



## PE Subject objectives

### Year 1

- Can they copy actions?
- Do they know how to move with control and care?
- Do they know how to evaluate their own and others actions?
- Can they describe how their body feels before, during and after an activity?
- Can they move to music?
- Can they copy dance moves?
- Do they know how to make up a short dance?
- Do they know how to move around the space safely?
- Can they roll a piece of equipment?
- Can they hit a ball with a bat?
- Can they catch with both hands?
- Can they throw in different ways?
- Can they kick in different ways?
- Do they know how to make their body tense, relaxed, curled and stretched?
- Do they know how to control their body when travelling and balancing?
- Can they copy sequences and repeat them?
- Can they roll in different ways?
- Can they climb safely?



## PE Subject objectives

### Year 2

- Do they know how to repeat and explore actions with control and coordination?
- Can they talk about what is different between what they did and what someone else did?
- Can they say how they could improve?
- Can they show how to exercise safely?
- Can they describe how their body feels during different activities?
- Can they explain what their body needs to keep healthy?
- Do they know how to dance imaginatively?
- Do they know how to change rhythm, speeds, level and direction?
- Do they know to make a sequence by linking actions together?
- Do they know how to use hitting, kicking and/or rolling in a game?
- Do they know where the best place to be is during a game?
- Do they know how to use one tactic in a game?
- Do they know how to follow rules?
- Can they use contrast in their sequences?
- Do they know how work on their own and with a partner to create a sequence?



## PE Subject objectives

### Year 3

- Do they know how to select and use the most appropriate skills, actions or ideas?
- Can they explain how their work is similar and different from that of others?
- With help, do they know how performances could improve?
- Can they explain why it is important to warm-up and cool-down?
- Do they know some muscle groups used in gymnastic activities?
- Can they improvise freely, translating ideas from a stimulus into movement?
- Do they know how to create and perform phrases with a partner and in small groups?
- Do they know how to use dynamic, rhythmic and expressive qualities clearly and with control?
- Can they throw and catch with control when under limited pressure?
- Do they have an awareness of space and are they able to use it to support team-mates and cause problems for the opposition?
- Do they know and use rules fairly to keep games going?
- Do they know how to keep possession with some success when using equipment that is not used for throwing and catching skills?
- Can they use a greater number of their own ideas for movement in response to a task?
- Do they know how to adapt sequences to suit different types of apparatus and their partners ability?
- Can they run at fast, medium and slow speeds, changing speed and direction?
- Can they link running and jumping activities with some fluency, control and consistency?
- Can they take part in a relay activity, remembering when to run and what to do?
- Can they throw a variety of objects, changing their action for accuracy and distance?
- Can they move from one location to another following a map?
- Do they know how to use clues to follow a route?
- Do they know how to follow a route safely?



## PE Subject objectives

### Year 4

- Do they know how to select and use the most appropriate skills, actions or ideas?
- Do they know how to make up their own small-sided games?
- Can they explain how their work is similar and different from that of others?
- Do they know how to use their comparison to improve their work?
- Can they explain why warming up is important?
- Can they explain why keeping fit is good for their health?
- Do they know how to take the lead when working with a partner or group?
- Do they know how to use dance to clearly communicate an idea?
- Do you know how to respond imaginatively to a range of stimuli related to character and narrative?
- Can they refine, repeat and remember dance phrases and dances?
- Can they catch with one hand?
- Can they throw and catch accurately?
- Can they hit a ball accurately and with control?
- Can they keep possession of the ball?
- Do they know how to move to and find a space when they are not in possession during a game?
- Do they know how to vary tactics and adapt skills according to what is happening?
- Do they know how to include a change of speed and direction?
- Do they know how to include a range of shapes?
- Do they know how to work with a partner to create, repeat and improve a sequence with at least three phases?
- Can they run over a long distance?
- Can they sprint over a short distance?
- Can they jump and throw in different ways?
- Can they hit a target?
- Do they know how to move from one location to another following a map?
- Do they know how to use clues to follow a route?
- Do they know how to follow a route accurately, safely and within a time limit?



## PE Subject objectives

### Year 5

- Do they know how to link skills, techniques and ideas and apply them accurately and appropriately?
- Can they show good control in their movements?
- Do they know how to compare and comment on skills, techniques and ideas that they and others have used?
- Do they know how to use their observations to improve their work?
- Can they explain some important safety principles when preparing for exercise?
- Can they explain what effect exercise has on their body?
- Do they know how to compose their own dances in a creative and imaginative way?
- Does their dance show clarity, fluency, accuracy and consistency?
- Can they perform different styles of dance clearly and fluently?
- Do they know how to organise their own warm-up and cool-down exercises?
- Do they know how to gain possession by working as a team?
- Can they pass in different ways?
- Can they use forehand and backhand with a racquet?
- Can they field?
- Do they know the best tactics for attacking and defending?
- Can they use a number of techniques to pass, dribble and shoot?
- Do they know how to make complex or extended sequences?
- Do they know how to combine action, balance and shape?
- Are their movements accurate, clear and consistent?
- Are they controlled when taking off and landing in a jump?
- Can they throw with accuracy?
- Can they combine running and jumping?
- Do they know how to follow specific rules?
- Do they know how to follow a map in an unknown location?
- Do they know how to use clues and compass directions to navigate a route?
- Do they know how to change their route if there is a problem?
- Do they know how to change their plan if they get new information?



## PE Subject objectives

### Year 6

- Do they know how to apply their skills, techniques and ideas consistently?
- Can they show precision, control and fluency?
- Do they know how to modify use of skills or techniques to improve their work?
- Do they know how to create their own success criteria for evaluating?
- Can they explain how the body reacts to different kinds of exercise?
- Do they know appropriate warm ups and cool downs?
- Can they explain why we need regular and safe exercise?
- Can they develop imaginative dances in a specific style?
- Do they know how to develop imaginative dances in a specific style?
- Can they perform dances fluently and with control?
- Can they explain complicated rules?
- Do they know how to make a team plan and communicate it to others?
- Can they lead others in a game situation?
- Do they know how to combine their own work with that of others?
- Do they know how to link their sequences to specific timings?
- Can they demonstrate stamina?
- Can they use their skills in different events?
- Do they know how to plan a route and series of clues for someone else?
- Do they know how to plan with others taking account of safety and danger?