

Early Learning Goals	Activity	PE Skills - Heart / Head / Hand		
		Working Towards	Working At	Working Above
		<p>Physical Development -Moving and Handling -Health and Self-Care ELG 4</p> <ul style="list-style-type: none"> Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. <p>Expressive Arts and Design -Being Imaginative -Using Media and Materials ELG 15</p>	<p><u>Health and Fitness</u> ELG 5</p> <p><u>Evaluating</u></p> <p><u>Gymnastics</u> Stretch and curl ELG 4</p> <p><u>Dance</u> The Gruffalo , Sticky Kids ELG 4 ELG 15 ELG16</p>	<ul style="list-style-type: none"> With help, I can explore how my body feels before and during exercise With help, I can talk about what I have done With help, I can talk about what others have done I can move freely with pleasure in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping and sliding Sometimes I can negotiate space successfully, adjusting speed and direction to avoid obstacles I can stand momentarily on one foot when shown With support I can achieve some aspects of 'Working At' statements. I can move freely with pleasure in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping and sliding I can negotiate space successfully, adjusting speed and direction to avoid obstacles I can stand momentarily on one foot when shown With support I can achieve some aspects of 'Working At' statements.

<p>Children explore with dance</p> <p><u>ELG 16</u> Children represent their own ideas, thoughts and feelings through music and dance</p>	<p><u>Athletics</u></p> <p>throwing, catching and jumping</p> <p><i>ELG 4</i></p>	<ul style="list-style-type: none"> I can move freely with pleasure in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping and sliding I can negotiate space successfully, adjusting speed and direction to avoid obstacles With support I can achieve some aspects of 'Working At' statements. 	<ul style="list-style-type: none"> I can experiment with different ways of moving I can negotiate space successfully I can travel with confidence and skill around, under, over and through balancing and climbing equipment I can show some understanding that good practises with regard to exercise can contribute to good health I can show understanding of the need for safety when tackling new challenges, and considers and manages some risks I can observe the effects of activities on my body I can explore with different ways of running I can practise the techniques of running including good posture, arm and leg action – including support, drive and recovery I can show increasing control over an object in relation to throwing and catching I can begin to compete against others with an awareness of purpose, showing satisfaction in achieving own goals 	<ul style="list-style-type: none"> With confidence and increasing independence I can experiment with different ways of moving I can negotiate space successfully when travelling at speed I can show and talk about in detail good practises with regard to exercise can contribute to good health I can confidently move in a range of ways and create my own ways of moving I can use equipment such balls, bean bags, javelin with increasing control, accuracy and confidence I can confidently practise a variety of running techniques I can compete against others with an awareness of purpose, showing an increasing desire to win
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Learning Objective	Activity	PE Skills - Heart / Head / Hand		
		Working Towards	Working At	Working Above
<ul style="list-style-type: none"> master basic movements including running, , throwing and, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities <i>PE1.1</i> participate in team games, developing simple tactics for attacking and defending <i>PE1.2</i> perform dances using simple movement patterns. <i>PE1.3</i> 	<u>Health and Fitness</u>	<ul style="list-style-type: none"> I can describe my breathing during exercise 	<ul style="list-style-type: none"> I can describe what my heart beat and breathing does during exercise 	<ul style="list-style-type: none"> I can describe what my heart beat and breathing does during exercise compared to not exercising
	<u>Evaluating</u>	<ul style="list-style-type: none"> I can evaluate my own performance by saying what I did well and what I can do better 	<ul style="list-style-type: none"> I can evaluate my own performance and my friend's performance by saying what went well and what could be improved 	<ul style="list-style-type: none"> I can evaluate my performance and compare it with my peer's in order to improve my own skills
	<u>Gymnastics</u> travelling, balances, pushes and pulls, <i>PE1.1</i>	<ul style="list-style-type: none"> I can relax and stretch my body I can copy and repeat a sequence of up to 3 actions I can control my body when travelling around the space I can perform a simple roll (log roll) I can climb on and off the equipment safely 	<ul style="list-style-type: none"> I can relax, curl and stretch my body I can copy and repeat a sequence of actions I can travel around the space using high and low actions I can perform a simple roll with control (log roll, teddy bear roll, side roll) I can climb on and off the equipment safely with some control 	<ul style="list-style-type: none"> I can tense, relax, curl and stretch my body I can create my own sequence of linked moves I can travel around the space carefully connecting high and low actions I can perform rolls with control and accuracy I can climb on and off equipment carefully and with control
