



St Peter's Catholic Primary School

Progression of skills: PE

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>I am beginning to link running and jumping movements</p> <p>I can run at different speeds</p> <p>I am beginning to show balance and coordination when changing direction</p> <p>I understand the difference between a jump, leap and a hop and can choose which allows me to jump the furthest</p> <p>I am developing over arm throw</p> <p>I am able to throw towards a target</p> <p>I can work with others and make safe choices</p> <p>I can recognise changes in my body when I exercise</p>	<p>I can link running and jumping movements with some control and balance</p> <p>I show balance and coordination when running at different speeds and in different directions</p> <p>I can jump and land with control</p> <p>I can use an overarm throw to help me to throw for distance</p> <p>I can work with others taking turns and sharing ideas</p> <p>I can identify good technique</p> <p>I can describe how my body feels during exercise</p> <p>I try my best</p>	<p>I can use key points to help me to improve my sprinting technique</p> <p>I can take part in a relay activity, remembering when to run and what to do</p> <p>I can develop jumping for distance and height</p> <p>I can use different take off and landings when jumping I can throw a variety of objects, changing my action for accuracy and distance</p> <p>I can work with a partner and in a small group, sharing ideas</p> <p>I can identify when I am successful</p> <p>I understand why</p>	<p>Demonstrate the difference in sprinting and jogging</p> <p>Jump for distance and height with balance and control</p> <p>Support and encourage others to work at their best</p> <p>Identify when I was successful and what I need to do to improve</p> <p>Explain what happens in my body when I warm up</p> <p>Show determination to improve my personal best</p> <p>Demonstrate the difference in sprinting and jobbing technique</p>	<p>Choose the best pace for a running event</p> <p>Use feedback to improve sprinting technique</p> <p>Perform a range of sprinting technique</p> <p>Perform a range of jumps showing some technique</p> <p>Show control at take-off and landing in jumping activities</p> <p>Show accuracy and power when throwing for distance</p> <p>Take on the role of coach, official and timer when working in a group</p> <p>Identify good athletic performance and explain why it is good</p> <p>Understand how stamina and power help people to</p>	<p>Select and apply the best pace for a running event</p> <p>Perform jumps for height and distance using good technique</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Help others to improve their technique using key teaching points</p> <p>Identify my own and others strengths and areas for development and can suggest ways to improve</p> <p>Understand that there are different areas of fitness and how this helps me in different activities</p> <p>Use different strategies to persevere to achieve my personal goals</p>

	<i>I try my best</i>		<i>it is important to warm up</i>		<i>perform well in different athletic activities</i>	<i>Compete within the rules showing fair play and honesty</i>
Cricket			<p><i>I am able to bowl a ball towards a target.</i></p> <p><i>I am beginning to strike a bowled ball after a bounce.</i></p> <p><i>I am developing an understanding of tactics and I am beginning to use them in game situations.</i></p> <p><i>I understand the aim of the game and this shows in my performance.</i></p> <p><i>I can use</i></p>	<p><i>I can strike a bowled ball after a bounce.</i></p> <p><i>I share ideas and work with others to manage our game.</i></p> <p><i>I can use overarm and underarm throwing, and catching skills with increasing accuracy.</i></p> <p><i>I can provide feedback using key terminology and understand</i></p>	<p><i>I understand there are different skills for different situations and I am beginning to use this.</i></p> <p><i>I understand the need for tactics and can identify when to use them in different situations.</i></p> <p><i>I understand the need for tactics and can identify when to use them in different situations.</i></p> <p><i>I can identify when I was successful</i></p>	<p><i>I can use feedback provided to improve the quality of my work.</i></p> <p><i>I can work collaboratively with others to score runs and to get batters out.</i></p> <p><i>I understand and can apply some tactics in the game as a batter, bowler and fielder.</i></p> <p><i>I can select the appropriate action for the situation.</i></p> <p><i>I understand that there are different areas of fitness and how this helps me</i></p>

