

PE	A1		A2		Sp1		Sp2		Su1		Su2	
Y1	Games	Gymnastics	Games	Dance	Games	Gymnastics	Games	Dance	Games	Athletics	Games	Athletics
Strand	Team games basic skills		Throwing + catching		Dribbling + Kicking		Racket skills		Batting skills		Track	
Focus	Team games basic skills		Throwing + catching		Dribbling + Kicking		Racket skills		Batting skills		Track	
Skills	<p>I can find a space in the hall safely.</p> <p>I can move fluently, changing direction and speed easily and avoiding collisions.</p> <p>I can cooperate with a partner or in a small group.</p> <p>I can develop balance, agility and coordination.</p> <p>I can begin to apply skills in a range of activities.</p>	<p>I can explore basic gymnastic actions and develop some control and coordination.</p> <p>I can link these actions with words, signs and symbols.</p> <p>I can link and repeat actions with support.</p> <p>I know how to use a space and apparatus safely.</p> <p>I can feel the difference in my body when I am tense and relaxed and I can stretch my fingers and toes.</p> <p>I can make my body tense and relaxed, stretched and curled.</p>	<p>I can use a small range of underarm throwing and rolling skills accurately.</p> <p>I can use a small range of collecting and receiving skills.</p> <p>I can show some awareness of the space available and a basic awareness of others.</p> <p>I can play simple versions of games with a partner or a passive opponent.</p>	<p>I can explore basic body actions. I can begin to make single movements and combine movements using different parts of the body.</p> <p>I can practise moving expressively and clearly.</p> <p>I can try to choose movements that reflect the dance idea.</p> <p>I can remember, repeat and link movement phrases and dances with support.</p> <p>I can recognise and describe some body actions and some expressive and dynamic qualities of movement.</p>	<p>I can improve the way they coordinate and control their bodies and a range of equipment.</p> <p>I can remember, repeat and link combinations of skills.</p> <p>I can use the inside of my foot to dribble a ball for a short distance.</p> <p>I can kick the ball with the inside of my foot.</p> <p>I can make simple choices in target games.</p> <p>I can play with a partner and in small groups.</p>	<p>I can complete tasks and choose and sequence the basic actions with support.</p> <p>I can show a small range of body shapes and movements with some control and coordination.</p> <p>I can describe sequences using actions and words.</p>	<p>I can hold a racket correctly.</p> <p>I can improve my coordination and control of my body when using a racket.</p> <p>I can hit an object to a target using a racket.</p> <p>I can make simple choices in target games.</p> <p>I can play with a partner and in small groups.</p>	<p>I can perform basic body actions.</p> <p>I can respond to stimuli and musical accompaniment when given extra time.</p> <p>I can make a simple dance phrase.</p> <p>I can begin to explore dynamic and expressive qualities.</p> <p>I can perform short dances.</p> <p>I can describe my work with support.</p> <p>I can begin to work with a partner.</p>	<p>I can hold a bat correctly.</p> <p>I can use a bat to hit a range of objects. I can hit an object towards a target.</p>	<p>I can run at different speeds.</p> <p>I can take part in a relay activity with support.</p> <p>I can jump with accuracy in and out of areas from a starting position.</p>	<p>I can work to improve basic skills.</p> <p>I can make simple choices in target games.</p> <p>I can catch and throw in games when stood still.</p> <p>I can play a part in games and activities in small groups.</p>	<p>I can throw a variety of objects, using a small range of techniques.</p>
Y2	Games	Gymnastics	Games	Dance	Games	Gymnastics	Games	Dance	Games	Athletics	Games	Athletics
Strand	Team games basic skills		Throwing + catching		Dribbling + Kicking		Racket skills		Batting skills		Track	
Focus	Team games basic skills		Throwing + catching		Dribbling + Kicking		Racket skills		Batting skills		Track	
