p>Can they take part in group problem-solving activities on personal survival?</p> <p>Do they recognise how their body reacts and feels when swimming?</p> <p>Can they recognise and concentrate on what they need to improve?</p>	<p>Can they swim between 50 and 100 metres and keep swimming for 45 to 90 seconds?</p> <p>Do they use 3 different strokes, swimming on their front and back?</p> <p>Can they control their breathing?</p> <p>Can they swim confidently and fluently on the surface and under water?</p> <p>Do they work well in groups to solve specific problems and challenges, sharing out the work fairly?</p> <p>Do they recognise how swimming affects their body, and pace their efforts to meet different challenges?</p> <p>Can they suggest activities and practices to help improve their own performance?</p>	<p>Can they swim further than 100 metres?</p> <p>Can they swim fluently and confidently for over 90 seconds?</p> <p>Do they use all 3 strokes with control?</p> <p>Can they swim short distances using butterfly?</p> <p>Do they breathe so that the pattern of their swimming is not interrupted?</p> <p>Can they perform a wide range of personal survival techniques confidently?</p> <p>Do they know what the different tasks demand of their body and pace their efforts well to meet challenges?</p> <p>Can they describe good swimming technique and show and explain it to others?</p>