			<p>overarm and underarm throwing, and catching skills.</p> <p>I am learning the rules of the game and I am beginning to use them honestly.</p>	<p>what I need to do to improve.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I am able to bowl a ball with some accuracy, and consistency.</p>	<p>and what I need to do to improve.</p> <p>I can identify how different activities can benefit my physical health.</p> <p>I am developing a wider range of fielding skills and I am beginning to use these under some pressure.</p>	<p>in different activities.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p>
Dance	<p>I show some sense of dynamic and expressive qualities in my dance</p> <p>I choose appropriate movements for different dance ideas</p> <p>I can copy, remember and repeat actions</p>	<p>I can show a character and idea through the actions and dynamics I choose</p> <p>I can copy, remember and repeat a series of actions</p> <p>I show confidence to perform</p> <p>I can describe how</p>	<p>I can use dynamic and expressive qualities in relation to an idea</p> <p>I can create short dance phrases that communicate an idea</p> <p>I am respectful of others when watching them perform</p>	<p>Use changes in timing and spacing to develop a dance</p> <p>Choose actions and dynamics to convey a character or idea</p> <p>Respond imaginatively to a range of stimuli relating to character and</p>	<p>Refine the way I use actions, dynamics, relationships and space in my dance in response to a stimuli</p> <p>Choreograph phrases individually and with others considering actions and dynamics</p> <p>I can accurately copy and repeat set</p>	<p>Refine the way I use actions, dynamics and relationships to represent ideas, emotions and feelings and characters</p> <p>Choreograph a dance and work safely using a prop</p> <p>Perform dances confidently and fluently with accuracy</p>

	<p>I can move confidently and safely</p> <p>I recognise changes in my body when I exercise</p> <p>I say what I liked about someone else's performance</p> <p>I can work with others to share ideas and select actions</p> <p>I am beginning to use counts</p>	<p>my body feels during exercise</p> <p>I am beginning to provide feedback using key words</p> <p>I can work with a partner using mirroring and unison to our actions</p> <p>I can use counts to stay in time with music</p>	<p>I can repeat, remember and perform a dance phrase</p> <p>I understand the benefits of exercise</p> <p>I can provide feedback using key words</p> <p>I can work with a partner and in a small group sharing ideas</p> <p>I can use counts to keep in time with a partner and group</p>	<p>narrative</p> <p>Copy and remember set choreography</p> <p>Show respect for others when working as a group and watching others perform</p> <p>Explain what happens to my body when I exercise and how this helps to make me healthy</p> <p>Provide feedback using appropriate language relating to the lesson</p> <p>Use simple movement patterns to structure dance phrases on my own, with a partner and in a group</p> <p>Use counts to keep in time with others and the music</p>	<p>choreography</p> <p>Confidently perform different styles of dance, clearly and fluently showing a good sense of timing</p> <p>Identify how different activities can benefit my physical health</p> <p>Suggest ways to improve my own and others people work using key terminology</p> <p>Use feedback provided to improve my work</p> <p>Lead a group through short warm-up routines</p> <p>Use counts when choreographing to stay in time with others and the music</p>	<p>and good timing</p> <p>Understand that there are different areas of fitness and how this helps me in different activities</p> <p>Use appropriate language to evaluate and refine my own and others work</p> <p>Use feedback provided to improve the quality of my work</p> <p>Lead a small group through a short warm-up routine</p> <p>Work creatively and imaginatively on my own with a partner and in a group to choreograph and structure dances</p> <p>Use counts when choreography to improve the quality of my work</p>
Dodgeball			<p>Learn rules of game begin to play fairly.</p> <p>Provide feedback</p>	<p>Learn rules of the game to use to play honestly and fairly.</p>	<p>Understand the rules of the game and apply them honestly most of the time</p>	<p>I can use rules of the game consistently to play honestly and fairly</p>

