

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

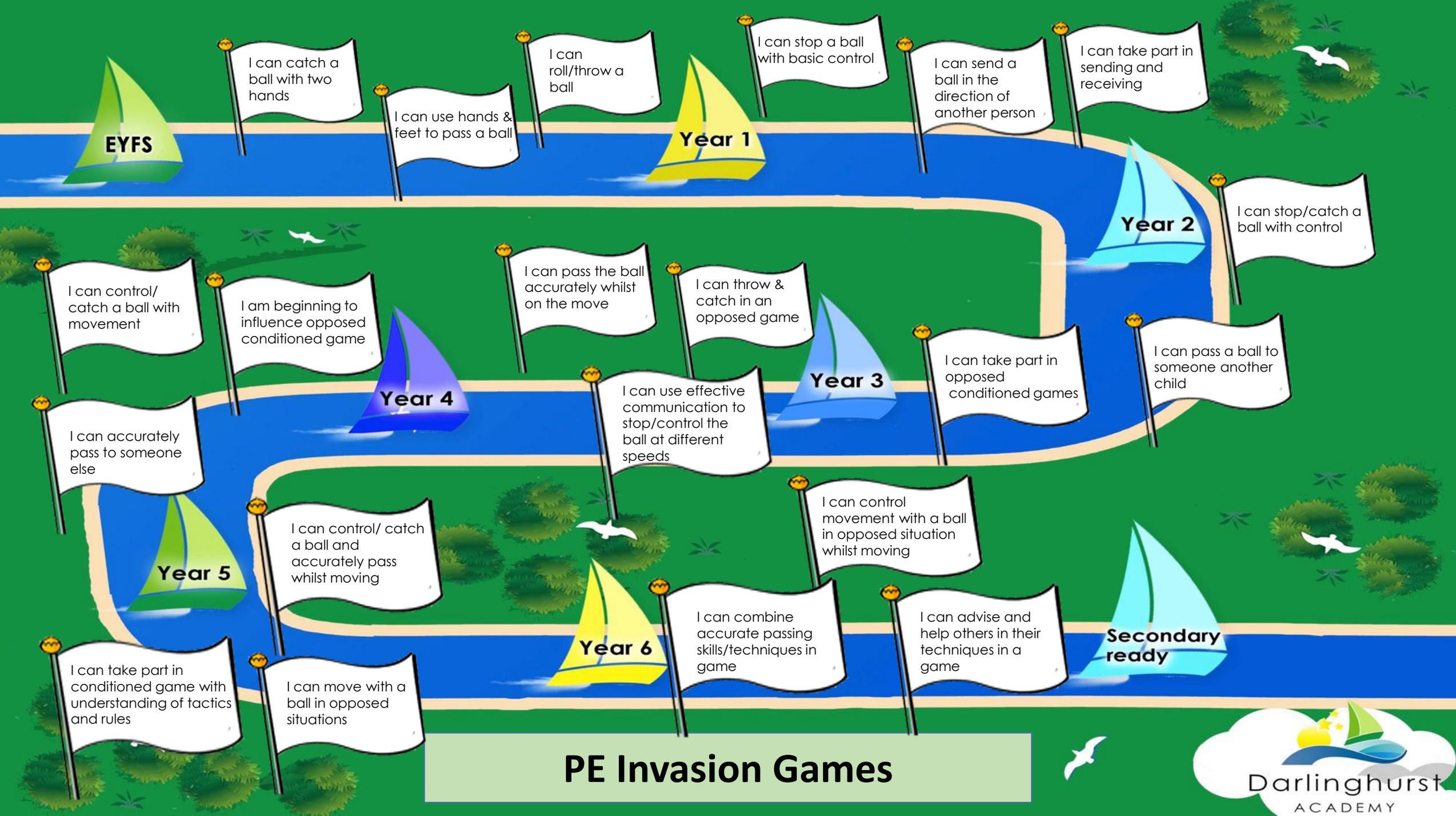
I understand how to apply athletic skills and tactics to the competitive situation

