



Year 5 PE KNOWLEDGE Subject Map

Invasion (Rugby)	Net and Wall (Badminton)	Fundamentals	Gymnastics	Fitness	Striking and Fielding (Rounders)
Target Games (Dodgeball)	Dance	Tennis	Netball (Ball skills)	Athletics	Outdoor Adventurous Activities

DRIVER WORDS

Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Develop, Revise , Refine	Travel, Copy, Move, Run, Jump, Balance	Link movements, Perform sequences, Combine skills	Change speed effectively, Travel fluently, Keep possession, Maintain pace, Throw/Kick accurately	Plan, Show improvement	Combine strength and stamina, Compete, Identify risks, Embrace leadership	Set personal targets, Embrace and embody leadership

	KNOWLEDGE		KNOWLEDGE
ATHLETICS	<p>K1. Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster.</p> <p>K2. Understand that keeping a steady breath will help me when running longer distances.</p> <p>K3. Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps.</p> <p>K4. Throwing: know how to transfer my weight in different throws to increase the distance.</p> <p>K5. Rules: understand and apply rules in a variety of events using official equipment.</p>	BALL SKILLS	<p>K6. Sending: know that controlling a ball before sending it will allow me to send it accurately.</p> <p>K7. Catching: understand when to use different types of catching.</p> <p>K8. Tracking: know that tracking a ball will help me to collect/stop/receive it quickly and successfully.</p> <p>K9. Dribbling: know that dribbling in different directions will help me to lose a defender in game situations.</p>
DANCE	<p>K10. Actions: understand that different dance styles utilise selected actions to develop sequences in a specific style.</p> <p>K11. Dynamics: understand that different dance styles utilise selected dynamics to express mood.</p> <p>K12. Space: understand that space relates to where my body moves both on the floor and in the air.</p> <p>K13. Relationships: understand that different dance styles utilise selected relationships to express mood.</p> <p>K14. Performance: understand what makes a performance effective and know how to apply these principles to my own and others' work.</p> <p>K15. Strategy: know that if I use dance principles it will help me to express an atmosphere or mood.</p>	FITNESS	<p>K16. Agility: understand that to change direction I push off my outside foot and turn my hips.</p> <p>K17. Balance: understand that dynamic balances are harder than static balances as my centre of gravity changes.</p> <p>K18. Co-ordination: understand that people will have varying levels of co-ordination and that I can get better with practice.</p> <p>K19. Speed: understand that taking big consistent strides will help to create a rhythm that allows me to run faster.</p> <p>K20. Strength: know the muscles I am using by name. Stamina: understand that keeping a steady breath will help me to move for longer periods of time.</p>
FUNDAMENTALS	<p>K21. Running: understand that to change direction, I push off my outside foot and turn my hips.</p> <p>K22. Balancing: understand that balance is a skill used in many different activities and everyday life.</p> <p>K23. Jumping and hopping: understand that there are different techniques for different situations.</p> <p>K24. Skipping: understand that people will have varying levels of skipping ability and that I can get better with practice.</p>	GYMNASTIC	<p>K25. Shapes: understand that shapes underpin all other skills. Inverted movements: understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</p> <p>K27. Balances: understand how to use contrasting balances to make my sequences look interesting.</p> <p>K28. Rolls: understand that I need to work within my own capabilities and this may be different to others.</p> <p>K29. Jumps: understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</p> <p>K30. Strategy: know that if I use different pathways it will help to make my sequence look interesting.</p>
INVASION	<p>K31. Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s&r with better control.</p> <p>K32. Dribbling: know that dribbling in different directions will help to lose a defender.</p> <p>K33. Space: know that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>K34. Tactics: understand the need for tactics and identify when to use them in different situations.</p> <p>K35. Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.</p>	NET AND WALL	<p>K36. Shots: know which skill to choose for the situation e.g. a volley if the ball is close to the net.</p> <p>K37. Serving: know that serving is how to start a game or rally and use the rules applied to the activity for serving.</p> <p>K38. Rallying: know that playing the appropriate shot will help to keep the rally going.</p> <p>K39. Know that control is more important than power to keep a rally going.</p> <p>K40. Footwork: know that using small, quick steps will allow me to adjust my stance to play a shot.</p> <p>K41. Tactics: understand the need for tactics and identify when to use them in different situations.</p> <p>K42. Rules: understand and apply rules in a variety of net and wall games whilst playing and officiating.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>K43. Problem solving: recognise that there may be more than one way to solve a challenge and that trial and error may help to guide me to the best solution.</p> <p>K44. Navigational skills: use a key to identify objects and locations.</p> <p>K45. Communication: know to be descriptive but concise when giving instructions e.g. 'two steps to the left'.</p> <p>K46. Reflection: reflect on when I am successful at solving challenges and alter my methods in order to improve.</p> <p>K47. Rules: know that abiding by rules will enable my classmates to complete the course e.g. not moving controls.</p>	STRIKING AND FIELDING	<p>K48. Striking: understand that stance is important to allow me to be balanced as I hit.</p> <p>K49. Fielding: know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p>K50. Throwing: understand where to throw the ball in relation to where a batter is.</p> <p>K51. Catching: understand when to use a close catch technique or deep catch technique.</p> <p>K52. Tactics: understand the need for tactics and identify when to use them in different situations.</p> <p>K53. Rules: understand and apply rules in a variety of striking and fielding games whilst playing and officiating.</p>
TARGET GAMES	<p>K54. Throwing: know to aim low to make it difficult for an opponent to catch.</p> <p>K55. Catching (dodgeball): know to stay towards the back of the court area to give me more time to catch.</p> <p>K56. Striking: know that aligning my body and equipment before striking will help me to be balanced.</p> <p>K57. Tactics: understand the need for tactics and identify when to use them in different situations.</p> <p>K58. Rules: understand and apply rules in a variety of target games whilst playing and officiating.</p>		