			<p>using key words.</p> <p>Throw with some accuracy and begin to catch with consistency.</p> <p>Understand the aim of the game.</p> <p>Understand the benefits of exercise</p> <p>Work cooperatively with my group to self-manage a game</p> <p>Understand the benefits of exercise</p> <p>Understand the aim of the game</p>	<p>Communicate with my teammates to apply simple tactics</p> <p>Explain what happens in my body when I exercise and how this helps to make me healthy</p> <p>Provide feedback using key terminology and understand what I need to do to improve</p> <p>Catch with increasing consistency</p> <p>Throw with some accuracy at a target</p> <p>Share ideas and</p>	<p>Understand the need for tactics and identify when to use them in different situations</p> <p>Identify different activities can benefit my physical health</p> <p>Identify when I was successful and what I need to do to improve</p> <p>Use feedback provided to improve my work</p> <p>Develop a wider range of skills and begin to use them under some pressure</p> <p>Throw accurately at a target</p> <p>Work cooperatively with others to manage our game</p> <p>Understand there are</p>	<p>I can work collaboratively to create tactics with my team and evaluate effectiveness</p> <p>I understand that there are different areas of fitness and how this helps me in activities</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve</p> <p>I can use feedback provided to improve the quality of work</p> <p>I can use a wider range of skills with increasing control under pressure</p> <p>I can select the</p>
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				<p><i>work with others to manage our game</i></p> <p><i>Return to the ready position to defend myself</i></p>	<p><i>different skills for different situations and begin to use them</i></p>	<p><i>appropriate action for the situation and make this decision quickly</i></p> <p><i>I can work in collaboration with others so that games run smoothly</i></p> <p><i>I can officiate and help to manage a game by refereeing</i></p>
<p>Fitness</p>	<p><i>I can use coordination to turn a skipping rope</i></p> <p><i>I show coordination when trying hula hoop skills</i></p> <p><i>I can change direction when running</i></p> <p><i>I can run at different speeds</i></p> <p><i>I can show hopping and jumping movements</i></p>	<p><i>I can describe how my body feels during exercise</i></p> <p><i>I can link different hoop skills to create a routine</i></p> <p><i>I can show hopping and jumping movements with some balance and control</i></p> <p><i>I persevere with new challenges</i></p> <p><i>I show determination to continue working over a longer</i></p>			<p><i>I can analyse my fitness data to identify areas of improvement.</i></p> <p><i>I can choose the best pace for a running event and maintain speed.</i></p> <p><i>I can encourage and motivate others to work to their personal best.</i></p> <p><i>I can identify how different activities can benefit my physical health.</i></p> <p><i>I can work with</i></p>	<p><i>I can change my running technique to adapt to different distances.</i></p> <p><i>I can collect, record and analyse data to identify areas where I have made the most improvement.</i></p> <p><i>I can work with others to organise, manage and record information at a station.</i></p> <p><i>I encourage and motivate others to work to their best.</i></p>

	<p>I recognise changes in my body when I exercise</p> <p>I work with others to turn a rope</p> <p>I try my hardest to keep working over longer periods of time</p>	<p>period of time</p> <p>I understand that running at a slower speed will allow me to run for a longer period of time</p> <p>I work with others to turn a rope and encourage others to jump at the right time</p>			<p>others to manage activities.</p> <p>I understand the different components of fitness and how to test them.</p>	<p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I understand the different components of fitness and ways to test and develop them.</p>
Football			<p>I can dribble, pass, receive and shoot the ball</p> <p>I can find space away fro others and near to my goal</p> <p>I can move with a ball towards goal with increasing control</p> <p>I can track an</p>	<p>To be able to show basic control skills including sending and receiving</p> <p>To send the ball with some accuracy to maintain possession and build attack</p> <p>To implement basic rules of</p>	<p>I can dribble, pass, receive and shoot the ball with some control</p> <p>I understand there are different skills for different situations and am beginning to apply them</p> <p>I can communicate with my team and move into space to keep possession and score</p>	<p>To play effectively in a variety of positions</p> <p>To relate a greater number of attacking defensive tactics</p> <p>To become more skilful when performing movements at speed</p> <p>To choose and implement a range of strategies to attack and defend</p> <p>To recognise and</p>

