



Band 5 - Physical Education

Swimming, Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics, Evaluating and improving performance

Swimming

Perform a surface dive

I can dive below the surface from a float or breaststroke position

Swim over 10m using a range of strokes accurately

I can swim for a minimum of 10m using a range of strokes effectively

Perform a range of jumps into deep water and tread water when resurfacing

I can confidently jump into deep water using a range of different shaped jumps

Perform a forward somersault tucked in the water

I can do a forward roll from a float or breaststroke position

Healthy Bodies

Identify the main functions of the circulatory system

I can explain how my veins and arteries work within my body

Explain how our body systems change during exercise

I can explain why I sweat, why my heartbeat increases or why I breathe quicker after exercise

Understand that muscles work in pairs to protect, support and move the body and how we can build and repair them through exercise

I know how exercise can help build muscles and how muscles work in pairs to move different body parts

Explain the functions of the internal organs

I can explain what the main organs in my body do to help keep me alive and healthy

Describe the basic functions of a red and white blood cell

I know that my red blood cells carry oxygen through my body and white blood cells help fight infection

Understand how our bodies change as we get older and how this affects sporting performance

I know how my body will change over time and how this has an effect on the things I can do

Explain the importance of joints and describe different types of joints

I know that my joints enable me to be flexible and that there are many different types of joints including ball & socket / hinge / pivot / etc.

Diet and Hygiene

Use scientific language to explain the importance of different minerals and vitamins

I can explain how different minerals and vitamins can help my body stay healthy

Identify the difference between healthy and unhealthy fats

I know that some fats are good for me and others can be harmful

Explain the effects of saturated fats on our hearts and the types of nutrients needed to have a healthy diet

I know that saturated fats can cause heart problems and that I need to have a range of nutrients to help keep me healthy

Begin to work out the amount of exercise needed to burn off food (by using up calories)

I know that the more I exercise the more calories I can burn off

Healthy mind

Identify stress and stressful situations and think of ways of dealing with them

I know what can cause people to be upset or worried and I can suggest ways to help

Identify the value of sleep for our health and explain the possible side effects of lack of sleep

I know that sleep helps to keep me healthy and that if I don't get enough sleep that it can affect my health and ability to do some things

Identify situations where people may need support with their mental health

I can tell when someone is not feeling good about something and may need some help

Recommend suitable lifestyles for different age ranges

I know that as I grow older I will change the amount of exercise and the activities that I do

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Steps

Personal and social

Begin to reflect on mistakes and see them as an opportunity to learn from

I know when I have made mistakes and can then use these experiences to change my approach in the future

Identify something he/she is confident in

I can explain something I am good at

Make links between a balanced lifestyle and being happy

I know that if I eat well, exercise and look after my hygiene I will 'feel' good

Explain how confidence can affect performance

I know that if I am confident about doing something I am more likely to do it well and if I am not confident I am less likely to do well

Acquiring and developing skills

Perform a sequence of one footed leaps

I can make a sequence of one footed leaps using my arms to help move me along

Gallop with a fluid motion

I can gallop in a steady and rhythmical movement

Dribble a football between cones

I can dribble a ball around a line of cones, keeping the ball close to my feet and using both the inside and outside of both feet to control the ball

Applying skills and using tactics

Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy

I can take part in organised games and sports using my skills and tactics to help my team

When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition

I can predict what an opponent might do during a game or activity and alter my performance accordingly

Develop interest in participating in sports activities and events at a competitive level

I enjoy sports and activities as part of my interests and hobbies

Evaluating and improving performance

Identify different levels of performance and use subject specific vocabulary

I can work out how well I have performed and describe this using appropriate terms for the activity

