

Exceeding On Track Indicators

- I can use key vocabulary to explain how I am meeting my challenges.
- I can independently identify how I and others can improve.
- I will choose to take part in lunchtime physical activities and after-school clubs to practise and reinforce what I have learnt in PE sessions.
- I can take a leadership role when taking part in lunchtime physical activities.
- I can transfer skills into other sports, including out-of-school teams.
- I can challenge myself further by repeating skills at pace and applying them in highly competitive play against opponents.
- I can coach alongside teachers and lead others in small groups.
- I can make accurate links between Physical Education and keeping healthy, including exercise, food and hygiene.
- I can develop and carry out warm-ups that are enjoyable but also include high intensity, short duration exercise that will test my peers' speed, stamina, strength and flexibility.