			<p>opponent to slow them down</p> <p>I understand the benefits of exercise</p> <p>I work cooperatively with my group to set-manage games</p> <p>I can provide feedback using key words</p> <p>I understand my role as an attacker and defender</p> <p>I am learning the rules of the game and beginning to use simple tactics</p>	<p>football</p> <p>To introduce some defensive skills</p> <p>To dribble in different directions using different parts of the feet</p> <p>To pass for distance</p> <p>To evaluate skills to aid improvement</p>	<p>I can often make the correct decision to who to pass to and when</p> <p>I can use tracking and intercepting when playing in defence</p> <p>I can identify how different activities can benefit my physical health</p> <p>I can identify when I was successful and what I need to do to improve</p> <p>I can use feedback provided to improve my work</p> <p>I know what position I am playing in and how to contribute when attacking and defending</p>	<p>describe good individual and team performances</p> <p>To suggest, plan and lead simple drills for given skills</p>
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					I understand the rules of the game and can apply them honestly	
Fundamentals	<p>Show hopping and jumping movements</p> <p>Change direction when moving at speed</p> <p>Run at different speeds</p> <p>Select my own actions in response to tasks</p> <p>Use coordination to turn a skipping rope</p> <p>Work cooperatively with others to complete tasks</p> <p>Recognise changes in my body when I do exercise</p> <p>Show balance and coordination when static and moving at a slow speed</p>	<p>I can show balance when changing direction</p> <p>I can show hopping, skipping and jumping movements with some balance</p> <p>I show balance and co-ordination when running at different speeds</p> <p>I am beginning to turn and jump in an individual skipping rope</p> <p>I am beginning to provide feedback using key words</p> <p>I can work co-operatively with a partner and a small group</p> <p>I can describe how my body feels</p>				

Gym

		during exercise				
	<p>I can link simple actions together to create a sequence</p> <p>I can remember and repeat actions and shapes</p> <p>I am confident to perform in front of others</p> <p>I can recognise changes in my body when I exercise</p> <p>I can say what I liked about someone else's performance</p> <p>I can use apparatus safely and wait my turn</p> <p>I can make my body tense, relaxed, stretched and curled</p>	<p>I can plan and repeat simple sequences of actions</p> <p>I can perform the basic gymnastic actions with some control and balance</p> <p>I am proud of my work and confident to perform in front of others</p> <p>I can describe how my body feels during exercise</p> <p>I am beginning to provide feedback using key words</p> <p>I can work safely with others and apparatus</p> <p>I can use shapes when performing other skills</p> <p>I can use directions and levels to make my work look interesting</p>	<p>I can choose actions that flow well into one another</p> <p>I can adapt sequences to suit different types of apparatus</p> <p>I use greater number of my own ideas for movements in response to a task</p> <p>I can choose and plan sequences of contrasting actions</p> <p>I can complete actions with increasing balance and control</p> <p>I understand the benefits of exercise</p> <p>I can provide feedback using key words</p> <p>With help, I can recognise how performances could be improved</p> <p>I can move in unison with a partner</p>	<p>Plan and perform sequences with a partner that include a change of level and shape</p> <p>Understand how body tension can improve the control and quality of my movements</p> <p>Explain some muscle groups used in gymnastic activities</p> <p>Watch, describe and suggest possible improvements to others performances and my own</p> <p>Provide feedback using appropriate language relating to the lesson</p> <p>Safely perform balances individually and with a partner</p>	<p>Use strength and flexibility to improve the quality of a performance</p> <p>Create and perform sequences using apparatus, individually and with a partner</p> <p>Use canon and synchronisation and mirroring when performing with a partner and a group and say how it affects the performance</p> <p>Use set criteria to make simple judgements about performances and suggest ways they could be improved</p> <p>Use feedback provided to improve my work</p> <p>Work safely when learning a new skill to keep myself and others safe</p> <p>Lead a partner through short warm-up routines</p>	<p>Combine and perform gymnastic actions and balances with control and fluency</p> <p>Create and perform sequences using compositional devices to improve the quality</p> <p>Work collaboratively with others to create a sequence</p> <p>Understand what counter balance and counter tension is and can show examples with a partner</p> <p>Understand that there are different areas of fitness and how this helps me in different activities</p> <p>Use appropriate language to evaluate and refine my own and others work</p> <p>Use feedback provided to improve the quality of my work</p> <p>Understand how to work safely when learning a new skill</p> <p>Lead a small group through a short</p>

