

COMPETING

EDSTART

Year 5 - Wellbeing through PE

Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- Give their best effort in activities and show pride in trying.
- Keep going when tasks are tricky and show resilience after mistakes.
- Learn from errors and use them to improve.
- Set personal goals and challenge themselves to beat their own best.
- Play fairly, respect referees, teammates, and opponents.
- Celebrate progress, effort, and teamwork as much as winning.

Learning Objective

Learning Outcomes

1 To be able to try my best, even when I don't win.

Children can:

- Try my best in every game, even when things feel challenging.
- Feel proud of myself for trying and giving my full effort.
- Accept when I don't win and keep playing with a positive attitude.

2 To be able to keep going when things are hard

Children can:

- Keep going when a game feels difficult, showing resilience and determination.
- Use positive words to encourage myself and stay motivated.
- Feel proud for not giving up, even during tough moments.

3 To be able to learn from mistakes.

Children can:

- Notice when I make a mistake and stay calm.
- Try again after making a mistake and keep practising.
- Learn something new from it and feel proud.

4 To be able to set myself small goals.

Children can:

- Set myself small goals that help me improve step by step.
- Work towards achieving them by practising regularly and trying hard.
- Feel proud when I succeed and recognise my progress.

5 To be able to show good sportsmanship.

Children can:

- Play fairly with others by following rules and taking turns kindly.
- Say well done to my friends to show encouragement and support during games.
- Celebrate effort, not just winning, by recognising everyone's hard work and determination.

6 To be able to reflect on my progress.

Children can:

- talk about what I have learned this term confidently.
- explain what I am proud of and why it matters.
- celebrate my resilience and how much I've improved.

Assessment Mark Requirements

Working Towards

- Struggles to give consistent effort in activities, often needing encouragement to stay involved.
- Gives up when tasks feel tricky and needs reminders to keep trying.
- Finds it difficult to accept mistakes or try again without becoming frustrated.
- Shows limited awareness of fair play or respect for others and needs guidance to play kindly.

On Target

- Gives effort in most activities with encouragement and growing confidence each week.
- Tries again after mistakes with teacher support and developing resilience.
- Begins to set simple goals or improve scores with increasing independence.
- Follows rules fairly and respects decisions most of the time during games.

Above Target

- Gives consistent effort and pride in their performance, trying their best in all activities.
- Shows resilience by keeping going and learning from errors, even when challenges feel difficult.
- Sets personal targets and works hard to beat them, showing focus, motivation, and determination.
- Plays fairly and encourages respect for teammates and opponents, helping create a positive atmosphere.

Excelling

- Gives consistent effort and pride in their performance, showing determination in all activities.
- Shows resilience by keeping going and learning from errors, improving each time they try.
- Sets personal targets and works hard to beat them, showing focus and motivation.
- Plays fairly and encourages respect for teammates and opponents, helping create a positive environment.

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.