	<u>Dance</u> yoga, penguin dance, Zumba <i>PE1.1, PE1.3</i>	<ul style="list-style-type: none"> I can copy and repeat a sequence of up to 3 actions I can link two dance moves together I can sometimes move in time to the music 	<ul style="list-style-type: none"> I can copy and repeat a sequence of actions I can create my own routine I can show some understanding of counting the beats and move in time to the beats 	<ul style="list-style-type: none"> I can copy and repeat action accurately in time to the music I can create my own routine with moves that flow and fit in time to the beat I can count the beats and move in time accurately to the music
	<u>Games</u> throwing and catching, bat and ball skills, circuits <i>PE1.1, PE1.2</i>	<ul style="list-style-type: none"> I can roll a piece of equipment using two hands to a partner I can sometimes catch a bean bag or soft ball with two hands I can use an underarm throw when attempting to hit a target I can sometimes hit a ball using a tennis racket 	<ul style="list-style-type: none"> I can roll a piece of equipment using one (dominant hand) or two hands to a partner with some accuracy I can consistently catch a bean bag or soft ball with two hands I can use an underarm throw when aiming for a target or partner I can hit a ball using a tennis racket 	<ul style="list-style-type: none"> I can roll a piece of equipment using one or two hands accurately to a partner I can catch a range of balls with two hands I can use suitable throw when aiming for a target or partner I can hit a ball using a tennis racket independently and when a peer throws the ball towards me
	<u>Athletics</u> throwing, running <i>PE1.1</i>	<ul style="list-style-type: none"> I can throw a bean-bag using a push technique I can throw a tennis ball with a javelin-style throw overarm I can run using straight arms 	<ul style="list-style-type: none"> I can throw a bean bag using a push aiming the bean bag high I can throw the tennis ball high and over a far distance I can run using straight arms and high knees 	<ul style="list-style-type: none"> I can push a bean bag a far distance using the correct technique and explaining where it should go I can throw a tennis ball with my feet in the correct position I can vary my sprint running technique from my long distance running technique

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	<u>Evaluating</u>	<ul style="list-style-type: none"> I can evaluate my own performance by saying what I did well and what I can do better 	<ul style="list-style-type: none"> I can evaluate my own performance and my friend's performance by saying what went well and what could be improved 	<ul style="list-style-type: none"> I can evaluate my performance and compare it with my peer's in order to improve my own skills
	<u>Gymnastics pathways, rolls, balances</u>	<ul style="list-style-type: none"> I can create my own sequence of separate moves I can co-operate with a partner to create a sequence I can demonstrate some control when attempting a balance I can perform a simple roll with control (log roll, teddy bear roll, side roll) 	<ul style="list-style-type: none"> I can create my own sequence of linked moves that flow I can co-operate with a partner to create a sequence of moves that contrast (high and low) I can hold a simple balance for 3 seconds in isolation and as part of a short sequence I can perform rolls with control and accuracy and attempt forward rolls 	<ul style="list-style-type: none"> I can create my own sequence of linked moves that flow I can co-operate with a partner to create a sequence of moves that flow and contrast (wide and narrow, straight and curled, high and low) I can hold a range of balances for 3 seconds in isolation and as part of a short sequence I can perform rolls with control and accuracy (including a forward roll)
	<u>Dance Celebration s, transport, Zumba</u>	<ul style="list-style-type: none"> I can create and perform a series of linked actions I can use different levels when creating a sequence I can show moods or feelings through a single movement (happy, sad, scared, excited) I can move to a routine to a short period of music 	<ul style="list-style-type: none"> I can create and perform a routine with moves that flow and fit in time to the beat I can use a variety of levels and directions when creating a sequence. I can show moods or feelings through a single movement I can move to the beat of the music maintain a rhythm 	<ul style="list-style-type: none"> I can create and perform a routine in unison with moves that flow and fit in time to the beat I can use a variety of levels, speeds and directions when creating a sequence. I can maintain a mood or feeling through a sequence that is suitable for the music I can move to the beat of the music and alter the rhythm of dancing to match the music at specific moments