						warm-up routing
Hockey			<p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and I am beginning to use them to play fairly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my goal.</p> <p>I can move with a ball towards goal with increasing control.</p> <p>I can track an opponent to slow</p>	<p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand</p>	<p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use tracking, tackling and intercepting when playing in defence.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p>	<p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use marking, tackling and/or interception to improve my defence.</p> <p>I understand that there are different areas of fitness and how this helps me in different</p>

			<p>them down.</p>	<p>what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p>	<p>I know what position I am playing in and how to contribute when attacking and defending.</p>	<p>activities.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I can use marking, tackling and/or interception to improve my defence.</p>
<p>Invasion</p>	<p>Beginning to dribble a ball with my hands and feet</p> <p>Send and receive with hands and feet</p> <p>Change direction to move away from defender</p> <p>Recognise space when playing games</p> <p>Move my feet to</p>	<p>Dribble a ball with hands and feet with increasing control</p> <p>Send and receive ab all with increasing consistency with hands and feet</p> <p>Move with a ball towards my goal</p> <p>Find space away from others when</p>				

	<p>stay with another player when defending</p> <p>Recognise changes in my body when I exercise</p> <p>Use simple rules to play fairly</p> <p>Understand when I am a defending or attacker</p> <p>I know when I am successful</p>	<p>playing games</p> <p>Stay close to another player to try to stop them from getting the ball</p> <p>Describe how my body feels during exercise</p> <p>Understand the rules and use them to keep a game going</p> <p>Understand what I do when I am an attacker or defender</p> <p>Beginning to provide feedback using key words.</p>				
<p>Netball</p>			<p>Begin to use tactics.</p> <p>Learn the rules of the game and play honestly.</p> <p>Communicate with team and move</p>	<p>I can pass, receive and shoot the ball with some control</p> <p>I can communicate with my team and move into space to support them</p>	<p>Communicate with team and move into space.</p> <p>Identify different activities to benefit health.</p> <p>Identify when I was</p>	<p>I can pass, receive and shoot the ball with increasing control</p> <p>I can select the appropriate action for the situation and</p>

			<p>into space.</p> <p>Defend an opponent and try to win ball.</p> <p>Move with a ball towards goal with increasing control.</p> <p>Pass, receive and shoot ball with some control.</p> <p>Use feedback.</p> <p>Understand role as attacker and defender.</p> <p>Understand benefits of exercise.</p> <p>Work co-operatively.</p>	<p>I can move with a ball towards goal with increasing control</p> <p>I can defend an opponent and try to win the ball</p> <p>I understand the benefit of exercise</p> <p>I work cooperatively with my group to self-manage games</p> <p>I can provide feedback using key words</p> <p>I am learning the rules of the game and beginning to play honestly and fairly</p> <p>I am beginning to</p>	<p>successful and what I need to improve.</p> <p>Make the correct decision of who to pass to and when.</p> <p>Pass, receive and shoot the ball with some control.</p> <p>Stay with an opponent attempt to intercept.</p> <p>Use feedback to improve my work.</p> <p>Know positions and how to contribute attack and defence.</p> <p>Understand tactics.</p> <p>Understand rules.</p> <p>.</p>	<p>make this decision quickly</p> <p>I can create and use space to help my team</p> <p>I can use marking and /or interception to improve my defence</p> <p>I understand that there are different areas of fitness to help me in different activities</p> <p>I can work in collaboration with others so games run smoothly</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve</p> <p>I can use feedback</p>
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				use simple tactics		<p>provided to improve the quality of my work</p> <p>I can use rules of the game consistently to play honestly and fairly</p> <p>I can work collaboratively to creative tactics with my team and evaluate the effectiveness of these.</p>
Net and Wall	<p>I can hit a ball using a racket</p> <p>I can throw a ball to land over the net</p> <p>I can use a ready position to move to the ball</p> <p>I can track balls and other equipment sent to me</p> <p>I recognise</p>	<p>Defend space using ready position.</p> <p>Describe how my feels during exercise.</p> <p>Hit a ball over the net into court area.</p> <p>Throw accurately to a partner.</p> <p>Use simple tactics to make it difficult for an opponent.</p>				

