



Y5/6					
Autumn 1 Football	Autumn 2 Multi-Skills	Spring 1 Health Related Exercise	Spring 2 Orienteering	Summer 1 Athletics	Summer 2 Striking & Fielding
<p>1. I can maintain close control of the ball while moving at speed and under pressure from opponents.</p> <p>2. I can select and execute a range of passes accurately and at the right time to maintain possession and create attacking opportunities.</p> <p>3. I can analyse a peer's performance and provide constructive feedback</p> <p>4. I can give feedback on passing techniques, suggesting adjustments to improve accuracy.</p> <p>5. I can choose the most appropriate shooting technique for the situation.</p>	<p>1. I can remain balanced while changing direction at speed and under pressure from others.</p> <p>2. I can position my hands correctly and adjust quickly to stop and catch with control.</p> <p>3. I can follow complex instructions, adapt to changing tasks, and contribute positively to the activity.</p> <p>4. I can throw and catch a variety of balls accurately and with control while moving and anticipating the next action.</p> <p>5. I can throw and catch different sized balls with precision, maintain smooth body movement, and stay balanced and coordinated during transitions.</p> <p>6. I can use my understanding of key teaching points to analyse performance and provide constructive feedback to help peers improve.</p>	<p>1. I can clearly explain how my body changes during exercise, including breathing, heart rate, and temperature.</p> <p>2. I can compare how my body responds to different exercise intensities and explain why these changes happen.</p> <p>3. I can describe and choose different ways to test my body's fitness.</p> <p>4. I can confidently perform a health or fitness test and accurately record the results.</p> <p>5. I can name at least two major muscles and explain their role in movement.</p> <p>6. I can explain how different foods and drinks provide energy and help keep my body healthy.</p>	<p>1. I can name all the points on a compass and explain their purpose, including north, south, east, and west.</p> <p>2. I can explain what a map key is and use it confidently to identify symbols on a map.</p> <p>3. I can use a map key and compass points together to find my location accurately on a map.</p> <p>4. I can orient a map correctly using my thumb and body position to show where I am and the direction I'm facing.</p> <p>5. I can combine using the map key and compass directions to accurately locate myself and orient the map in the correct direction.</p>	<p>1. I can bend my knees and push off strongly using my quadriceps to jump further and explain why this improves my performance.</p> <p>2. I can transfer my weight across my body when throwing to add power and describe how this helps accuracy and distance.</p> <p>3. I can drive my hands quickly and smoothly through the air to increase sprinting speed and explain the importance of arm action.</p> <p>4. I can perform a chest pass with correct technique, including stance, knee bend, ball position, and follow-through.</p> <p>5. I can explain and demonstrate how to use my body effectively to improve performance in different physical activities.</p> <p>6. I can hurdle effectively by showing good technique in running, take-off, clearing the hurdle, and landing smoothly.</p>	<p>1. I can stop and catch the ball using correct technique: hands close together, fingers apart and outstretched, and soft hands to absorb the ball.</p> <p>2. I can get into a strong stopping position by keeping my lower left leg parallel and close to the floor for safety and control.</p> <p>3. I can use good coordination to move quickly, get into position, and field the ball accurately and safely.</p> <p>4. I can hold the bat correctly and use controlled movements to hit the ball accurately.</p> <p>5. I can grip the ball with my fingers on either side of the seam and thumb underneath, and release it with my fingers pointing towards the wickets for accuracy.</p>
control, speed, pressure, opponents, select, execute, passes, accurately, timing, possession, attacking opportunities, analyse, performance, feedback, technique	balance, speed, pressure, control, adjust, position, anticipate, precision, coordination, adapt, analyse, performance, feedback, movement, contribute	exercise, muscles, heart, lungs, fitness, healthy, energy, breathing, heartbeat, sweat, tired, food, sleep, water, warm-up, cool-down, stamina, strength, flexibility, endurance, recovery, hydration, nutrition, pulse, oxygen, circulation, balance, coordination, posture, rest, body, movement, health, exercise routine, mental health, stress, relaxation.	map, direction, symbol, route, path, start, finish, checkpoint, team, compass, turn, follow, navigate, clue, search, control point, outdoors, landmarks, left, right, north, south, east, west, scale, grid, key, legend, trail, safety, plan, explore, , timer, distance, challenge, focus, observation, strategy, teamwork.	run, jump, throw, sprint, pace, race, finish, start, relay, baton, track, field, distance, speed, strength, stamina, warm-up, cool-down, balance, agility, effort, competition, practice, endurance, technique, timing, power, jump off, landing, sprint finish, lane, personal best, hurdle, record, medals, coach, event, team.	bat, ball, catch, throw, run, hit, score, field, bowler, batter, fielder, umpire, out, safe, team, game, pitch, wicket, stumps, over, toss, underarm, overarm, run out, catch out, partner, warm-up, cool-down

