

**EYFS**

I can run in a straight line

I can jump from 1 & 2 feet

I can throw an object in a specific direction

**Year 1**

I can run at different speeds

I can jump from a standing position

I can throw an object with one hand

**Year 2**

I can change speed & direction whilst running

I can run at a speed appropriate to the distance I am running

I can take a running jump

I can adjust my technique to jump further than before

I can run in a short and long distance race

I can jump accurately From a standing position

**Year 4**

**Year 3**

I can throw a variety of objects in a specific direction

I can throw a variety of objects with one hand

I can demonstrate a range of throwing actions using a variety of objects

I can improve and sustain running technique at different speeds

I can explain how to improve technique in a variety of events

**Year 5**

**Year 6**

I can demonstrate good control, strength, speed and stamina in a variety of athletic events

I understand how to apply athletic skills and tactics to the competitive situation

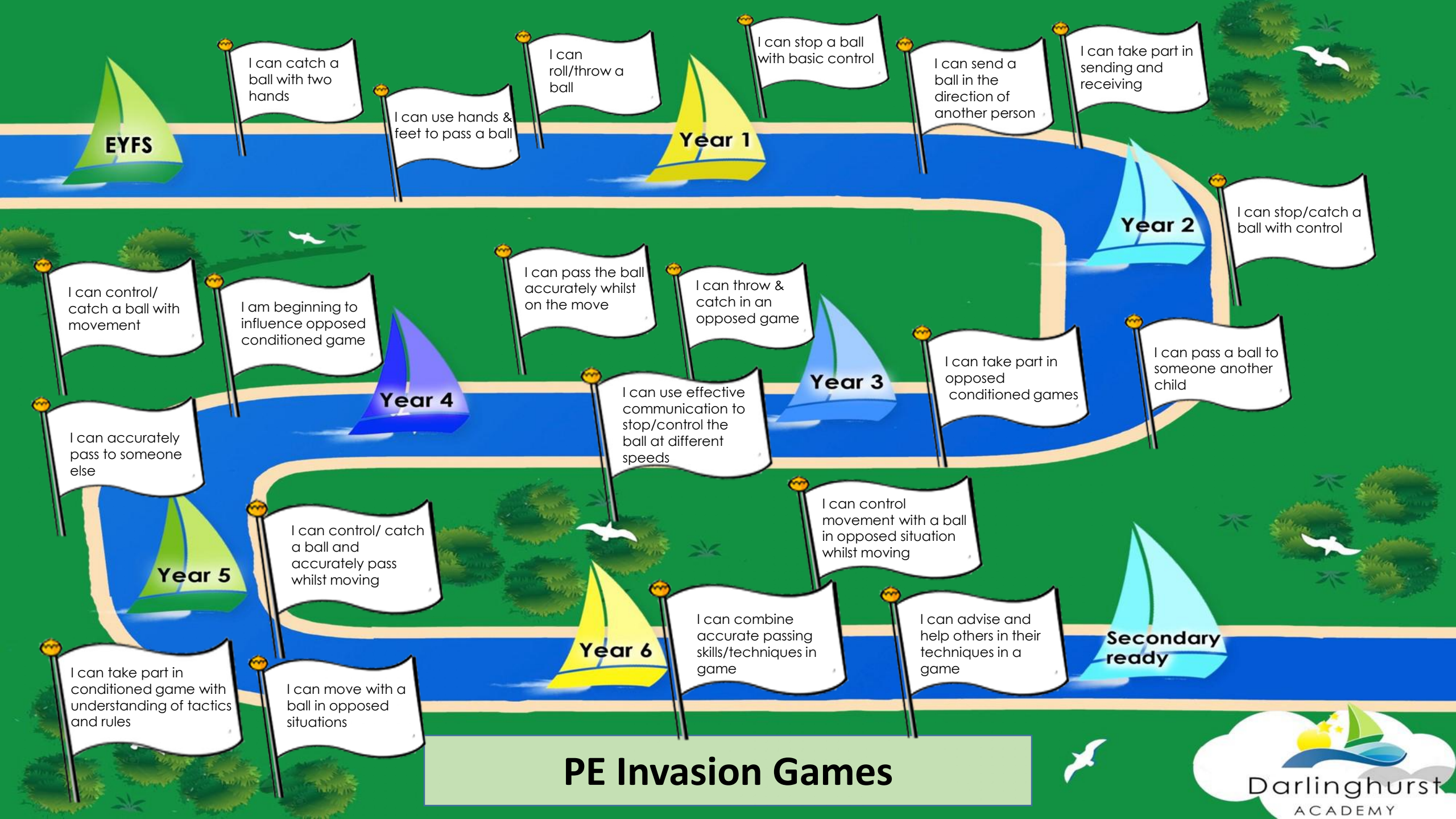
**Secondary ready**

I can demonstrate accuracy and technique in a range of throwing and jumping actions