	<u>Games throwing and catching, bat and ball skills, circuits</u>	<ul style="list-style-type: none"> I can roll a piece of equipment using two hands in a competitive environment I can sometimes catch a bean bag or soft ball with two hands I can hit the ball sometimes I can follow rules with reminders 	<ul style="list-style-type: none"> I can roll a piece of equipment using one (dominant hand) or two hands with some accuracy in a competitive environment I can consistently catch a bean bag or soft ball with two hands I can hit the ball sometimes with control I can follow rules of a specific game 	<ul style="list-style-type: none"> I can accurately roll a piece of equipment using one or two hands in a competitive environment I can catch a range of balls with two hands I can hit the ball with some control to a location I can follow and create my own rules
	<u>Athletics throwing, jumping</u>	<ul style="list-style-type: none"> I can throw a bean bag/ball using an overarm technique I can throw a bean bag using an underarm throw I can jump and land on 2 feet 	<ul style="list-style-type: none"> I can throw a ball using an overarm technique with opposite foot forwards I can throw a bean bag to a target consistently I can jump from one foot and land on 2 feet 	<ul style="list-style-type: none"> I can throw overarm and aim for a specific target consistently I can throw a bean bag to a target with both hands I can run and jump off a specific point from 1 foot and land on 2 feet

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YEAR THREE	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination <i>PE 2.1</i> 	<u>Health and Fitness</u>	<ul style="list-style-type: none"> I can explain why regular exercise is good for my health 	<ul style="list-style-type: none"> I can explain why regular exercise and a balanced diet is important 	<ul style="list-style-type: none"> I can explain why a healthy lifestyle is important and give examples of a typical healthy day
		<u>Evaluating</u>	<ul style="list-style-type: none"> I can evaluate my own performance I can explain the technique for each skill 	<ul style="list-style-type: none"> I can compare my movements with my peers I can evaluate a teammate's skill and offer feedback 	<ul style="list-style-type: none"> I can compare my movements with peers in order to improve my own I can evaluate and edit my performance and my team's in a range of areas
	<ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending <i>PE2.2</i> 	<u>Gymnastics</u> symmetry and asymmetry, stretching and curling	<ul style="list-style-type: none"> I can perform a forward roll from a crouched position I can perform some simple rolls displaying basic technique I can work with a partner to show asymmetrical and symmetrical balances I can create a sequence with a partner using 1 piece of apparatus 	<ul style="list-style-type: none"> I can perform a forward roll from a standing position to a standing position I can perform a variety of rolls (teddy bear, side, log roll) and link two together in a sequence I can work with a partner to show counter balances I can create a sequence with a partner using apparatus 	<ul style="list-style-type: none"> I can spring into a forward roll and focus on a symmetrical body shape I can perform a variety of rolls in a sequence with start and finish positions I can work with a partner to create counter balances which can be held for over 3 seconds I can create a sequence with a partner using apparatus that transitions smoothly
	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <i>PE2.3</i> 	<u>Dance</u> fitness DVD, Zumba, dinosaur,	<ul style="list-style-type: none"> I can follow a routine I can listen to and try to keep to a beat I can include different exercises in a routine I can create a routine for pupils my age 	<ul style="list-style-type: none"> I can follow a routine in a small group I can keep to the beat of a range of music I can include a range of different exercises in a routine I can create a routine for novice pupils 	<ul style="list-style-type: none"> I can follow and lead a routine I can keep to the beat of a range of music that changes its rhythm I can include a balance of arm/leg/core exercises in a routine I can create a routine aimed at younger pupils
	<ul style="list-style-type: none"> perform dances using a range of movement patterns <i>PE2.4</i> 	<u>Games</u> basketball, hockey, orienteering, tennis, cricket	<ul style="list-style-type: none"> I can dribble a ball whilst walking and keeping it close to my body I can hit/pass a ball to a partner I can receive a ball and pass to another teammate I can read a map using a coordinates grid and find specific locations 	<ul style="list-style-type: none"> I can dribble a ball with both hands while jogging in different directions I can hit/pass a ball to a partner over 5 metres I can receive a ball and pass to another teammate quickly I can read a map independently and find various locations 	<ul style="list-style-type: none"> I can dribble a ball whilst looking ahead and changing between different hands I can hit/pass a ball to a partner over 5 metres so that they can control and stop the ball I can intercept a ball and pass to another teammate quickly I can read a map and direct a partner to a specific location