Secondary ready

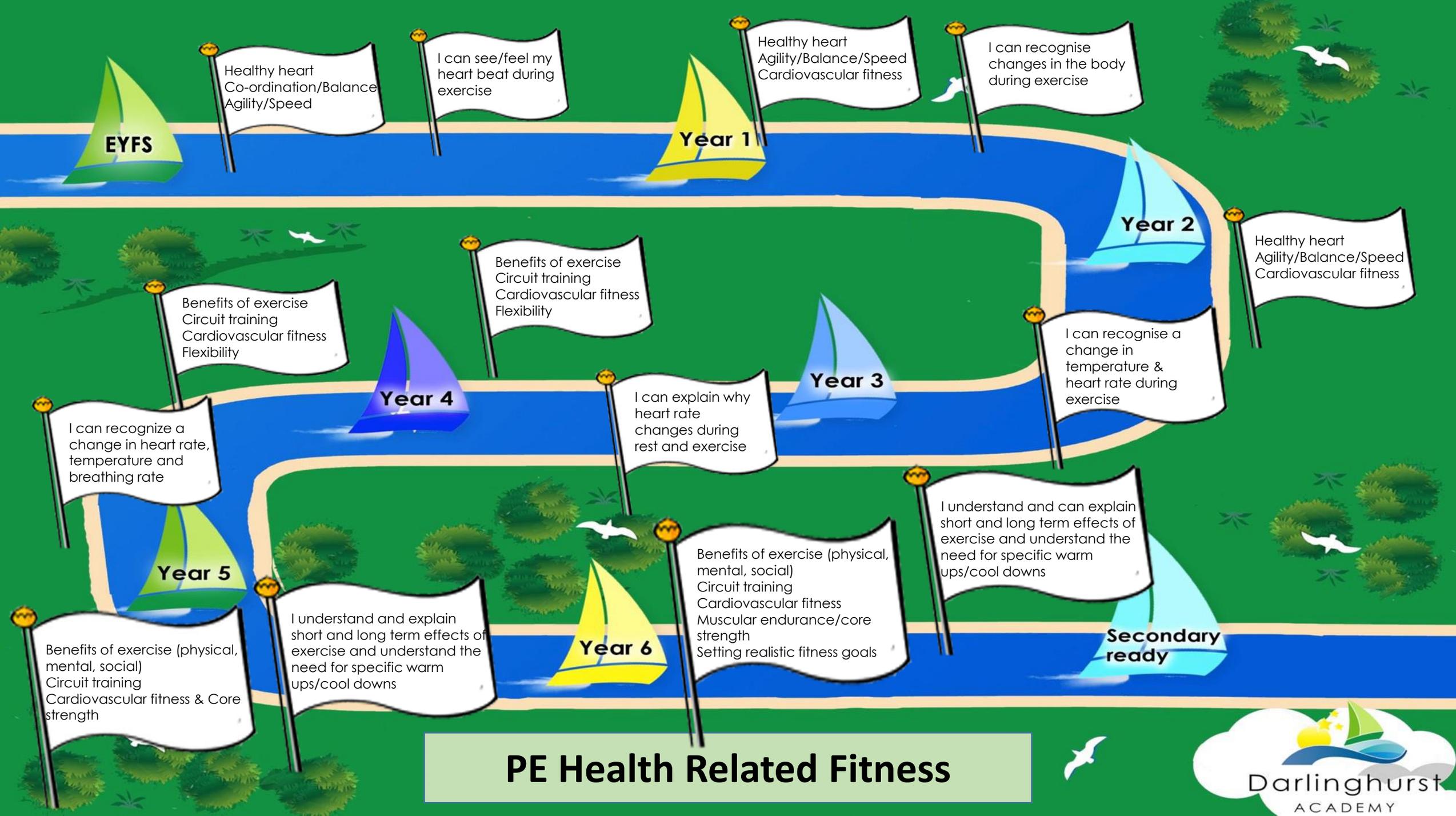
I can demonstrate accuracy and technique in a range of throwing and jumping actions

I can identify and explain good athletic performance

PE Athletics



PE Invasion Games



Healthy heart
Co-ordination/Balance
Agility/Speed

I can see/feel my heart beat during exercise



Healthy heart
Agility/Balance/Speed
Cardiovascular fitness

I can recognise changes in the body during exercise



Healthy heart
Agility/Balance/Speed
Cardiovascular fitness

I can recognise a change in temperature & heart rate during exercise



I can explain why heart rate changes during rest and exercise



Benefits of exercise
Circuit training
Cardiovascular fitness
Flexibility

I can recognize a change in heart rate, temperature and breathing rate



Benefits of exercise (physical, mental, social)
Circuit training
Cardiovascular fitness & Core strength

