

Dance

Choreograph and perform dances using a range of movement patterns.

Gymnastics

Simple sequences linking a range of movements and apparatus.



End of Year Expectations

PE

Year 5

Games

Play competitive sports. Assess own performance. Coach individuals and groups.

Skills

Use running, jumping, throwing and catching in isolation and in combination.

Swimming

Use a range of strokes effectively (front crawl, backstroke and breaststroke). Perform safe self-rescue in different water-based situations.