National Curriculum

Physical Education

Key Stage 2 – PE MAPs©

Year 5

Planning and Assessment: PE Measures of Attainment and Progress (PE MAPs©)

Area of Experience and Development

End of Year Age Related Expectations (Health)

Children display a ***good understanding*** of the health benefits of engaging regularly in ***vigorous physical activity for sustained periods of time in and out of school.*** They ***plan*** and ***demonstrate that they can take*** their ***own warm-up and cool-down*** safely.

HEALTH

Skills, Knowledge & Understanding

1	2	3	4
Children are beginning to become ***secure in some aspects*** of the end of year expectations	Children are ***secure in the majority of the aspects*** of the end of year expectations	Children are ***secure in all or almost all of the aspects*** of the end of year expectations	Children ***add more depth and breadth*** to their knowledge of the end of year expectations
*They **display some examples** such as being able to:* ▪ Identify that oxygen is pumped by the heart to the muscles during vigorous physical activity as more energy is needed and this makes their heart and lungs stronger ▪ Explain to a partner that their body needs energy from a good diet in order to be able to exercise regularly and keep fit ▪ Explain that regular physical activity can help them to develop positive, happy feelings and contribute to their all-round health and well-being	*They **display some more examples** such as being able to:* ▪ Explain that vigorous physical activity in and out of school on a regular basis, combined with a balanced diet, can help to keep their body weight at a healthy level ▪ Use the appropriate terminology in lessons when discussing exercise and health including ***aerobic*** activity, stamina, flexibility, strength, vigorous, body weight, energy etc ▪ Take their own warm-ups and cool-downs in a safe manner when asked to	*They **display even more examples** such as being able to:* ▪ Bring into school a simple plan of their own warm-up to include appropriate exercises and safe practice ▪ Follow their plan and take their own warm-up ▪ Take the lead when working with a partner to plan and do their own warm-up and cool-down to include appropriate exercises and safe practice	*With regards to the aspects of the end of year expectations, they:* ▪ Start to consolidate and embed them ▪ Use and apply them more regularly ▪ Use and apply them with greater consistency ▪ Use and apply them more appropriately ▪ Take more opportunities to use them

The majority of children are expected to work within and achieve Attainment Measures 1-4, with ***most children achieving Attainment Measure 3*** by the end of the year.

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