	<p><i>changes in my body when I exercise</i></p> <p><i>I know how to score points</i></p> <p><i>I show honesty and fair play</i></p>	<p><i>Know how to score points and remember score.</i></p> <p><i>Show sportsmanship.</i></p>				
<i>Rounders</i>			<p><i>I am able to bowl a ball towards a target.</i></p> <p><i>I am beginning to strike a bowled ball.</i></p> <p><i>I am developing an understanding of tactics and I am beginning to use them in game situations.</i></p> <p><i>I am learning the rules of the game and I am beginning to use them.</i></p>	<p><i>I am able to bowl a ball with some accuracy, and consistency.</i></p> <p><i>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</i></p> <p><i>I can communicate with my teammates to apply simple tactics.</i></p> <p><i>I can explain</i></p>	<p><i>I am beginning to strike a ball with a rounders bat.</i></p> <p><i>I am developing a wider range of fielding skills and I am beginning to use these under some pressure.</i></p> <p><i>I understand there are different skills for different situations and I am beginning to use this.</i></p> <p><i>I understand the rules of the game and I can apply</i></p>	<p><i>I can use a wider range of skills with increasing control under pressure.</i></p> <p><i>I can strike a bowled ball with increasing consistency.</i></p> <p><i>I can work collaboratively with others to get batters out.</i></p> <p><i>I understand and can apply some tactics in the game as a batter, bowler and fielder.</i></p> <p><i>I can use the rules</i></p>

			<p>I can provide feedback using key words.</p> <p>I can use overarm and underarm throwing and catching skills.</p>	<p>what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can use overarm and underarm throwing and catching skills with increasing accuracy.</p> <p>I share ideas and work with others to manage our game.</p>	<p>them honestly most of the time.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p>	<p>of the game consistently to play fairly.</p> <p>I can use the rules of the game consistently to play fairly.</p>
<p>Sending and receiving</p>	<p>Begin to send and receive a ball using equipment.</p> <p>Begin to send and receive ball with feet.</p> <p>Catch a ball after one bounce.</p> <p>Recognise changes</p>	<p>I am beginning to trap and cushion a ball coming towards me</p> <p>I can accurately kick to a partner</p> <p>I can catch a ball passed to me with and without</p>				

	<p><i>in my body when I exercise.</i></p> <p><i>Roll a ball towards a target.</i></p> <p><i>Throw a ball to a partner.</i></p> <p><i>Track a ball coming towards me.</i></p> <p><i>Work co-operatively with a partner.</i></p>	<p><i>bounce</i></p> <p><i>I can roll a ball to hit a target</i></p> <p><i>I can accurately throw a ball to a partner</i></p> <p><i>I can track a ball and stop it using my hands and feet</i></p> <p><i>I am beginning to provide feedback using key words</i></p> <p><i>I can work safely to send a ball towards a partner using a piece of equipment</i></p> <p><i>I can describe how my body feels during exercise</i></p> <p><i>I can work cooperatively with a partner and small group</i></p>				
<p>Striking and Fielding</p>	<p><i>Catch a beanbag and medium sized ball</i></p> <p><i>Roll a ball</i></p>	<p><i>I can catch a beanbag and a medium sized ball.</i></p> <p><i>I can roll a ball</i></p>				

