

Key Performance Indicators	Year 5 Milestones - P.E
Games	I can choose a technique in a game situation (including running, throwing, catching, passing, jumping and kicking etc.)
	I can work alone, in pairs or as a small group to achieve a goal.
	I can strike a bowled or volleyed ball consistently.
	I can hold a racket with correct grip to perform either a forehand or backhand shot.
	I can apply a taught tactic to a small game situation.
	I can lead others when in a team.
	I can attack, defend and field according to the correct direction of play.
Dance	I can compose a dance sequence.
	I can hold a strong body posture.
	I can choose movements to communicate feelings or mood.
	I can copy and remember moves and positions.
	I can move using a chosen level or speed.
	I can move with careful control and co-ordination.
Gymnastics	I can start to show contrast between short/tall, straight/curved and wide/narrow.
	I can copy and remember actions.
	I can travel by rolling forwards, backwards and sideways.
	I can develop physical strength.
	I can stretch and curl to develop flexibility.
Swimming	I can swim unaided up to 25 metres.
	I can use one basic stroke, breathing correctly.
	I can control leg movement.
	I can place my head under water.
Athletics	I can sprint over short distances of up to 60 metres.
	I can throw with accuracy to hit or cover a target.
	I can jump in a number of ways.
Cognitive Ability	I can show ability to form a team.
	I can support others within a group.
	I can think of the conditions.
	I can understand possible risks.
	I can understand the importance of a healthy diet.
	I can uphold the spirit of fair play and respect in all competitive situations.