

## PE On Track Indicators – Years 3&4



Athletics	Dance	Gymnastics
<ul style="list-style-type: none"> <li>I can tag and shuttle run, speed over short distance; devise basic jumps, 1:1, 2:1; throw for accuracy using a variety of equipment, run as a relay team.</li> <li>I can run tall on the balls of my feet and try out different running styles.</li> <li>I can change my running style over a variety of distances.</li> <li>As part of a team, I can throw a ball over a distance to reach a target, discuss types of throws which are used for distance, height and run in a relay.</li> <li>I can demonstrate a good technique using trajectory of throw to the target.</li> <li>I understand that it is important to warm up the muscles before playing or to get the heart pumping faster.</li> <li>I can discuss how fitness will play a role in my ability to run different distances.</li> </ul>	<ul style="list-style-type: none"> <li>I can create three movements showing change in speed and level, direction and expression.</li> <li>I can develop a phrase of movement by repeating an action and adding linking movements.</li> <li>I can create a performance that has a beginning, middle and end.</li> <li>I can watch my own dance on video and observe how fidgeting can affect the quality of my performance.</li> <li>I can use this understanding to improve my own performance.</li> <li>I can explain why it is important to warm up my whole body, particularly my feet.</li> <li>I can give reasons why physical activity is good for my health.</li> </ul>	<ul style="list-style-type: none"> <li>I can practise independently and with a partner, demonstrating quality and variety of linking movements.</li> <li>I can link 6-8 actions together to make a sequence.</li> <li>I can develop linking movements and pathways to make my sequence more interesting.</li> <li>I can compare and discuss my actions and those of others.</li> <li>I can use the ideas from my observations and discussions in my work.</li> <li>I can describe how warm and tired I feel after running quickly compared with sometimes moving more slowly.</li> <li>I can say why I must not rush about too close to one another or a wall, or other equipment.</li> </ul>
Invasion Games	Net & Wall Games	Striking and Fielding
<ul style="list-style-type: none"> <li>I can receive the ball from one direction and pass to another</li> <li>I can pass the ball to beat a defender and score as many goals as possible.</li> <li>I can make up my own game using equipment and rules.</li> <li>I am aware of the importance of moving into a space in order to receive a pass from a team member.</li> <li>I can compare tactically how my team stopped someone scoring in the game and how the opposition defended their goal.</li> </ul>	<ul style="list-style-type: none"> <li>I can catch and feed a ball appropriately.</li> <li>I can feed the ball accurately to hit over the net.</li> <li>I am aware of appropriate positioning to catch a ball.</li> <li>I can compare tactically how I stopped someone scoring in the game and teach others.</li> <li>I can discuss how I need to change the type of throw/hit to aim at different targets,</li> <li>I understand that it is important to warm up the muscles before playing or to get the heart pumping faster.</li> </ul>	<ul style="list-style-type: none"> <li>I can hit a ball well so that I have a good length of time to score a point.</li> <li>I can pass and receive the ball accurately to a team mate.</li> <li>I am aware of the importance of move into a space in order to receive a pass from a team mate and discuss the best throw to use to field the ball.</li> <li>I can compare tactically how I have stopped someone scoring in the game and teach others.</li> <li>I can discuss how I need to change the type of throw/hit to aim at different targets.</li> </ul>

<ul style="list-style-type: none"><li>• I can try a different tactic that I have seen working for the opposition to improve my own team performance.</li><li>• I understand that it is important to warm up the muscles before playing or to get the heart pumping faster.</li><li>• I can give reasons why an activity might be good for me because it makes me strong and supple.</li></ul>	<ul style="list-style-type: none"><li>• I can give reasons why an activity might be good for me because it makes me strong and supple.</li></ul>	<ul style="list-style-type: none"><li>• I understand that it is important to warm up the muscles before playing or to get the heart pumping faster.</li><li>• I can give reasons why an activity might be good for me because it makes me strong and supple.</li></ul>
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