



PE Organiser – Y1

Spring 1

I can name some things I
am good at.
I can understand and follow
simple rules.



Static Balance
Stance



Dynamic Balance
On a Line

Vocabulary

Balance
Stance
Fluid
Backward
Forward
Wobble
Travelling
Striking
Hitting
Racquet
Directions
Pathways



PE Organiser – Y2

Spring 1

With help, I can recognise similarities and differences in performance.
I can explain why someone is working or performing well.



Static Balance
Stance



Dynamic Balance
On a Line

Vocabulary

Travelling
Striking
Racquet
Directions
Pathways
Sending
Receiving
Balance
Stance
Fluid
90*



PE Organiser – Y3 Spring 1



I have begun to identify areas for improvement.
I can explain what I am doing well.



Coordination **Ball Skills**

- I can sit and roll a ball up and down my legs and around my upper body using one hand
- I can stand and roll a ball up and down leg and upper body using one hand
- I can stand with legs apart and move a ball around 1 leg 16 times (right and left)
- I can move a ball around my waist 17 times
- I can stand apart and move a ball around alternate legs 16 times



Dynamic Balance **On a Line**

- I can walk fluidly, lifting knees to 90°.
- I can walk fluidly, lifting heels to bottom.
- I can march, lifting knees and elbows up to a 90° angle.
- I can walk fluidly with heel to toe landing.
- I can walk fluidly, lifting knees and using heel to toe landing
- I can walk fluidly, lifting heels to bottom and using heel to toe landing.

Vocabulary

- Balance
- Stance
- Fluid
- 90*
- Alternate
- Upper body
- Travelling
- Striking
- Racquet
- Directions
- Pathways
- Sending
- Receiving
- Direction
- Position
- Possession



PE Organiser – Y4

Spring 1

I can explain what I am doing well and I have begun to identify areas for improvement.



Coordination Ball Skills

I can stand with legs apart and move a ball around 1 leg 16 times (right and left)

I can move a ball around my waist 17 times

I can stand apart and move a ball around alternate legs 16 times

I can stand with legs apart and move ball in figure of 8 around both legs 12 times.

I can move ball around waist into figure of 8 around both legs 10 times.

I can stand with legs apart and perform 24 criss-crosses, with and then without a bounce.



Dynamic Balance On a Line

I can march, lifting knees and elbows up to a 90° angle.

I can walk fluidly with heel to toe landing.

I can walk fluidly, lifting knees and using heel to toe landing

I can walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.

I can lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).

I can lunge walk forwards, bringing opposite elbow up to a 90° angle.

Vocabulary

Balance

Stance

Fluid

90*

Alternate

Upper body

Travelling

Striking

Racquet

Rally

Serve

Sending

Receiving

Direction

Position

Possession



I can use awareness of space/others to make good decisions.

I can understand ways (criteria) to judge performance.



Static Balance

Stance

I can reach and pick up cone an arms distance away, swap hands and place it on the other side.

I can reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).

I can hold a V-shape with straight arms and legs for 10 seconds.

I can reach and pick up cones from in front, to the side and from behind.

I can reach and pick up cones from in front, to the side and from behind with eyes closed.

I can reach and pick up cones from in front, to the side and from behind while a partner applies a force.

I can reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.

PE Organiser – Y5

Spring 1



Coordination

Footwork

I can transfer a tennis ball on and off back in a front support.

I can transfer a cone on and off tummy in back support.

I can transfer a tennis ball on and off tummy in back support.

I can hold front support position with only 1 foot in contact with floor and transfer cone on and off back.

I can rotate fluently from front support to back support, and then continue rotating with fluency

Vocabulary

Upper body

Figure of eight

Criss-cross

Swerve

Travelling

Striking

Racquet

Pathways

Receiving

Rally

Hand eye coordination

Stationary

Serve

Stationary

Possession

Accuracy



I can use awareness of space/others to make good decisions.
I can understand ways (criteria) to judge performance.



Static Balance Stance

- I can reach and pick up cones from in front, to the side and from behind.
- I can reach and pick up cones from in front, to the side and from behind with eyes closed.
- I can reach and pick up cones from in front, to the side and from behind while a partner applies a force.
- I can reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.
- I can reach and pick up cones on the floor whilst on a bench, without losing balance.
- I can turn 360° in either direction, first on the floor then on a bench.
- I can balance on an uneven surface, e.g. wobble cushion, for 10 seconds.
- I can reach and pick up cones on the floor whilst on an uneven surface.

PE Organiser – Y6

Spring 1



Coordination Footwork

- I can hold front support position with only 1 foot in contact with floor and transfer cone on and off back.
- I can rotate fluently from front support to back support, and then continue rotating with fluency
- I can hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back.
- I can hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.

Vocabulary

- Upper body
- Figure of eight
- Criss-cross
- Swerve
- Travelling
- Striking
- Racquet
- Pathways
- Receiving
- Rally
- Hand eye coordination
- Stationary
- Serve
- Stationary
- Possession
- Accuracy