


PE Skills Document – Year 5

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Explain, evaluate and develop ideas and plans for a game that includes a scoring system. Apply basic principles suitable for attacking and defending			
Throwing/Catching/Striking a Ball Use different techniques and skills to pass, dribble, travel and shoot in ball games. Foot dribble, hand dribble Punt Two-handed strike			
Tactics Mark an opposing player(s) preventing them from gaining possession.			
Dance Vary dynamics of movement or dance. Develop actions in time to music either individually or part of a group. Perform individually or with a group with increasing confidence and accuracy, using the whole body across different levels/spaces to a range of audiences.			
Athletics Skills Explain how power and stamina is developed and how this improves performance. Continuous leap Gallop			
Gymnastics Skills Create and perform complex sequences, including change of direction, different methods of travelling, speed, height, showing good stability and core strength.			
Swimming Swim between 50-100 metres. Beginning to develop the use of more than one stroke. Developing the ability to swim for an extended period of time.			
Development Compare performances with previous ones – identifying where improvements have been made and what needs to continue to be a focus for development.			