I understand and explain short and long term effects of exercise and understand the need for specific warm ups/cool downs

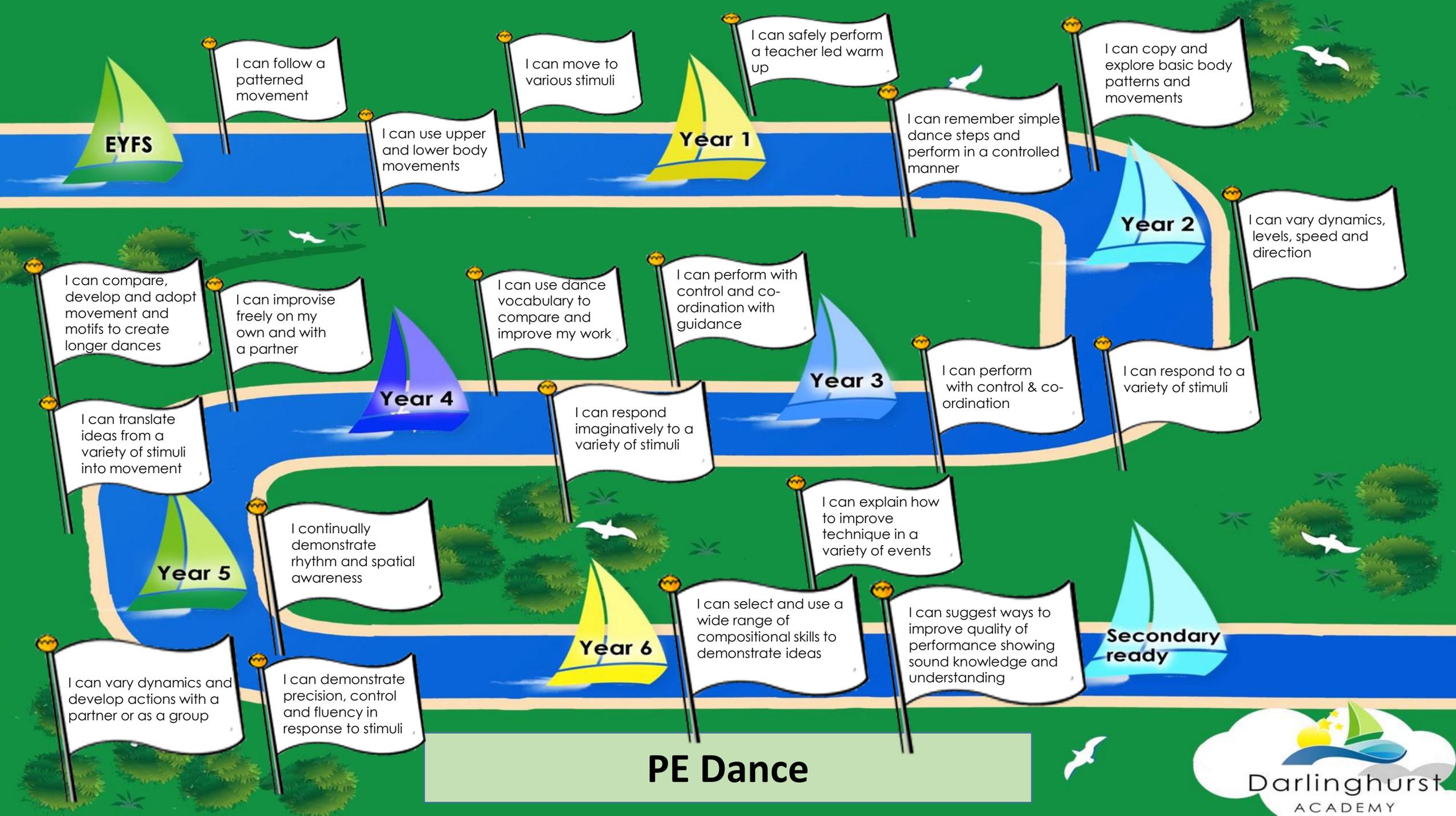


Benefits of exercise (physical, mental, social)
Circuit training
Cardiovascular fitness
Muscular endurance/core strength
Setting realistic fitness goals

I understand and can explain short and long term effects of exercise and understand the need for specific warm ups/cool downs



