

The Wolds Federation
CURRICULUM OBJECTIVES – Physical Education

KS2	Topic	Objective
Yr5 – Yr6	Dance	• Demonstrate strong movements throughout dance • Create a fluent routine using techniques and movements • Move appropriately and with required style to music • Show an understanding of controlled movements to different paces required • Modify parts of a sequence as a result of peer and self-evaluation • Use correct vocabulary to compare and improve work • Use expression when moving, exaggerating dance moves • Perform with confidence, demonstrating strong imagination when creating own routine • Move controlled and on time with the beat • Keep control and fluency while improvising movements and linking different sequences
Yr5 – Yr6	Gymnastics	• Apply combined skills accurately and appropriately, consistently showing precision, control and fluency • Analyse and comment on skills and techniques and how these are applied in their own and others work • Link skills with control, technique, co-ordination and fluency • Perform with precision, control and fluency, a movement demonstrating variation in different speeds, levels and directions • Perform difficult actions with an emphasis on extension, clear body shape and changes in direction • Gradually increase length of performance to make a short sequence using floor, mats and apparatus
Yr5 – Yr6	Games	• Use different skills, actions and ideas and link these to suit different activities • Show confidence in using ball skills in various ways and linking them together • Use skills with co-ordination, control and fluency • Take part in competitive games understanding different tactics and ways to develop them • Create on games using knowledge and skills • Apply skills for attacking and defending

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		• Keep possession of the ball during game situations • Take part in games with strong understanding of tactics and composition • Effectively apply knowledge of skills for attacking and defending
Yr5 – Yr6	Athletics	• Show signs of building a variety of different running techniques and use with confidence • Begin to record peer's performance and evaluate these • Demonstrate accuracy and confidence in throwing and catching activities • Use correct vocabulary to describe good performance • Can use equipment safely with good control and able to support others in doing so
Yr5 – Yr6	Outdoor Adventure	• Use and interpret simple maps • Think activities through and problem solve, using general knowledge • Use and apply strategies to solve problems, with help • Demonstrate and understanding of how to stay safe • Use and interprets more complex maps
Yr5 – Yr6	Evaluation	• Watches and describes performances with increasing accuracy • Ability to learn from others on how they can improve their skills • Begin to comment on tactics and techniques to improve performance • Make suggestions on how to improve their work, commenting on similarities and differences
Yr5 – Yr6	Heathly Lifestyles	• Can describe the effect exercise has on the body • Can explain the importance of exercise and a healthy lifestyle • Understand the need to warm up and cool down