



Physical Education: Year 1

Gymnastic Movements	Basic Movements and Team Games	Dance
<i>Developing balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	<i>Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.</i>	<i>Perform dances using simple movement patterns.</i>
I can make my body curled, tense, stretched and relaxed. • I can stretch in different ways. I can control my body when travelling. • I can climb safely. I can control my body when balancing. I can copy sequences and repeat them. I can move in different ways. • I can roll in different ways. • I can curl in different ways. • I can travel in different ways. • I can balance in different ways.	I can throw underarm. • I can throw in different ways, including using both hands. • I can catch with both hands. I can roll a piece of equipment. I can hit a ball with a bat. I can move and stop safely. I can kick in different ways.	I can perform own dance moves. • I can move to music. I can copy a short dance. I can make up a short dance. I can move safely in a space.
Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
I can copy actions. I can repeat actions and skills. I can move with control and care. I can use equipment safely.	I can talk about what I have done. I can describe what other people did.	I can describe how my body feels before, during and after an activity.



Physical Education: Year 2

Gymnastic Movements	Basic movements and Team Games	Dance
<i>Developing balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	<i>Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.</i>	<i>Perform dances using simple movement patterns.</i>
I can plan and perform a sequence of movements. • I can use contrast in my sequences. • I can control my movements. • I can work on my own and with a partner. I can improve sequence based on feedback. I can think of more than one way to create a sequence, which follows some 'rules'.	I can use hitting, kicking and/or rolling in a game. I can decide the best space to be in during a game. • I can stay in a 'zone' during a game. I can use a tactic in a game. I can follow rules.	I can change rhythm, speed, level and direction in dance. • I can use contrast in my sequences. • I can control my movements. • I can dance with control and coordination. I can make a sequence by linking sections together. • I can plan and show a sequence of movements. • I can think of more than one way to create a sequence, which follows a set of rules. • I can work on my own and with a partner to create a sequence. I can use dance to show a mood or feeling.
Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
I can copy and remember actions. I can repeat and explore actions with control and coordination.	I can talk about what is different between what I have done and what someone else has done. I can say how I could improve.	I can show how to exercise safely. I can describe how my body feels during different activity. I can explain what my body needs to keep healthy.



Physical Education: Year 3

Athletics	Competitive Games	Gymnastics
<i>Use running, jumping, throwing and catching in isolation and in combination.</i>	<i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</i>	<i>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i>
• I can run at fast, medium and slow speeds; changing speed and direction • I can take part in a relay, remembering when to run and what to do • I can link running and jumping activities with some fluency, control and consistency • I can make up and repeat a short sequence of linked jumps • I can throw a variety of objects changing my action for accuracy and distance	• I can throw and catch with control when under pressure • I can show awareness of space and use it to support team-mates and to cause problems for the opposition • I can use rules fairly to keep games going. • I can keep possession with some success when using equipment that is not used for throwing and catching skills	• I can adapt sequences to suit different types of apparatus and criteria • I can explain how strength and suppleness affect performance • I can compare and contrast gymnastic sequences, commenting on similarities and differences? • I can use a greater number of my own ideas for movement in response to a task
Dance	Outdoor and Adventurous Activity	
<i>Perform dances using a range of movement patterns.</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>	
• I can improvise freely and translate ideas from a stimulus into movement • I can share and create phrases with a partner and small group • I can remember and repeat dance phrases	• I can follow a map in a familiar context • I can use clues to follow a route • I can move from one location to another following a map • I can follow a route safely	
Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
I can select and use the most appropriate skills, actions or ideas I can move and use actions with co-ordination and control	I can explain how my work is similar and different to that of others. I can recognise how my performances could be improved, with help.	I can explain why it is important to warm up and cool down. I can identify some muscle groups used I gymnastic activities.



Physical Education: Year 4

Athletics	Competitive Games	Gymnastics
<i>Use running, jumping, throwing and catching in isolation and in combination.</i>	<i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</i>	<i>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i>
- I can sprint over a short distance. - I can show stamina when running over a long distance. - I can jump in different ways. - I can throw in different ways and hit a target, when needed.	- I can throw and catch accurately with one hand. - I can hit a ball accurately with control. - I can vary tactics and adapt skills depending on what is happening in a game. - I can keep possession of a ball. - I can move to find a space when I am not in possession during a game.	- I can move in a controlled way. - I can include change of speed and direction in a sequence. - I can work with a partner to create, repeat and improve a sequence with at least three phases. - I can include a range of shapes in a sequence. - I can follow a set of 'rules' to produce a sequence.
Dance	Outdoor and Adventurous Activity	
<i>Perform dances using a range of movement patterns.</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>	
- I can take the lead when working with a partner or group. - I can use dance to communicate an idea. - I can work on my movements and refine them. - I can dance clearly and fluently.	- I can follow a map in a (more demanding) familiar context. - I can follow a route within a time limit safely. - I can use clues to follow a route. - I can move from one location to another following a map.	
Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
- I can select and use the most appropriate skills, actions or ideas. - I can move and use actions with co-ordination and control. - I can make up my own small-sided games.	- I can provide support and advice to others in gymnastics and dance. - I can listen to the ideas of others. - I can explain how my work is similar and different to others. - I can use this comparison to improve my work.	- I can explain why warming up is important. - I can explain why keeping fit is good for their health.

