

Year 5
Skills Progression

Ashford Oaks Primary School
Curriculum Skills Progression Map
September 2021



At Ashford Oaks we aim to provide a clear path in order for all children to learn together so that we can succeed. We have created a skills progression document based around the important skills needed for our children to progress in life.

Year 5

Skills Progression

Dance

- Beginning to exaggerate dance movements and motifs (using expression when moving)
- Demonstrates strong movements throughout a dance sequence.
- Combines flexibility, techniques and movements to create a fluent sequence.
- Moves appropriately and with the required style in relation to the stimulus. E.g. using various levels, ways of travelling and motifs.
- Beginning to show a change of pace and timing in their movements.
- Uses the space provided to maximum potential.
- Improvises with confidence, still demonstrating fluency across their sequence.
- Modifies parts of a sequence as a result of self and peer evaluation.
- Uses more complex dance vocabulary to compare and improve work.

Gymnastics

- Select and combine their skills, techniques and ideas.
- Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.
- Draw on what they know about strategy, tactics and composition when performing and evaluating.
- Analyse and comment on skills and techniques and how these are applied in their own and others' work.
- Uses more complex gym vocabulary to describe how to improve and refine performances.
- Develops strength, technique and flexibility throughout performances.
- Links skills with control, technique, co-ordination and fluency.
- Understands composition by performing more complex sequences.

Games

- Vary skills, actions and ideas and link these in ways that suit the games activity.
- Shows confidence in using ball skills in various ways, and can link these together.
- Uses skills with co-ordination, control and fluency.
- Takes part in competitive games with a strong understanding of tactics and composition.
- Can create their own games using knowledge and skills.
- Can make suggestions as to what resources can be used to differentiate a game.
- Apply basic skills for attacking and defending.
- Uses running, jumping, throwing and catching in isolation and combination.

Athletics

- Beginning to build a variety of running techniques and use with confidence.
- Can perform a running jump with more than one component.e.g. hop skip jump (triple jump)
- Beginning to record peers performances, and evaluate these.
- Demonstrates accuracy and confidence in throwing and catching activities.
- Describes good athletic performance using correct vocabulary.
- Can use equipment safely and with good control.

Personal & Health

- Watches and describes performances accurately.
- Learn from others how they can improve their skills.
- Comment on tactics and techniques to help improve performances.
- Make suggestions on how to improve their work, commenting on similarities and differences.
- Can describe the effect exercise has on the body
- Can explain the importance of exercise and a healthy lifestyle.
- Understands the need to warm up and cool down.