

Year 5 Aims	Examples of topics which could be used to meet this criteria
Acquiring and developing skills	
Games: can dribble different balls confidently with and without equipment showing changes of speed and direction.	Benchball Netball Hockey Tag Rugby
Athletics: perform a variety of activities relating to athletics events - a variety of running tasks, different types of jumps, different ways of throwing heavy, flat and long equipment.	Athletics Cross Country
Begin to understand pace and stamina	Cross Country
Gym: Perform a range of rolls, jumps and balances with a variety of entry and exits, including taking weight on hands with increasing control	Developing Skills - taking weight on hands (inversions) Badge 5-4 skills
Dance: can perform and create movement motifs in a variety of dance styles with accuracy and consistency	Popular Dance - Line Dancing Cultural Dance - Hopak
Selecting and applying skills, tactics and compositional ideas	
Games : play recognised version of a team or net game showing tactical awareness and knowledge of rules and scoring	Benchball Netball Hockey Tag Rugby Rounders Cricket Tennis Badminton
Gym: plan and perform with extension, control and precision a movement sequence showing variation in shape, level and direction	Exploring Movement -symmetry and frame
Dance: select and use a wider range of compositional skills to demonstrate their dance ideas including awareness of audience	Cultural Dance - Hopak
Evaluating and improving performance	
Analyse the selected skills and suggest ways to improve the quality of performance.	Popular Dance - Line Dancing Cultural Dance - Hopak Developing Skills - taking weight on hands (inversions) Badge 5-4 skills Athletics Ball skills
Knowledge and understanding of fitness, health and wellbeing	
Can devise an appropriate warm up specific to their activity.	Especially gymfit and aerobics, running and skipping
Demonstrate safe handling of equipment, practise safety of self and others	Especially Especially gymnastics - moving mats, benches, planks and frames, skipping, Athletics throwing, team games
Fit for Life - Know there is a wide variety of ways to include fitness, health and well being in our everyday lives both in and out of school and understand how these will benefit our mental and physical health.	Especially fit for life topics - running, yoga, fitness, games, dance, badminton