

Year 5 PE Progress Ladder

Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
5.1 5.2 5.3 Developing	I can copy simple skills providing a teacher/peer breaks the movement down and allows me to practice. Regularly repeating these skills is challenging. I need close support/intervention in order to display precision, control and coordination.	I need support to be able to link these skills and actions in ways that suit the activity. Activities need to be suitably adapted so that I can access them.	I find it challenging to comment on my own or others actions. I require resources or support from peer/teacher. I find group work very daunting/challenging.	I need support, guidance and encouragement during exercise. I can identify that my body feels different, but I require teacher/peer support in order to identify what is happening.



Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
5.4 5.5 5.6 Secure	I can copy, repeat and explore simple skills and actions with precision, control and coordination.	I can link these skills and actions in ways that suit the activities.	I can describe and comment on my own and others' actions. I can work with others to plan and lead simple practices and activities for myself and others.	I can talk about how to exercise safely and how my body feels during an activity.



Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
5.7 5.8 (Mastering)	I can link skills, techniques and ideas and apply them accurately and appropriately with control and coordination.	I can vary skills, actions and ideas and link these in ways that suit the activities showing an understanding of tactics and composition.	I can compare and comment on skills, techniques and ideas used in my own and others' work, and use this understanding to improve my performance	I can understand how to exercise safely and describe how exercise affects my body during activities. I can describe why regular, safe activity is good for my health and wellbeing

Year 5 PE Progress Ladder



Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
5.9 (Mastering)	I can select and combine skills, techniques and ideas fluently. Applying them accurately and appropriately in different physical activities showing consistency precision, and control.	I can show that I understand tactics and composition by starting to vary how I respond producing effective outcomes. This enables me to modify and refine skills and techniques to improve my performance and adapt my actions in response to changing circumstances.	I can analyse and comment on how my work is similar to and different from others' work and use this understanding to improve my own performance. I can plan, organise and lead practices and activities safely, helping others to improve their performance.	I can give reasons why warming up before an activity is important. I can explain how my body reacts during different types of activity, and why physical activity is an essential component of a healthy lifestyle.