	<ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team <i>PE2.5</i> 	<u>Athletics</u> throwing, jumping, relay	<ul style="list-style-type: none"> I can throw a tennis ball/javelin from a standing position I can jump and land on 2 feet I can run in a relay team by handing the baton to a teammate 	<ul style="list-style-type: none"> I can throw a javelin from a low down position I can jump in a variety of different ways and land on 2 feet I can pass the baton to a teammate in a quick motion 	<ul style="list-style-type: none"> I can throw a javelin from a low down starting position to a high position crossing arms over I can run and leap from 1 foot and land on 2 feet I can receive a baton from a teammate whilst moving and looking forward
<ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. <i>PE2.6</i> 					
		<i>PE 2.1, PE2.3</i>			

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<p>YEAR FOUR</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination <i>PE 2.1</i> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending <i>PE2.2</i> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <i>PE2.3</i> perform dances using a range of movement patterns <i>PE2.4</i> take part in outdoor and adventurous activity challenges both individually and within a team <i>PE2.5</i> compare their performances with previous ones and demonstrate improvement to achieve their personal best. <i>PE2.6</i> 	<u>Health and Fitness</u>	<ul style="list-style-type: none"> I can explain why it is important to warm up and cool down 	<ul style="list-style-type: none"> I can demonstrate an effective warm up and cool down 	<ul style="list-style-type: none"> I can explain an effective warm up and cool down for a specific activity relating to certain muscles
	<u>Evaluating</u> <i>PE2.6</i>	<ul style="list-style-type: none"> I can evaluate my own performance I can explain the technique for each skill 	<ul style="list-style-type: none"> I can compare my movements with my peers I can evaluate a teammate's skill and offer feedback 	<ul style="list-style-type: none"> I can compare my movements with peers in order to improve my own I can evaluate and edit my performance and my team's in a range of areas
	<u>Gymnastics</u> travelling and dynamics, rolls and balances <i>PE2.3</i>	<ul style="list-style-type: none"> I can sometimes control the speeds of moves I can perform a balance focusing on a specific shape I can perform a sequence of balances linked by travels I can work with a partner to create a sequence of 3 moves 	<ul style="list-style-type: none"> I can often control the speeds of moves I can perform and hold a balance focusing on a specific shape I can perform a sequence of balances linked by a variety of travels I can work with a partner to create a sequence of 3 moves that flows with a start and finish position 	<ul style="list-style-type: none"> I can start, perform and finish a move to a set speed I can perform a range of balances to a variety of shapes focusing on symmetry I can perform and create a sequence of balances linked by fluent travels I can work with a partner to create a sequence with 3 moves that are fluent, controlled and timed with a start and finish position
	<u>Dance</u> rainforest, Zumba, dance of the decades <i>PE2.4</i>	<ul style="list-style-type: none"> I can follow a leader when performing a dance I can practise a movement to improve the technique I can perform a range of movements in a routine I can follow a dance to music for a short period of time 	<ul style="list-style-type: none"> I can lead my partner when performing a dance I can practise and refine a movement to improve the technique I can perform a range of movements in a routine accurately and consistently I can perform to music and keep to the beat 	<ul style="list-style-type: none"> I can lead and follow a partner when performing a dance I can explain how to practise and refine a movement in order to improve a peer's technique. I can perform a range of movements in a routine to the correct timings and fluently I can perform to music and keep in time for a lengthy period
	<u>Games</u> basketball, hockey, orienteering, tennis, cricket <i>PE 2.1, PE2.2, PE2.5</i>	<ul style="list-style-type: none"> I can control the ball whilst walking for a short period I can hit/pass the ball to a target/partner from a standing position I can catch a ball/bean bag sometimes with 2 hands I can follow a map with a partner to find a marker using a clue 	<ul style="list-style-type: none"> I can control the ball with both hands and change direction whilst jogging slowly I can hit/pass the ball to a target/partner in a variety of ways I can catch a ball with 2 hands often I can follow a map independently using a variety of clues 	<ul style="list-style-type: none"> I can keep control of the ball with both hands whilst changing direction quickly I can hit/pass the ball to a target/partner when in a competitive environment I can catch a ball with my strongest hand or 2 hands consistently I can follow a map independently against a certain time limit and guide a partner to a location