I can identify and explain good athletic performance

**PE Athletics**





**EYFS**

I can catch a ball with two hands

I can use hands & feet to pass a ball

I can roll/throw a ball

I can stop a ball with basic control

I can send a ball in the direction of another person

I can take part in sending and receiving

**Year 1**

**Year 2**

I can stop/catch a ball with control

I can control/catch a ball with movement

I am beginning to influence opposed conditioned game

I can pass the ball accurately whilst on the move

I can throw & catch in an opposed game

**Year 3**

I can take part in opposed conditioned games

I can pass a ball to someone another child

**Year 4**

I can use effective communication to stop/control the ball at different speeds

I can accurately pass to someone else

**Year 5**

I can control/catch a ball and accurately pass whilst moving

I can control movement with a ball in opposed situation whilst moving

**Year 6**

I can combine accurate passing skills/techniques in game

I can advise and help others in their techniques in a game

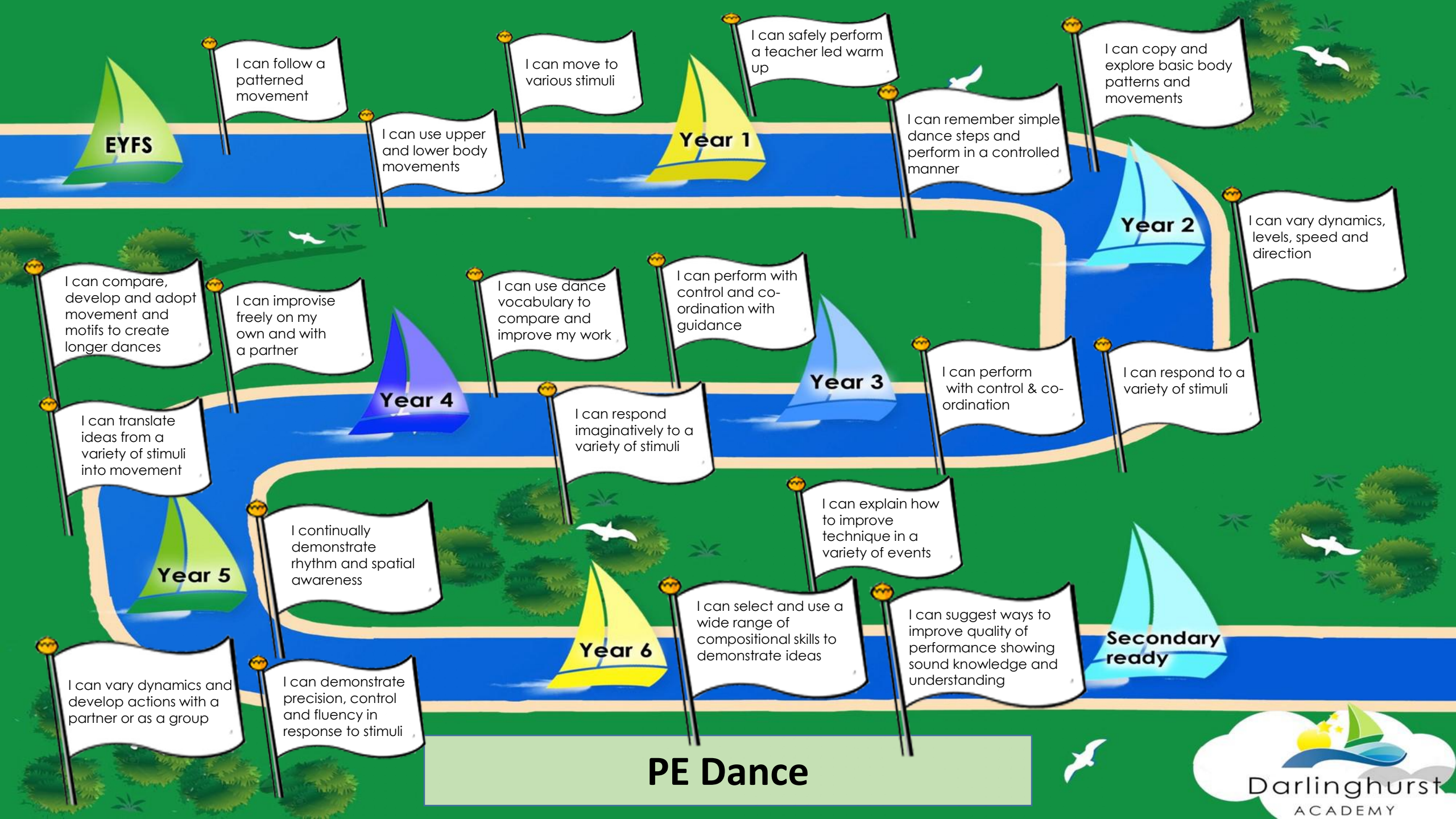
**Secondary ready**

I can take part in conditioned game with understanding of tactics and rules

I can move with a ball in opposed situations

# PE Invasion Games





**EYFS**

I can follow a patterned movement

I can move to various stimuli

I can safely perform a teacher led warm up

I can copy and explore basic body patterns and movements

I can use upper and lower body movements

**Year 1**

I can remember simple dance steps and perform in a controlled manner

**Year 2**

I can vary dynamics, levels, speed and direction

I can compare, develop and adopt movement and motifs to create longer dances

I can improvise freely on my own and with a partner

I can use dance vocabulary to compare and improve my work

I can perform with control and co-ordination with guidance

**Year 4**

**Year 3**

I can perform with control & co-ordination

I can respond to a variety of stimuli

I can translate ideas from a variety of stimuli into movement

I can respond imaginatively to a variety of stimuli

**Year 5**

I continually demonstrate rhythm and spatial awareness

I can explain how to improve technique in a variety of events

**Year 6**

I can select and use a wide range of compositional skills to demonstrate ideas

I can suggest ways to improve quality of performance showing sound knowledge and understanding