	<p>towards a target</p> <p>Strike a ball using my hand</p> <p>Track a ball that is coming towards me</p> <p>Understand rules and begin to use them to play fairly</p> <p>Recognise changes in my body when I do exercise</p> <p>Say what I liked about someone else's performance</p> <p>Show honestly and fair play when playing against opponents</p> <p>Know how to score points</p>	<p>towards a target</p> <p>I can strike a ball using my hand</p> <p>I can track a ball that is coming toward me</p> <p>I understand the rules and am beginning to use these to play fairly</p> <p>I can recognise changes in my body when I do exercise</p> <p>I say what I liked about someone else's performance</p> <p>I show honesty and fair play</p> <p>I know how to score points</p>				
<p>Swimming</p>					<p>Swims competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Uses a range of strokes effectively e.g. front crawl, backstroke and</p>	

					<p>breaststroke.</p> <p>Performs safe self-rescue in different water-based situations.</p>	
					<p>Swims competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</p> <p>Performs safe self-rescue in different water-based situations.</p>	
Tag Rugby			<p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my</p>	<p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p>	<p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify how different activities can benefit my physical health.</p>	<p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use the rules</p>

			<p>goal.</p> <p>I can move with a ball towards goal with increasing control.</p> <p>I can provide feedback using key words.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I understand the benefits of exercise.</p> <p>I work cooperatively with my group to self-manage games.</p>	<p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>I can identify when I was successful and what I need to do to improve.</p> <p>I can often make the correct decision of who to pass to and when.</p> <p>I can use tracking and intercepting when playing in defence.</p>	<p>of the game honestly and consistently.</p> <p>I understand when to use different styles of defence in game situations.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p>
<p>Target Games</p>	<p>I can use an underarm throw aiming towards a target. I can roll a ball towards a target</p>	<p>I can use underarm throw to hit a target with some success</p> <p>I can use overarm throw to hit with</p>				

	<p>I can use an overarm throw aiming towards a target</p> <p>I am beginning to select the appropriate throw for the target</p> <p>I understand what good technique looks like</p> <p>I can recognise changes in my body when I do exercise</p> <p>I can work cooperatively with a partner</p>	<p>some success</p> <p>I am beginning to select the appropriate throw for the target</p> <p>I understand what good technique looks like and can use key words</p> <p>I can describe how my boy feels during exercise</p> <p>I can work cooperatively with a partner and a small group</p>				
Tennis			<p>I can return a ball to a partner</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly</p>	<p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can communicate with my teammates to apply simple</p>	<p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify how different activities</p>	<p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use a wider range of skills with increasing control</p>

			<p>I understand the benefits of exercise</p> <p>I can provide feedback using key words</p> <p>I work cooperatively with my group and self-manage games</p> <p>I can use basic racket skills</p> <p>I understand the aim of the game</p>	<p>tactics.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can return to the ready position to defend my own court.</p> <p>I can sometimes play a continuous game.</p> <p>I can use a range of basic racket skills.</p> <p>I share ideas and work with others to manage our game.</p>	<p>can benefit my physical health.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p>	<p>under pressure.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>
Yoga	Work with others to create poses	Begin to provide feedback using	Copy and link yoga poses to	Describes how yoga feels and	Work collaboratively and effectively with	Confident to lead others,