	<u>Athletics</u> Javelin, target throw, standing jump <i>PE 2.1, PE2.3</i>	<ul style="list-style-type: none"> I can throw a javelin in a straight direction I can throw a bean bag/ball towards a target using an underarm throw I can jump from 2 feet and land on 2 feet 	<ul style="list-style-type: none"> I can throw a javelin using the correct technique in a straight direction I can throw a bean bag/ball at a target accurately using under or over arm throwing I can perform a standing jump and swing my arms to gain momentum 	<ul style="list-style-type: none"> I can do a small run up to a specific line and throw a javelin correctly I can throw a bean bag/ball at a target accurately using a variety of throwing styles from a distance I can perform a standing jump whilst gaining momentum through arm swings and bent knees

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YEAR FIVE	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination <i>PE 2.1</i> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending <i>PE2.2</i> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <i>PE2.3</i> perform dances using a range of movement patterns <i>PE2.4</i> take part in outdoor and adventurous activity challenges both individually and within a team <i>PE2.5</i> compare their performances with previous ones and demonstrate improvement to achieve their personal best. <i>PE2.6</i> 	<u>Health and Fitness</u>	<ul style="list-style-type: none"> I can explain what happens to my breathing and heart rate during exercise 	<ul style="list-style-type: none"> I can explain why my breathing and heart rate changes during exercise 	<ul style="list-style-type: none"> I can explain how my breathing and heart rate changes from prior to during and post exercise
		Evaluating <i>PE2.6</i>	<ul style="list-style-type: none"> I can evaluate my own performance and other's performances I can explain why I performed my skill and the benefit of doing this 	<ul style="list-style-type: none"> I can evaluate and compare my movements with my peers I can explain and modify my skills and explain how this impacts the game 	<ul style="list-style-type: none"> I can evaluate and compare my movements with peers in order to improve my own I can evaluate and edit my performance and my team's in a competitive environment
		<u>Gymnastics</u> paired sequences on core tasks <i>PE2.3</i>	<ul style="list-style-type: none"> I can control my movements in some physical skills I can learn a skill individually I can create a sequence of separate moves I can perform a sequence with a partner 	<ul style="list-style-type: none"> I can control my movements in a range of physical skills I can link skills and techniques and perform them consistently I can create a sequence of linked moves I can make extended sequences in unison with a partner 	<ul style="list-style-type: none"> I can control my movements within specific skills in a performance I can perform my skills and techniques accurately and consistently I can create a sequence of linked moves which flow effortlessly I can make extended sequences in unison with a partner/group
		<u>Dance</u> line dancing <i>PE2.4</i>	<ul style="list-style-type: none"> I can control my movements in some physical skills I can follow a routine and accurately perform most moves I can perform to an accompaniment I can show clear movements in unison 	<ul style="list-style-type: none"> I can control my movements in a range of physical skills I can follow and edit a routine and accurately perform all moves I can perform to an accompaniment expressively I can show clear and fluent movement in unison 	<ul style="list-style-type: none"> I can control my movements within specific skills in a performance I can create a routine and edit it to ensure all moves consistently flow smoothly I can perform to an accompaniment expressively and imaginatively I can perform and create clear and fluent movements with accuracy and in unison
		<u>Games</u> golf, netball, football, rounders <i>PE 2.1, PE2.2</i>	<ul style="list-style-type: none"> I can pass the ball to a teammate accurately I can catch a ball sometimes I can hit the ball sometimes with control I can attack and defend in a game 	<ul style="list-style-type: none"> I can pass the ball in different ways consistently to my team I can consistently catch the ball I can consistently hit the ball with control I can attack and defend in a range of scenarios 	<ul style="list-style-type: none"> I can keep possession of the ball consistently in a range of scenarios I can catch the ball with one/both hands consistently I can hit the ball with precision and in a specific direction I can explain to my teammates the tactics for attacking and defending
		<u>Athletics</u> jumping, throwing, hurdles <i>PE 2.1, PE2.3</i>	<ul style="list-style-type: none"> I can perform the long jump technique (1 foot to 2) I can throw an object towards a target I can jump over a hurdle 	<ul style="list-style-type: none"> I can perform the triple jump (hop, skip and jump and land on 2 feet) I can throw an object to a target with accuracy I can jump over a hurdle with control and speed 	<ul style="list-style-type: none"> I can perform the long and triple jump correctly whilst taking off from a target I can throw an object towards a target consistently with the correct technique I can jump over consecutive hurdles with the correct technique