Swimming

Expectation:

- I can swim between 25 and 50 metres unaided
- I can keep swimming for 30-45 seconds using swimming aids and support
- I can use a variety of basic arm and leg actions when on my front and back
- I can swim on the surface and lower myself underwater
- I can take part in group problem-solving activities on personal survival
- I can recognise how my body reacts and feels when I'm swimming
- I can recognise and concentrate on what I need to improve

Challenge:

- I can swim between 50 and 100 metres and keep swimming for 45 to 90 seconds
- I can use 3 different strokes, swimming on my front or back
- I can control my breathing
- I can swim confidently and fluently on the surface and underwater
- I can work well in a group to solve specific problems and challenges, sharing out the work fairly
- I can recognise how swimming affects my body, and pace my efforts to meet different challenges
- I can suggest activities and practices to help improve my own performance

Even More Challenge:

- I can swim further than 100 metres
- I can swim fluently and confidently for over 90 seconds
- I can use all 3 strokes with control
- I can swim short distances using butterfly
- I can breathe so that the pattern of my swimming is not interrupted
- I can perform a wide range of personal survival techniques confidently
- I can identify what the different tasks demand of my body, and pace my effort well to meet challenges
- I can describe good swimming techniques and show and explain it to others



Physical Education: Year 5

Athletics	Competitive Games	Gymnastics
<i>Use running, jumping, throwing and catching in isolation and in combination.</i>	<i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</i>	<i>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i>
- I can be controlled when taking off and landing a jump. - I can throw with increasing accuracy. - I can combine running and jumping. - I can follow specific rules.	- I can gain possession by working a team. - I can pass in different ways. - I can choose a specific tactic for defending and attacking. - I can use a number of techniques to pass, dribble and shoot. - I can use forehand and backhand with a racquet. - I can field.	- I can make complex extended sequences. - I can combine action, balance and shape. - I can perform consistently to different audiences. - I can make accurate, clear and consistent movements.
Dance	Outdoor and Adventurous Activity	
<i>Perform dances using a range of movement patterns.</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>	
- I can compose my own dances in a creative and imaginative way. - I can perform dance to an accompaniment, expressively and sensitively. - I can control my movements. - I can dance with clarity, fluency, accuracy and consistency.	- I can follow a map into an unknown location. - I can use clues and a compass to navigate a route. - I can change route to overcome a problem. - I can use new information to change route. - I can change my plan if I receive new information.	
Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
- I can link skills, techniques and ideas and apply them accurately and appropriately. - I can show good control of my movements.	- I can compare and comment on skills, techniques and ideas that others and I have used. - I can use my observations to improve my work.	- I can explain some important safety principles when preparing for exercise. - I can explain what effect exercise has on my body. - I can explain why exercise is important.



Physical Education: Year 6

Athletics	Competitive Games	Gymnastics
<i>Use running, jumping, throwing and catching in isolation and in combination.</i>	<i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</i>	<i>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i>
• I can demonstrate stamina and increase strength • I can use my skills in different situations	• I can agree and explain complicated rules to others • I can work as a team and communicate a plan • I can lead others in a game situation when the need arises	• I can combine own work with that of others • I can link my sequences to specific timings
Dance	Outdoor and Adventurous Activity	
<i>Perform dances using a range of movement patterns.</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>	
• I can develop imaginative dances and sequences in a specific style • I can choose own music, style and dance	• I can plan a route and a series of clues for someone else • I can plan with others, taking account of safety and danger	
Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
• I can apply my skills, techniques and ideas consistently • I can show precision, control and fluency	• I can analyse and explain why I have used specific skills or techniques • I can modify use of skills or techniques to improve my work • I can create my own success criteria for evaluating	• I can explain how the body reacts to different kinds of exercise • I can choose appropriate warm ups and cool downs • I can explain why we need regular and safe exercise