Skills	<p>I can master basic movements including running, jumping, throwing, catching.</p> <p>I can improve my balance, agility and coordination.</p> <p>I can begin to apply these skills in a range of activities.</p> <p>I can participate in team games.</p> <p>I can develop simple tactics for attacking and defending.</p>	<p>I can show basic control and coordination when travelling and when remaining still.</p> <p>I can choose and link 'like' actions.</p> <p>I can remember and repeat these actions accurately and consistently.</p> <p>I can find and use space safely with an awareness of others.</p> <p>I can identify and copy the basic actions of a gymnast.</p> <p>I can use words such as rolling, travelling, balancing and climbing.</p> <p>I can make my body tense, relaxed, stretched and curled.</p>	<p>I can use basic underarm and rolling skills. I can sometimes use overarm skills. I can intercept, retrieve and stop a bean-bag and a medium sized ball with some consistency.</p> <p>I can sometimes catch a beanbag and a medium sized ball.</p> <p>I can track balls and other equipment sent to me.</p> <p>I can move in line with a ball to collect it.</p> <p>I can throw a ball in a variety of ways.</p> <p>I can decide where to stand to make it difficult for an opponent.</p>	<p>I can perform basic body actions.</p> <p>I can use different parts of the body singularly and in combination.</p> <p>I can show some sense of dynamic, expressive and rhythmic qualities in my own dance.</p> <p>I can choose appropriate movements for different dance ideas.</p> <p>I can remember and repeat short dance phrases and simple dances.</p> <p>I can move with control and vary the way I use space.</p>	<p>I can use the inside of my feet to dribble a ball with control and coordination.</p> <p>I can dribble a ball through a short course.</p> <p>I can kick a ball to a target with control and coordination.</p> <p>I can show awareness of opponents and teammates when playing games.</p> <p>I can apply dribbling and kicking in a variety of games.</p> <p>I can make choices about appropriate targets, space and equipment.</p> <p>I can use simple tactics in a game.</p>	<p>I can plan and repeat simple sequences of actions.</p> <p>I can show contrasts in shape.</p> <p>I can perform basic actions with control, coordination and some variety.</p> <p>I can describe what I and others have done in gymnastics using the correct vocabulary.</p>	<p>I can strike a ball with control and coordination.</p> <p>I can aim for a target consistently.</p> <p>I can show awareness of opponents and teammates when playing games.</p> <p>I can apply my racket skills in a variety of games.</p> <p>I can make choices about appropriate targets, space and equipment.</p> <p>I can use simple tactics in a game.</p>	<p>I can perform body actions with control and coordination.</p> <p>I can choose movements with different dynamic qualities to make a dance phrase that expresses and idea, mood or feeling.</p> <p>I can link actions and remember and repeat phrases.</p> <p>I can perform dances showing an understanding of expressive qualities. I can describe the mood, feelings and expressive qualities of dance.</p> <p>I can suggest ways that I can improve my work.</p>	<p>I can hold a bat correctly.</p> <p>I can use a bat to hit a range of objects.</p> <p>I can hit an object accurately towards a target.</p> <p>I can hit a ball with accuracy and control.</p>	<p>I can run at different speeds, changing speed and direction.</p> <p>I can link running and jumping with some fluency, control and consistency.</p> <p>I can make up and repeat a short sequence of linked jumps.</p> <p>I can take part in a relay activity.</p>	<p>I can show awareness of opponents and teammates when playing games.</p> <p>I can perform basic skills of rolling, striking and kicking with more confidence.</p> <p>I can apply these skills in a variety of simple games.</p> <p>I can make choices about appropriate targets, space and equipment. I can use a variety of simple tactics.</p>	<p>I can throw a variety of objects. I can change action when throwing for accuracy and distance.</p>
Y3	OAA	Gymnastics	Inv games	Dance	Net wall games	Gymnastics	Inv games	Dance	Net wall games	Athletics	Striking + Fielding Games	Athletics
Strand	Team games basic skills		Rugby		Badminton		Netball		Tennis		Track	
Focus	Team games basic skills		Rugby		Badminton		Netball		Tennis		Track	