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<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination PE 2.1 play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending PE2.2 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] PE2.3 perform dances using a range of movement patterns PE2.4 take part in outdoor and adventurous activity challenges both individually and within a team PE2.5 compare their performances with previous ones and demonstrate improvement to achieve their personal best. PE2.6 	<u>Health and Fitness</u>	<ul style="list-style-type: none"> I can explain how and why the body reacts to exercise (muscles/heart/lungs) 	<ul style="list-style-type: none"> I can explain the effects of high intensity exercise on the body (muscles/heart/lungs) 	<ul style="list-style-type: none"> I can explain the importance of exercise and the long term effects this has on the body
	<u>Evaluating</u> PE2.6	<ul style="list-style-type: none"> I can evaluate my own performance and other's performances I can explain why I performed my skill and the benefit of doing this 	<ul style="list-style-type: none"> I can evaluate and compare my movements with my peers I can explain and modify my skills and explain how this impacts the game 	<ul style="list-style-type: none"> I can evaluate and compare my movements with peers in order to improve my own I can evaluate and edit my performance and my team's in a competitive environment
	<u>Gymnastics group routines on core tasks</u> PE2.3	<ul style="list-style-type: none"> I can control my movements and techniques in some physical skills in performance I can repeat a given sequence with some control I can create a sequence of separate moves that link I can perform a sequence within a group 	<ul style="list-style-type: none"> I can control my movements and techniques in most physical skills in a performance I can repeat a given sequence with control I can create a sequence of linked moves to specific timings I can create extended sequences in unison in a group 	<ul style="list-style-type: none"> I can control my movements and techniques in all physical skills in a performance I can repeat a given sequence with control and timing I can create a sequence of linked moves which flow effortlessly and are in time I can make extended sequences within a group focusing on a range of moves
	<u>Dance war dances</u> PE2.4	<ul style="list-style-type: none"> I can control my movements and techniques in some physical skills in performance I can follow a routine and with some control I can perform a routine with some expression I can perform a routine in unison within a group 	<ul style="list-style-type: none"> I can control my movements and techniques in most physical skills in a performance I can follow and edit a routine and accurately perform all moves with control I can perform a routine with expression across my whole body I can perform clear movements during a routine in unison within a group 	<ul style="list-style-type: none"> I can control my movements and techniques in all physical skills in a performance I can create an imaginative routine and edit it to ensure all moves are controlled and in time I can perform a routine with expression (at specific times) for a purpose I can perform clear and fluent movements during a routine in unison within a group
	<u>Games netball, football, benchball, dodgeball, bakrball, rounders</u> PE 2.1, PE2.2	<ul style="list-style-type: none"> I can sometimes pass/hit the ball to a teammate/target in a variety of ways I can catch a ball sometimes with two hands I can control my movements in some physical skills and techniques in a game scenario I can follow the rules/tactics for a specific game 	<ul style="list-style-type: none"> I can often pass/hit the ball to a teammate/target in a variety of ways I can consistently catch the ball with one/two hands I can control my movements in most physical skills and techniques in a game scenario I can explain/follow the rules/tactics for a specific game 	<ul style="list-style-type: none"> I can keep possession of the ball/hit the ball with precision consistently using a variety of skills in a competitive environment I can catch the ball with either/both hands consistently I can control my movements in all physical skills and techniques in a game scenario I can explain/follow the rules/tactics for a specific game and reflect on this post game
	<u>Athletics jumping, throwing, hurdles</u> PE 2.1, PE2.3	<ul style="list-style-type: none"> I can perform long/triple and standing jumps I can throw a shotput I can jump over the hurdles with some control 	<ul style="list-style-type: none"> I can perform long/triple and standing jumps and explain the correct techniques I can throw a shotput towards a target I can jump over the hurdles with control and speed 	<ul style="list-style-type: none"> I can perform all jumps and adapt my technique in order to improve performance I can throw a shotput with the correct technique I can jump over the hurdles with the correct technique at speed