

Key Performance Indicators	Year 5 Milestones - Physical Education
Games	Physical - I can demonstrate a variety of sports specific techniques with accuracy and control.
	Psychological: - I can apply a learnt tactic to a competitive situation. - I can show an understanding of the rules
	Social: - I can demonstrate sportsmanship. - I can work alone, in pairs or a small group to achieve a goal. - I can evaluate my performance and the performance of others.
Dance	Physical - I can perform a dance routine including a variety of moves and shapes.
	Psychological - I can copy and remember moves and positions.
	Social: - I can provide feedback to my peers. - I can evaluate my performance and the performance of others.
Gymnastics	Physical - I can perform a gymnastics sequence including a variety of moves and shapes.
	Psychological - I can copy and remember moves and positions.
	Social: - I can provide feedback to my peers. - I can evaluate my performance and the performance of others.
OAA	Physical - I can complete a basic orienteering course.
	Psychological: - I can demonstrate problem solving skills when working in OAA. - I can demonstrate resilience and effective communication.
	Social: - I can evaluate my performance and the performance of others. - I can demonstrate teamwork.
Swimming	Physical: - I can swim unaided up to 25 metres. - I can use a range of strokes effectively. - I can control leg movement. - I can place my head under water.
	Psychological - I can demonstrate confidence in the water.
	Social - I can evaluate my performance and the performance of others.

Athletics	Physical: - I can run over a variety of distances. - I can throw with accuracy using appropriate techniques. - I can perform different jumping techniques.
	Psychological: - I can select the appropriate tactics for each individual activity. - I can demonstrate understanding of the rules of each activity.
	Social - I can evaluate my performance and the performance of others.
Health Related Fitness	Physical - I can participate in a circuit to improve a range of components of fitness.
	Psychological - I can demonstrate resilience and honesty when
	Social: - I can demonstrate teamwork and motivate other pupils. - I can evaluate my performance and the performance of others.