



P.E Statements Year 5



1. Uses knowledge of the relationship between the body and exercise to improve various fitness components
2. Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a medium sized group
5. Field, defend and attack tactically by anticipating the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run
8. Swim 50m fluently with controlled strokes (breast stroke, front and back.)

"Lasting Learning Experiences for Life"