<p>Say what I liked about someone else's flow</p> <p>Recognise changes in my body when I do exercise</p> <p>Remember and repeat actions, linking poses together</p> <p>Show an awareness of space when travelling</p>	<p>yoga terms.</p> <p>Copy, remember and repeat yoga flows.</p> <p>Describe how body feels during exercise.</p> <p>Move from one pose to another thinking about breath.</p> <p>Use clear shapes when performing poses.</p> <p>Work with others to create simple flows showing some control.</p>	<p>create flow.</p> <p>Describe how yoga makes me feel.</p> <p>Move from one pose to another in time with breath.</p> <p>Provide feedback using key words.</p> <p>Work with others to create flow including a number of poses.</p> <p>Show some stability when holding my yoga pose.</p>	<p>talk about benefits.</p> <p>Link poses together to create yoga flow.</p> <p>Provide feedback using key terminology and understand how I can improve.</p> <p>Transition from pose to pose in time with breath.</p> <p>Work collaboratively and effectively with others.</p> <p>Demonstrate yoga poses which show clear shapes.</p> <p>Show increasing</p>	<p>others</p> <p>Provide feedback using key terminology and understand what I need to do to improve</p> <p>Describe how yoga makes me feel and can talk about the benefits of yoga</p> <p>Link poses together to create a yoga flow</p> <p>Demonstrate yoga poses which show clear shapes</p> <p>Show increasing control and balance when moving from one pose to another</p> <p>Transition from</p>	<p>demonstrating poses and teaching flow.</p> <p>Use feedback to improve quality of work.</p> <p>Use breath to transition from one pose to another with control.</p> <p>Use yoga poses to improve flexibility, strength and balance.</p> <p>Choose poses to improve flexibility, strength and balance and which link easily from one to another to help flow.</p> <p>Recognise my own and others strengths and areas for development and suggest ways to</p>
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				control and balance when moving from one pose to another.	pose to pose in time with my breath	improve. Understand that there are different areas of fitness and how this helps me in different activities.
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EYFS

Outdoor multi-movement and co-ordination skills	<p>To move safely and sensibly in a space</p> <p>To develop moving safely and stopping with control</p> <p>To use equipment safely and responsibly</p> <p>To use different travelling actions whilst following a path</p> <p>To work with others co-operatively and play as a group</p> <p>To follow, copy and lead a partner</p>	<p>I am confident to try new activities</p> <p>I ask for help if needed</p> <p>I can handle equipment effectively</p> <p>I can move confidently in a range of ways</p> <p>I can safely negotiate space</p> <p>I can show good control and co-ordination in small and large movements</p> <p>I can talk about ways to keep healthy and safe</p>
Dance	<p>To move safely around others and use counts of 7 to know when to change action</p> <p>To explore different body parts and how they move</p> <p>To show an awareness of space, themselves and others</p> <p>To remember and repeat an action</p> <p>To move with control and co-ordination</p> <p>To link, copy and repeat actions</p> <p>To communicate ideas through movement</p> <p>To explore travelling movement, direction and levels</p>	<p>I know the importance of good health and physical exercise</p> <p>I am sensitive to others feelings</p> <p>I play co-operatively taking turns</p> <p>I can talk about my own ideas and use them in response to a task</p> <p>I understand and follow rules</p>

<p>Core Skills - Fundamentals</p>	<p>To develop balancing whilst stationary and on the move</p> <p>To develop running and stopping</p> <p>To develop changing direction</p> <p>To develop jumping and landing</p> <p>To develop hopping and landing with control</p> <p>To explore different ways to travel</p>	
<p>Gymnastics</p>	<p>To copy and create shapes with your body</p> <p>To be able to create shapes whilst on apparatus</p> <p>To develop balancing and taking weight on different body parts</p> <p>To develop jumping and landing safely</p> <p>To develop rocking and rolling</p> <p>To copy and create short sequences linking actions together</p>	
<p>Outdoor ball skills</p>	<p>To develop rolling a ball to a target</p> <p>To develop stopping a rolling ball</p> <p>To develop accuracy when throwing a target</p> <p>To develop bouncing and catching a ball</p> <p>To develop dribbling a ball with your feet</p> <p>To develop kicking a ball</p>	
<p>Team games</p>	<p>To work safely and develop running and stopping</p> <p>To develop throwing and learn how to keep score</p> <p>To play games showing and understanding of different rules</p> <p>To follow instructions and move safely when playing games</p> <p>To work co-operatively and learn to take turns</p> <p>To work with others to play team games</p>	