Skills	<p>I can follow simple trails in familiar spaces.</p> <p>I can help others to solve problems.</p> <p>I can follow others' suggestions.</p> <p>I know that I need to be careful of space.</p> <p>I can recognise when I have been in a space.</p> <p>I can describe what I do when following others.</p>	<p>I can use a number of my own ideas to solve a task.</p> <p>I can choose and plan a sequence of actions.</p> <p>I can adapt this sequence to suit my own apparatus and my partner's abilities.</p> <p>I can explain how strength and speed affect performance.</p> <p>I can comment on differences in gymnastic performances.</p> <p>I can recognise how performance is affected by apparatus and my partner's abilities.</p>	<p>I can throw and catch with control under some pressure.</p> <p>I am aware of space.</p> <p>I know and use rules fairly to keep a game going.</p> <p>I can explain why it is important to warm up and cool down.</p> <p>I recognise and evaluate good performance.</p>	<p>I can improvise freely, translating ideas from a stimulus into movement.</p> <p>I can create dance phrases that communicate ideas.</p> <p>I can share and create dance phrases with a partner and in a small group.</p> <p>I can repeat, remember and perform these phrases in a dance.</p> <p>I can use dynamic, rhythmic and expressive qualities clearly and with control.</p> <p>I can recognise and talk about the movements used and the expressive qualities of dance.</p> <p>I can suggest improvements to their own and other people's dances.</p>	<p>I can play games using modified courts and a small range of throwing skills.</p> <p>I can play games with limited continuity, stopping the ball and catching it occasionally.</p> <p>I can hit a ball with reasonable consistency when practising.</p> <p>I can use bigger target areas to aim for.</p> <p>I can use some tactics; use simple rules fairly.</p>	<p>I can work on longer sequences; show control, consistency and accuracy of movement.</p> <p>I can include changes of speed and direction in my sequences.</p> <p>I can hit a ball with reasonable consistency when practising.</p> <p>I can use bigger target areas to aim for.</p> <p>I can use some tactics; use simple rules fairly.</p> <p>I can recognise how strength and suppleness affect the quality of performance.</p> <p>I can identify similarities and differences between performances.</p> <p>I can suggest some ways in which a performance could be improved.</p>	<p>I can play effectively with speed and precision.</p> <p>I can decide quite quickly when and where to pass the ball, showing good awareness of what is going on around them.</p> <p>I can adapt skills in response to a game situation; show basic understanding of how or why tactics work.</p>	<p>I can choose appropriate movements to express the idea, mood and feeling of a dance.</p> <p>I can take the lead when creating dances with a partner or in a group.</p> <p>I can show a greater understanding of how to compose dance phrases.</p> <p>I can show greater fluency and control in my movements.</p> <p>I can interpret rhythm well, using a range of musical accompaniments.</p> <p>I can interpret and express my thoughts clearly when talking about dance.</p> <p>I can make appropriate suggestions about how work could be improved.</p>	<p>I can keep a continuous game going.</p> <p>I can use a range of throwing and catching skills.</p> <p>I can use a small range of basic racket skills.</p> <p>I can choose and use a range of simple tactics for sending the ball in different ways to make it difficult for my opponent.</p> <p>I can use a range of simple tactics to defend my own court.</p> <p>I can adapt rules to suit my game and create my own net games.</p> <p>I can follow rules fairly.</p>	<p>I can demonstrate running and jumping in simple challenges.</p> <p>I can show some control when using a small range of running and jumping actions. I can cooperate when working in small groups to meet challenges.</p>	<p>I can use a few skills with some control and accuracy. I can hit a stationary ball and retrieve and throw it when fielding. I can use some tactics in games.</p>	<p>I can demonstrate throwing in simple challenges. I can show some control when using throwing actions. I can cooperate when working in small groups to meet challenges.</p>

PE	A1		A2		Sp1		Sp2		Su1		Su2								
