



PE Knowledge and Skills Progression- OAA

Years 5-6

National Curriculum Requirements of PE for Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

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

Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Perform dances using a range of movement patterns

Take part in outdoor and adventurous activity challenges both individually and within a team.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

YEAR 5

Health and Fitness

I know and understand the reasons for warming up and cooling down.

I can explain some safety principles when preparing for and during exercise.

OAA skills:

Trails

I am starting to orientate myself with increasing confidence and accuracy around an orienteering course.

I can design an orienteering course that can be followed and offers some challenge to others.

I am beginning to use navigation equipment to orientate around a trail.

Problem Solving

I can use clear communication to effectively complete a particular role in a team.

I can complete orienteering activities both as part of a team & independently.

I identify a key on a map and begin to use the information in activities.

Preparation and organisation

I can choose the best equipment for an outdoor activity.

I can create an outdoor activity that challenges others.

I can create a simple plan of an activity for others to follow.

I identify the quickest route to accurately navigate an orienteering course.

Communication

I communicate clearly and effectively with others.

I work effectively as part of a team.

I successfully use a map to complete an orienteering course.

I am beginning to use a compass for navigation.

Compete and Perform

I complete an orienteering course on multiple occasions, in a quicker time due to improved technique.

I offer a detailed & effective evaluation of both personal performances & activities.

I can improve a trail to increase the challenge of the course.

Evaluate

I can choose and use criteria to evaluate my own and others' performance.

I can explain why I have used particular skills or techniques, and the effect they have had on my performance

YEAR 6

Health and Fitness

I understand the importance of warming up and cooling down.

I can carry out warm-ups and cool downs safely and effectively.

I understand why exercise is good for health, fitness and wellbeing.

I know ways I can become healthier.

OAA skills:

Trails

I orientate myself with confidence and accuracy around an orienteering course when under pressure.

I can design an orienteering course that is clear to follow and offers challenge to others.

I use navigation equipment (maps, compasses) to improve the trail.

Problem Solving

I use clear communication to effectively complete a particular role in a team.

I compete in orienteering activities both as part of a team & independently.

I use a range of map styles and make an informed decision on the most effective.

Preparation and organisation

I choose the best equipment for an outdoor activity.

I can prepare an orienteering course for others to follow.

I identify the quickest route to accurately navigate a course.

I can manage an orienteering event for others to compete in.

Communication

I can communicate clearly & effectively with others when under pressure.

I work effectively as part of a team, demonstrating leadership skills when necessary.

I successfully use a map to complete an orienteering course.

I can use a compass for navigation. I can organise an event for others

Compete and Perform

I complete an orienteering course on multiple occasions, in a quicker time due to improved technique.

I offer detailed & effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.

I listen to feedback and improve an orienteering course from it.

Evaluate

	I evaluate my own and others' work thoroughly, suggesting thoughtful and appropriate improvements.
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