



Y5 Skills Progression in PE – The complete Champions Sports, Health and Fitness Programme



Y5 - Sports	Skills covered	Y5-Fitness	Skills covered	Y5-Health	Skills covered
Invaders	<ul style="list-style-type: none"> Demonstrate basic passing and receiving skills using a netball Develop an understanding of footwork in netball Develop skill in range of passes: chest, overhead, bounce. Know when to use different passes in a modified game Begin to use 'dodges' to get free in order to receive a pass Demonstrate defending skills: intercept a ball Use the correct technique to shoot a ball from a shooting circle Understand positions in netball 	Boot Camp	<ul style="list-style-type: none"> Raise the heart rate, recognize recovery, experience, and describe the changes that occur to the body in exercise Develop agility and coordination Learn new moves with good technique and balance 	Healthy Body: inside out	<ul style="list-style-type: none"> Understand what a joint does and how it works in the human body Name different muscles in the body Identify an increasing number of organs in the body and their functions Link teeth to digestion and explain how to maintain digestive health
Dynamic Dance	<ul style="list-style-type: none"> develop dance and performance skills: Bollywood dance develop and improve dance and performance skills in Bollywood dance perform Bollywood dance demonstrating awareness of rhythm and phrasing when improvising create an individual dance that reflects a Bollywood style Tactfully evaluate a performance 	Mighty Movers (boxercise)	<ul style="list-style-type: none"> Create a routine using skills learned in Y4 Understand the principles of dynamic stretching Include linking skills into a sequence Perform a sequence with precision and accuracy Create and apply compositional ideas to a sequence 	Healthy mind, emotions and goals	<ul style="list-style-type: none"> Recall and explain strategies to deal with stress Further identify how challenges make you feel and consolidate how to ask for help Recognise the importance of our mental health Identify the importance of self-confidence and self-belief is and why it is important Understand that they control the sort of person they are now and, in the future using personal goals and actions
Gym Sequences	<ul style="list-style-type: none"> Use and refine the skills of flexibility, strength, balance, power, and mental focus Develop skills for movement: rolling, bridging and dynamic movement Learn new counterbalances with a partner in a short sequence Understand the value of posture and body tension Complete a sequence of balance and moves in canon and unison Perform and evaluate own and others' sequences 	Step to the beat	<ul style="list-style-type: none"> Develop coordination, balance and timing Perform a sequence of steps in time with the music Learn new strength-based moves Develop and explain the value of this type of exercise (aerobic and muscle tone) 	Healthy Lifestyle: You are what you eat!	<ul style="list-style-type: none"> Explain the importance of a healthy diet Explain why vitamins and minerals are essential for our bodies Explain how what we eat can affect the health of our heart Further consolidate understanding of the benefits of sleep, exercise and priorities as part of a healthy lifestyle
Striking and Fielding	<ul style="list-style-type: none"> Develop skills in batting and fielding: hold a bat correctly and return a ball accurately Choose fielding techniques Run between wickets Develop a safe and effective overarm throw Learn batting control: direct the ball 	Gymfit (circuits)	<ul style="list-style-type: none"> Understand the relevance of activity in a circuit Develop consistency in technique, exploring reasons for improvement or lack of improvement 	Healthy Body: blood and guts	<ul style="list-style-type: none"> Identify main functions of circulatory system Explain roles of different blood cells Understand the term respiration and explain the parts of the body involved in this.



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<p>Nimble nets</p>	<ul style="list-style-type: none"> • Score and play in a mini tournament in a sporting manner • Identify and apply techniques for hitting a tennis ball • Develop techniques for ground strokes and volleys • Develop backhand technique and use it in a game • Use an overhead serve • Explore tactics for beating an opponent • Play and score a game of singles tennis • Understand and use doubles scoring in a game 	<p>Cool Core (Pilates)</p>	<ul style="list-style-type: none"> • Develop personal fitness in an obstacle-style circuit • Identify techniques to improve balance and core strength • Perform Pilates/ yoga moves with accuracy • Learn a new pose with accuracy • Help a partner achieve good technique by observing and coaching • Discover own strengths and identify ways to improve • Devise own sequence of Pilates/yoga moves with fluency and accuracy 	<p>Healthy Mind: healthy body</p>	<ul style="list-style-type: none"> • Further explain how the body changes from birth to old age • Explain how failure allows them to learn from mistakes • Identify factors that contribute to happiness • Consolidate understanding of dangers in the real world and how to stay safe • Consolidate understanding of dangers in the virtual world (online) and how to stay safe online • Recall how to stay safe on roads and identify potential hazards when playing near roads and identify a growing number of strategies to stay safe • Learn about further issues that affect societies around the world and about issues currently affecting our own society.
<p>Young Olympians</p>	<ul style="list-style-type: none"> • Select correct technique to run at speed and develop ability to run for distance • Use the push technique to throw with accuracy and power • Improve the distance of a pull throw • Know the position to stand when receiving a baton • Successfully perform a standing long jump and understand the technique most effective for jumping for distance • Demonstrate good techniques in competitive situation 	<p>Fitness frenzy</p>	<ul style="list-style-type: none"> • Explain clearly why fitness is good for health and wellbeing • Devise a routine from all previous fitness units 	<p>Healthy Lifestyle: germ busters!</p>	<ul style="list-style-type: none"> • Explain the importance of washing for personal hygiene: hands, bodies, clothes and bedding • Learn how 3 main types of microorganism affect health: viruses, bacteria and fungi • Describe symptoms of ill health, how to prevent ill health and explain strategies to get better • Use terms safe and hazardous to describe things around us • Understand how poverty affects living standards • Use an increasing vocabulary to identify the risks to their skin of being in the sun.