Y4	Inv games	Gymnastics	OAA - not taught due to Fit2Go being in	Dance	Gymnastics - not being taught due to Healthy Heads	Inv games -	Striking + Fielding Games	OAA	Net wall games	Athletics	Striking + Fielding Games	Athletics							
Strand													Football	Hockey / Football	Cricket	Tennis	Track	Rounders	Field
Focus																			
Skills	<p>I can play games with some fluency and accuracy, using kicking techniques.</p> <p>I can find ways of attacking successfully.</p> <p>I can use simple tactics for attacking well, keeping possession team and getting into positions to I know the rules of the game.</p> <p>I understand that I need to defend as well as attack.</p> <p>I can understand how strength, speed and stamina can be improved in invasion games.</p>	<p>I can choose and plan a sequence of shapes and balances.</p> <p>I can perform and repeat longer sequences of speed and level.</p> <p>I can adapt sequences to suit my partner's ability.</p> <p>I understand that strength and suppleness can be improved.</p> <p>I can help think of some warm-up activities and stretches.</p> <p>I can watch, describe and suggest possible others' performances.</p> <p>I can suggest how my own performance could be improved.</p>	<p>I can identify where I am by using simple plans and diagrams of familiar environments.</p> <p>I can use simple plans and diagrams to help me follow a short trail and go from one place to another.</p> <p>I can respond to a challenge or problem I am set.</p> <p>I can begin to work and behave safely.</p> <p>I can work increasingly cooperatively with others, discussing how to follow trails and solve problems.</p> <p>I can recognise that different tasks make my body work in different ways.</p> <p>I can comment on how I went about tackling tasks.</p>	<p>I can respond imaginatively to a range of stimuli related to character and narrative.</p> <p>I can use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group.</p> <p>I can refine, repeat and remember dance phrases and dances.</p> <p>I can perform dances clearly and fluently, showing sensitivity to the dance idea and the accompaniment.</p> <p>I can describe, interpret and evaluate dance, using appropriate language.</p>	<p>I can work on longer, more complex sequences.</p> <p>I can show control, consistency and accuracy of movement; include changes of speed and direction in my sequence.</p> <p>I can practise and refine sequences on my own.</p> <p>I can recognise when movements are performed well.</p> <p>I can suggest warm-up and cool-down stretches.</p> <p>I can say which parts of the body need to be strong and supple for gymnastic activities.</p> <p>I can suggest ways in which a performance could be improved and select a specific point to work on.</p> <p>I can adapt actions to include all group members in a performance.</p>	<p>I can play the games effectively with speed and precision.</p> <p>I can decide quickly when and where to pass the ball.</p> <p>I can adapt skills in response to a game situation.</p> <p>I understand how or why tactics work.</p> <p>I have a strong influence on games, helping others to play better.</p> <p>I understand that strength, speed and stamina are all important in invasion games.</p> <p>I can suggest different ways in which tactics could be employed.</p>	<p>I can use a range of skills, e.g. throwing, catching, stopping and striking a ball with some control and accuracy.</p> <p>I can choose skills and tactics to suit the situation in a game. I know rules and use them fairly to keep games going.</p>	<p>I can use more detailed plans and diagrams that take me from familiar to less familiar areas, e.g. from hall to playground.</p> <p>I can find my way and recognise where I am on a plan or diagram.</p> <p>I can solve problems using a range of approaches.</p> <p>I can use ideas I have learnt in one problem or task to help me solve another.</p> <p>I can work and behave safely, when working on my own and in small groups.</p> <p>I can explain why different activities make my body work in different ways.</p> <p>I can explain reasons for choosing the approach used to solve a problem.</p> <p>I can recognise other possible approaches.</p>	<p>I can choose and use the skills I have learnt with a good degree of accuracy.</p> <p>I can change the pace, length and direction of my shots, to outwit my opponents.