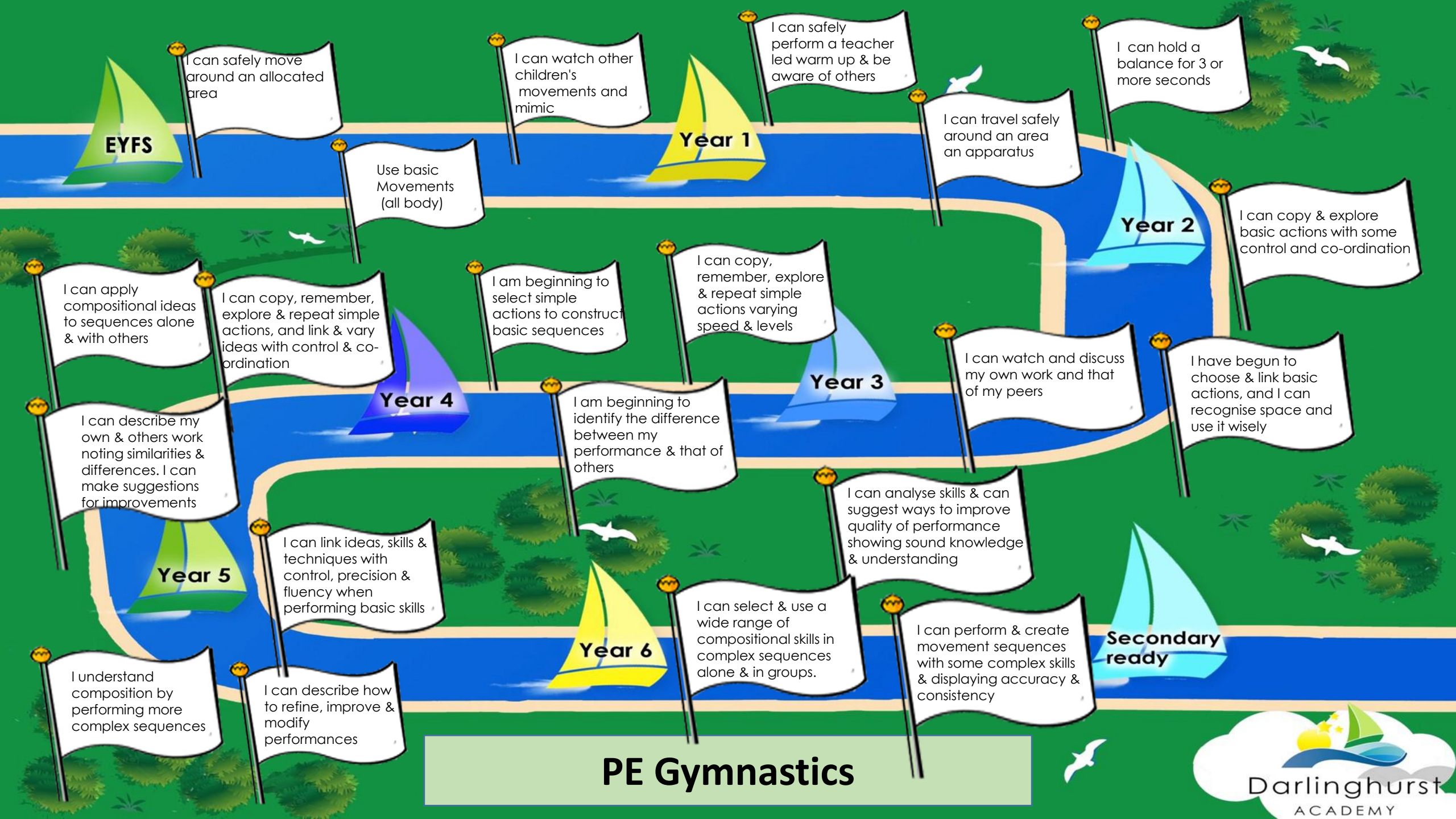
**Secondary ready**

I can vary dynamics and develop actions with a partner or as a group

I can demonstrate precision, control and fluency in response to stimuli

**PE Dance**





**EYFS**

I can safely move around an allocated area

I can watch other children's movements and mimic

**Year 1**

I can safely perform a teacher led warm up & be aware of others

I can hold a balance for 3 or more seconds

Use basic Movements (all body)

I can travel safely around an area an apparatus

**Year 2**

I can copy & explore basic actions with some control and co-ordination

I can apply compositional ideas to sequences alone & with others

I can copy, remember, explore & repeat simple actions, and link & vary ideas with control & co-ordination

I am beginning to select simple actions to construct basic sequences

I can copy, remember, explore & repeat simple actions varying speed & levels

**Year 3**

I can watch and discuss my own work and that of my peers

I have begun to choose & link basic actions, and I can recognise space and use it wisely

**Year 4**

I can describe my own & others work noting similarities & differences. I can make suggestions for improvements

I am beginning to identify the difference between my performance & that of others

I can analyse skills & can suggest ways to improve quality of performance showing sound knowledge & understanding

**Year 5**

I can link ideas, skills & techniques with control, precision & fluency when performing basic skills

I can select & use a wide range of compositional skills in complex sequences alone & in groups.