PE Health Related Fitness



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 3

I can perform with control & co-ordination

I can respond to a variety of stimuli

Year 4

I can respond imaginatively to a variety of stimuli

I can translate ideas from a variety of stimuli into movement

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

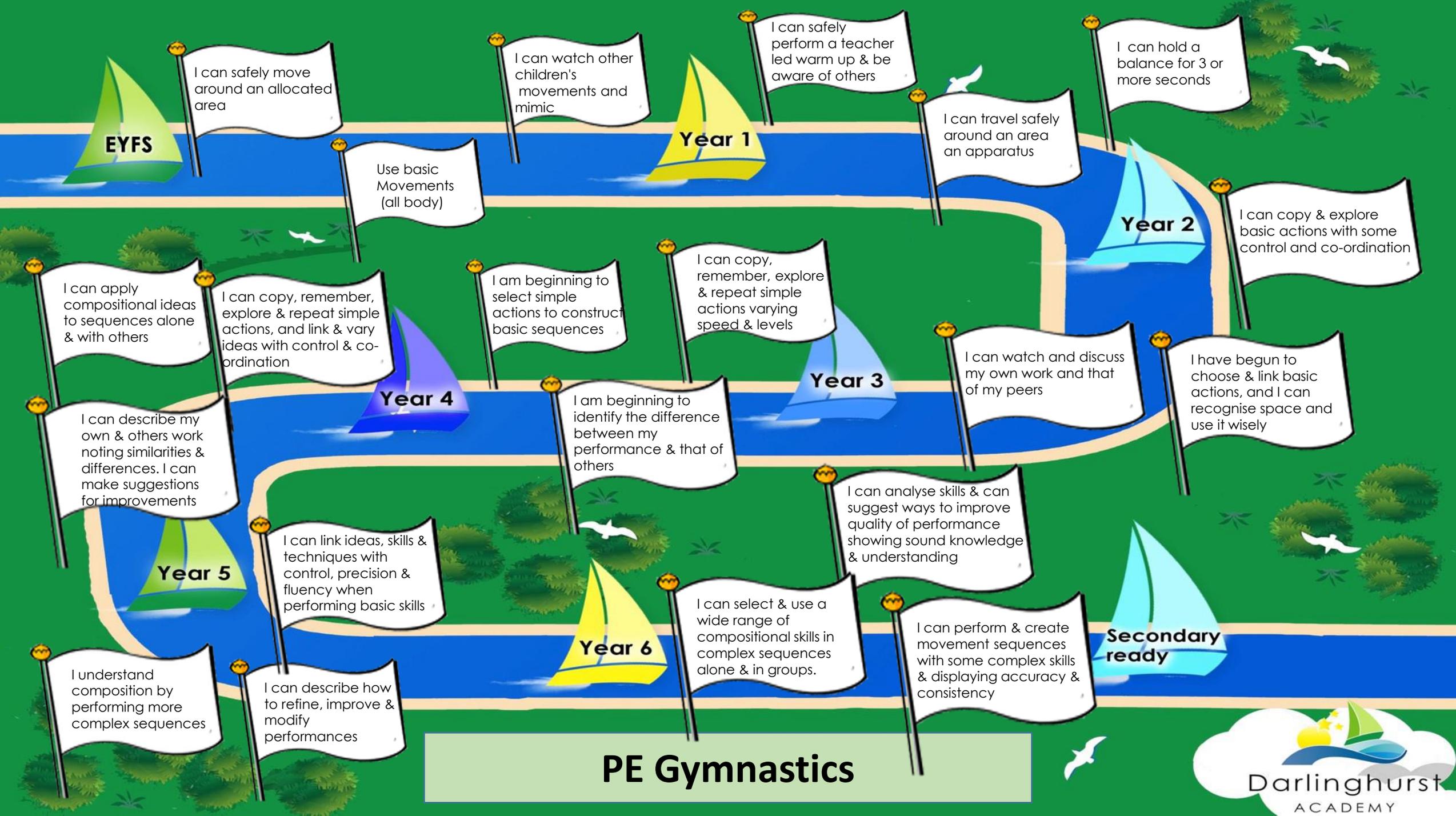
I can suggest ways to improve quality of performance showing sound knowledge and understanding

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

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

I can hold a balance for 3 or more seconds

Year 1

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 4

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

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

I understand composition by performing more complex sequences

I can describe how to refine, improve & modify performances

Year 6

PE Gymnastics