</p> <p>I know how to defend my court and where to stand.</p> <p>I can use and interpret rules fairly.</p> <p>I know which activities will help warm me up and get me ready to play.</p> <p>I can suggest ideas for practices I can do to improve my own performance.</p>	<p>I can understand and demonstrate the differences between sprinting and running for sustained periods.</p> <p>I can perform a range of jumps, showing consistent technique and using a short run-up.</p>	<p>I can play games with speed and precision.</p> <p>I can hit a bowled ball with intent and force.</p> <p>I can collect, stop and intercept a ball with increasing efficiency.</p> <p>I can throw a ball well from a distance.</p> <p>I can play games well using a variety of equipment, skills and tactics.</p> <p>I can make tactical decisions, while remaining aware of what is going on around me.</p> <p>I can explain what happens to my body as I work and how this varies depending on what I am doing.</p> <p>I can identify successful play and describe how other parts could be improved.</p>	<p>I know and can demonstrate a range of throwing techniques.</p> <p>I can throw with some accuracy towards a target area.</p>							
Y5	Gymnastics Sequences	Swimming	Inv games	Swimming	Net wall games	Swimming	OAA	Dance	Inv games	Athletics	Striking + Fielding Games	Athletics							
Strand													5 principles of attack	Badminton	Netball	Track	Cricket	Field	
Focus																			
Skills	<p>I can create, practise and refine longer and more complex sequences, including change of level, speed and direction.</p> <p>I can choose body shapes and balances from a wider range of themes.</p> <p>I can adapt my performance to the needs of the task.</p> <p>I can make simple judgements about performances and suggest ways I can improve.</p>	<p>I can swim between 25 and 50m and keep swimming for 30 to 45 seconds using aids and support.</p> <p>I can use a variety of basic arm and leg actions when on my front and my back.</p> <p>I can swim on the surface and lower myself under the water.</p>	<p>I can pass, dribble and shoot with control in games.</p> <p>I identify and use tactics to help my team keep the ball and take it towards the opposition's goal.</p> <p>I can mark opponents and help others in defence.</p>	<p>I can swim between 50 and 100m and keep swimming for 45 to 90 seconds.</p> <p>I can use three strokes, swimming on my front and back.</p> <p>I can control my breathing.</p> <p>I can swim confidently on the surface of the water and under the water.</p>	<p>I can use forehand and backhand shots increasingly well in the game I play.</p> <p>I can use the volley in a game when the opportunity arises.</p> <p>I can choose and use some tactics within a game. I can play cooperatively with a partner.</p> <p>I can apply rules consistently and fairly.</p>	<p>I can swim further than 100m.</p> <p>I can swim fluently and confidently for over 90 seconds.</p> <p>I can use all three strokes with control, breathing so that the pattern of my swimming is not interrupted.</p> <p>I can perform a wide range of personal survival techniques confidently.</p>	<p>I can solve challenges and problems set in a familiar environment.</p> <p>I can work cooperatively to put strategies and solutions into action.</p> <p>I can take on different roles given to me.</p> <p>I can follow instructions and safety rules.</p> <p>I can recognise when a solution has been successful.</p>	<p>I can compose motifs and plan dances creatively and collaboratively in groups.</p> <p>I can adapt and refine the way I use levels, space and rhythm in my dance to express themselves in the style of dance I use.</p> <p>I can perform different styles of dance clearly and fluently.</p> <p>I can suggest ways to improve my own and other people's work.</p>	<p>I can practise a chest pass. I can apply football skills. I can combine and perform skills more fluently and effectively in the game.</p> <p>I can develop a broader range of techniques for attacking and defending.</p>	<p>I can understand and show the difference between running for distance and sprinting.</p> <p>I can sustain my pace and effort for short periods of time.</p> <p>I can demonstrate a range of simple jumping skills in different activities.</p>	<p>I can develop the accuracy and consistency of my underarm throw and catching skills.</p> <p>I can develop the range and consistency of my bowling skills.</p> <p>I can develop my batting skills in cricket.</p> <p>I know about the basic principles of batting and fielding.</p> <p>I can develop the range and consistency of my fielding skills.</p>	<p>I can demonstrate a range of throwing actions with some accuracy and control.</p>							