I can perform & create movement sequences with some complex skills & displaying accuracy & consistency

**Secondary ready**

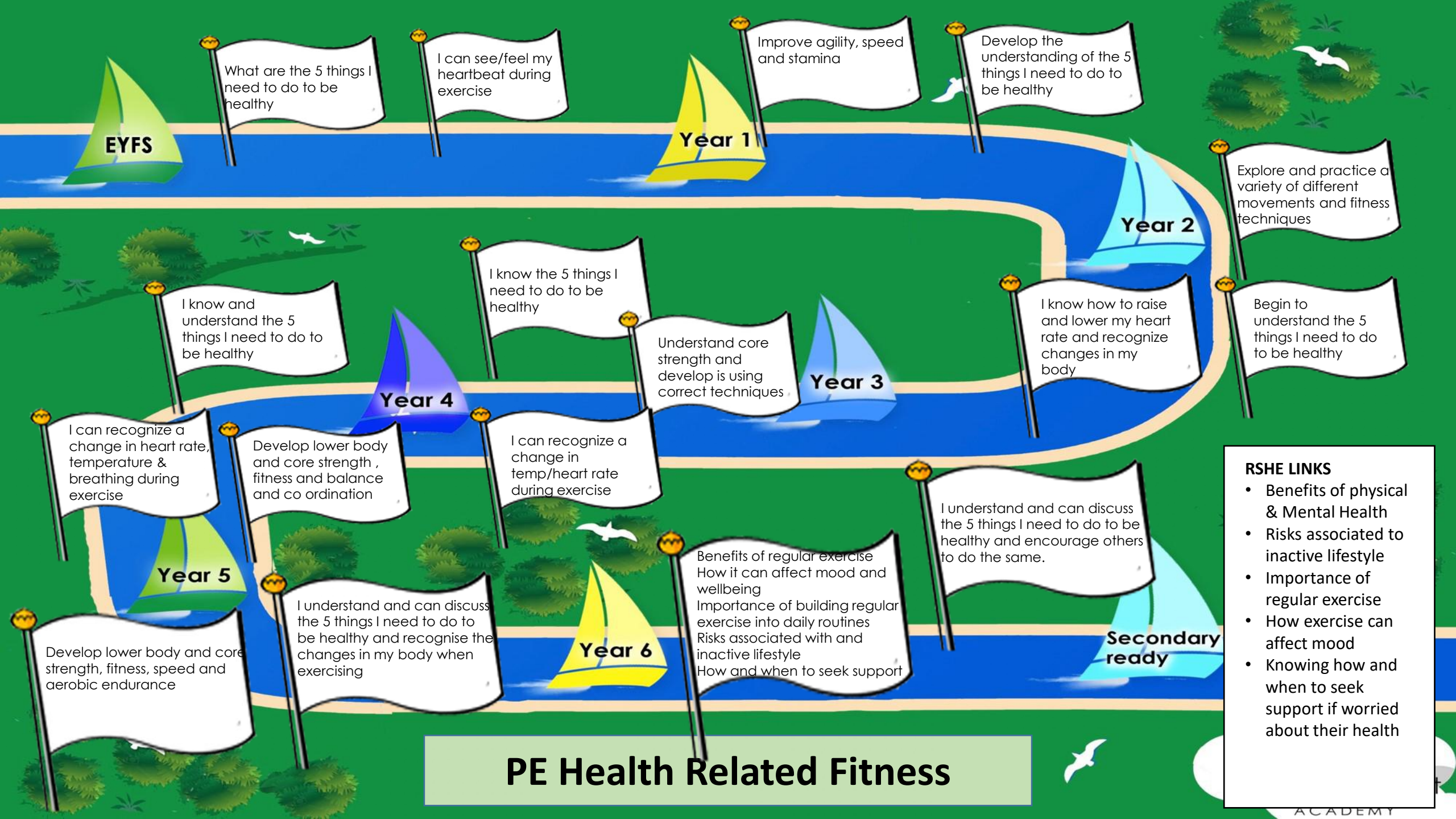
**Year 6**

I understand composition by performing more complex sequences

I can describe how to refine, improve & modify performances

**PE Gymnastics**





# PE Health Related Fitness

- RSHE LINKS**
- Benefits of physical & Mental Health
  - Risks associated to inactive lifestyle
  - Importance of regular exercise
  - How exercise can affect mood
  - Knowing how and when to seek support if worried about their health