Year 5 PE SKILLS Subject Map

	SKILLS		SKILLS
ATHLETICS	S1. Running: apply fluency and co-ordination when running for speed in relay changeovers. S2. Effectively apply speeds appropriate for the event. S3. Jumping: explore technique and rhythm in the triple jump. S4. Throwing: Develop technique and power in javelin and shot put.	BALL SKILLS	S5. Sending: demonstrate clear technique when sending a ball under pressure. S6. Catching: demonstrate good technique under pressure. S7. Tracking: demonstrate a range of techniques when tracking and collecting a ball. S8. Dribbling: dribble with some control under pressure.
DANCE	S9. Actions: choreograph dances by using, adapting and developing actions and steps from different dance styles. S10. Dynamics: confidently use dynamics to express different dance styles. S11. Space: confidently use direction and patterning to express different dance styles. S12. Relationships: confidently use formations, canon and unison to express a dance idea. S13. Performance: perform dances expressively, using a range of performance skills, showing accuracy and fluency.	FITNESS	S14. Agility: demonstrate improved body posture and speed when changing direction. S15. Balance: change my body position to maintain a controlled centre of gravity. S16. Co-ordination: demonstrate increased speed when co-ordinating my body. S17. Speed: apply the best pace for a set distance or time. S18. Strength: demonstrate increased technique in body weight exercises. S19. Stamina: use a steady pace to be able to move for sustained periods of time.
FUNDAMENTALS	S20. Running: demonstrate improved body posture and balance when changing direction. S21. Accelerate and decelerate appropriately for the situation. S22. Balancing: consistently demonstrate good balance when performing other fundamental skills. S23. Jumping and hopping: demonstrate good technique and co-ordination when linking jumps. S24. Skipping: show a range of skills when skipping in a rope.	GYMNASTIC	S25. Shapes: perform shapes consistently and fluently linked with other gymnastic actions. S26. Inverted movements: explore progressions of a cartwheel. S27. Balances: explore symmetrical and asymmetrical balances. S28. Rolls: develop control in the straight, barrel, forward, straddle and backward roll. S29. Jumps: select a range of jumps to include in sequence work.
INVASION	S30. Sending & receiving: develop control when s&r under pressure. S31. Dribbling: dribble with some control under pressure. S32. Space: explore moving to create space for themselves and others in their team. S33. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. S34. Defending: develop tracking and marking with increased success. S35. Explore intercepting a ball using one and two hands.	NET AND WALL	S36. Shots: develop the range of shots used in a variety of games. S37. Serving: develop the range of serving techniques appropriate to the game. S38. Rallying: use a variety of shots to keep a continuous rally. S39. Footwork: demonstrate effective footwork patterns to move around the court.
OUTDOOR ADVENTUROUS ACTIVITIES	S40. Problem solving: explore tactical planning within a team to overcome increasingly challenging tasks. S41. Navigational skills: develop navigational skills and map reading in increasingly challenging tasks. S42. Communication: explore a variety of communication methods with increasing success.	STRIKING AND FIELDING	S43. Striking: explore defensive and driving hitting techniques and directional batting. S44. Fielding: develop over and underarm bowling technique. S45. Develop long and short barrier and two handed pick up. S46. Throwing: demonstrate good technique when using a variety of throws under pressure. S47. Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.
TARGET GAMES	S48. Throwing: demonstrate clear technique and accuracy when throwing at a target. S49. Catching (dodgeball): demonstrate good technique and consistency in catching skills. S50. Striking: develop a wider range of striking techniques and begin to use them under pressure.		

PE VOCABULARY

accelerate, **agility**, attack, balance, catch, communicate, control, co-ordination, decelerate, defend, dribble, **dynamics**, exercise, **evaluate**, fielding, fine motor, fitness, flexibility, **fluent**, footwork, games, gross motor, health, healthy, heart rate, hop, jump, **leadership**, movement, move, **navigate**, participate, perform, **review**, rules, running, roll, sending, shape, skill, skip, space, speed, stamina, strength, striking, tactics, team, teamwork, throw, tracking, transition, travel