

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

PE Organiser – Y1 Spring 1







Vocabulary

Balance

Stance

Fluid

Backward

Forward

Wobble

Travelling

Striking

Hitting

Racquet

Directions

Pathways



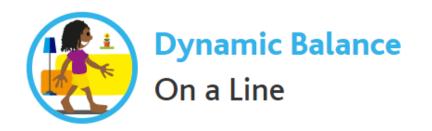
PE Organiser – Y2 Spring 1

With help, I can recognise similarities and differences in performance.

I can explain why someone is working or performing well.







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.



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 BalanceOn 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



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



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.

PE Organiser – Y4 Spring 1





Dynamic BalanceOn 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.



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





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





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