



Year 5 End of Year Physical Education Expectations

Working at the Expected Standard (EXP):


Pupil(s) are confidently and independently able to apply their knowledge:

Diet and Hygiene

- To use scientific language to explain the importance of different minerals and vitamins.
- To identify the difference between healthy and unhealthy fats.
- To explain the effects of saturated fats on our hearts and the types of nutrients needed to have a healthy diet.
- To begin to work out the amount of exercise needed to burn off food (by using up calories).

Healthy Bodies

- To identify the main functions of the circulatory system.
- To explain how our body systems change during exercise.
- To understand that muscles work in pairs to protect, support and move the body and how we can build and repair them through exercise.
- To explain the functions of the internal organs.
- To describe the basic functions of a red and white blood cell.
- To understand how our bodies change as we get old and how this affects sporting performance.
- To explain the importance of joints and describe different types of joints.



Healthy Mind

- To identify stress and stressful situations and think of ways of dealing with them.
- To identify the value of sleep for our health and explain the possible side effects of lack of sleep.
- To identify situations where people may need support with their mental health.
- To recommend suitable lifestyles for different age ranges.

Personal and Social

- To begin to reflect on mistakes and see them as an opportunity to learn from.
- To identify something he/she is confident in.
- To make links between a balanced lifestyle and being happy.
- Explain how confidence can affect performance.

Acquiring and Developing Skills

- To perform a sequence of one footed leaps.
- To gallop with a fluid motion.
- To dribble a football between cones.

Applying Skills and Using Tactics

- To participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.
- To draw upon previous knowledge and experience of tactics, strategies and composition when performing in an activity.
- To develop interest in participating in sports activities and events at a competitive level.

Evaluation and Improving Performance.

- To identify different levels of performance and use subject specific vocabulary.
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