Y6	OAA	Gymnastics	Inv games	Dance	Gymnastics	Inv games	Striking + Fielding Games	OAA	Net wall games	Athletics	Striking + Fielding Games	Athletics							
Strand													Basketball	Hockey	Cricket	Tennis	Track	rounders	Field
Focus																			
Skills	<p>I can choose and perform skills and strategies effectively.</p> <p>I can find solutions to problems and challenges by planning, implementing and refining strategies.</p> <p>I can work increasingly well in a group or team where roles and responsibilities are understood.</p> <p>I can prepare physically and organisationally for challenges I am set, thinking about safety.</p> <p>I can identify what I or my group have done successfully and suggest ways to further improve.</p>	<p>I can create and refine sequences with a partner, choosing actions, shapes and balances from memory.</p> <p>I can practise and refine actions, shapes and balances on my own and can refine sequences.</p> <p>I can talk about my own and others work.</p>	<p>I can use a number of techniques to pass, dribble and shoot.</p> <p>I can play basketball games confidently.</p> <p>I can control the ball consistently.</p> <p>I can use a range of tactics in attack and defence.</p> <p>I can improve my own or my team's performance.</p>	<p>I can work creatively and imaginatively on my own, with a partner and in small groups to compose motifs and structure simple dances.</p> <p>I can perform to an accompaniment expressively and sensitively.</p> <p>I can perform fluently with control.</p> <p>I can talk about dance using appropriate language and terminology.</p> <p>I can suggest ways to improve mine or other people's work.</p>	<p>I can create, practise and refine longer, more complex sequences.</p> <p>I can adapt my performance to the needs of the task, developing solutions from a range of compositional principles.</p> <p>I can show clarity, fluency, accuracy and consistency in my movements.</p>	<p>I can pass, dribble and shoot with control.</p> <p>I can identify and use tactics to help my team keep the ball and take it towards the opposition's goal.</p> <p>I can mark opponents and help each other in defence.</p> <p>I know and carry out warm-up activities that use exercises helpful for invasion games.</p> <p>I can pick out things that could be improved in performances and suggest ideas and practices to make me better.</p>	<p>I can throw and catch a ball accurately.</p> <p>I can bowl underarm to a target accurately and learn how to bowl overarm.</p> <p>I can learn how to hold a cricket bat and strike the ball effectively.</p> <p>I can use a range of tactics in each of the positions of batter, bowler and fielder.</p>	<p>I can work confidently in familiar and changing environments.</p> <p>I can adapt quickly to new situations, devise and put into practice a range of solutions to problems and challenges.</p> <p>I can take a leading role when working with others.</p>	<p>I can use forehand and backhand shots increasingly well in the game I play.</p> <p>I can use the volley in a game when the opportunity arises.</p> <p>I can choose and use some tactics within a game. I can play cooperatively with a partner.</p> <p>I can apply rules consistently and fairly.</p>	<p>I can choose the best pace for a running event so that they can sustain their running.</p> <p>I can show control at take off in jumping activities. I understand how power and stamina help me to perform well in different athletic activities.</p>	<p>I can use skills with control and accuracy. I can hit a ball bowled sympathetically to them.</p> <p>I can play a range of roles within a team but with varying levels of success. I can use some basic rules and tactics in games.</p>	<p>I can show accuracy and good technique in throwing activities.</p> <p>I understand how power and stamina help me to perform well in different athletic activities.</p>							