

PE Key Skills

Year 1

1. Can they copy actions?
2. Can they move with control and care?
3. Can they evaluate their own and others actions?
4. Can they describe how their body feels before, during and after an activity?
5. Can they move to music?
6. Can they copy dance moves?
7. Can they make up a short dance?
8. Can they move around the space safely?
9. Can they roll a piece of equipment?
10. Can they hit a ball with a bat?
11. Can they catch with both hands?
12. Can they throw in different ways?
13. Can they kick in different ways?
14. Can they make their body tense, relaxed, curled and stretched?
15. Can they control their body when travelling and balancing?
16. Can they copy sequences and repeat them?
17. Can they roll in different ways?
18. Can they climb safely?

Year 2

1. Can they repeat and explore actions with control and coordination?
2. Can they talk about what is different between what they did and what someone else did?
3. Can they say how they could improve?
4. Can they show how to exercise safely?
5. Can they describe how their body feels during different activities?
6. Can they explain what their body needs to keep healthy?
7. Can they dance imaginatively?
8. Can they change rhythm, speeds, level and direction?
9. Can they make a sequence by linking actions together?
10. Can they use hitting, kicking and/or rolling in a game?
11. Can they decide where the best place to be is during a game?
12. Can they use one tactic in a game?
13. Can they follow rules?
14. Can they use contrast in their sequences?
15. Can they work on their own and with a partner to create a sequence?

Year 3

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

Year 4

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

Year 5

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

Year 6

1. Can they apply their skills, techniques and ideas consistently?
2. Can they show precision, control and fluency?
3. Can they modify use of skills or techniques to improve their work?
4. Can they create their own success criteria for evaluating?
5. Can they explain how the body reacts to different kinds of exercise?
6. Can they choose appropriate warm ups and cool downs?
7. Can they explain why we need regular and safe exercise?
8. Can they develop imaginative dances in a specific style?
9. Can they choose their own music, style and dance?
10. Can they perform dances fluently and with control?
11. Can they explain complicated rules?
12. Can they make a team plan and communicate it to others?
13. Can they lead others in a game situation?
14. Can they combine their own work with that of others?
15. Can they link their sequences to specific timings?
16. Can they demonstrate stamina?
17. Can they use their skills in different events?
18. Can they plan a route and series of clues for someone else?
19. Can they plan with others taking account of safety and danger?