

Y5 Evaluate Choose and use criteria to evaluate own and others' performance.	Y5 Evaluate Explain why they have used particular skills or techniques, and the effect they have had on their performance.						
	Y5 Throwing Perform a fling throw.	Y5 Throwing Throw a variety of implements using a range of throwing techniques.	Y5 Throwing Measure and record the distance of their throws.	Y5 Throwing Continue to develop techniques to throw for increased distance.	Y5 Compete/Perform Consistently perform and apply skills and techniques with accuracy and control.	Y5 Compete/Perform Take part in competitive games with a strong understanding of tactics and composition.	
Y5 Running Identify and demonstrate stamina, explaining its importance for runners.	Y5 Jumping Improve techniques for jumping for distance.	Y5 Jumping Perform an effective standing long jump.	Y5 Jumping Perform the standing triple jump with increased confidence.	Y5 Jumping Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.	Y5 Jumping Land safely and with control.	Y5 Jumping Measure the distance and height jumped with accuracy.	Y5 Jumping Investigate different jumping techniques
	Y5 Health & Fitness Know and understand the reasons for warming up and cooling down.	Y5 Health & Fitness Explain some safety principles when preparing for and during exercise.	Y5 Running Accelerate from a variety of starting positions and select their preferred position.	Y5 Running Identify their reaction times when performing a sprint start.	Y5 Running Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.	Y5 Running Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.	