

P.E – Year 5

Objective	What it looks like
Swimming	
Swim competently, confidently and proficiently over a distance of at least 25 metres	Children will be put into ability groups and taught the skills needed to enable them to swim 25 metres.
Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)	
Perform safe self-rescue in different water-based situations	This will be covered when children learn about life saving skills.
Forest School	
Take part in outdoor and adventurous activity challenges both individually and within a team	Children will be given both individual and team tasks to complete during Forest School.
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	This may be covered in activities like traversing thick foliage or climbing low trees.