



Key Concepts	Dance	Gymnastics	Games/Multi-skills	Athletics	Outdoor Adventurous Activities	Swimming	Evaluation	Healthy Lifestyles
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Key Concept	Year R	Y1	Y2	Y3&4	Y5&6
Dance	<p>Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD BI 40-60)</p> <p>Experiments with different ways of moving. (PD M&H 40-60)</p> <p>Jumps off an object and lands appropriately. (PD M&H 40-60)</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment. (PD M&H 40-60)</p>	<p>I can copy and explore basic body patterns and movements.</p> <p>I can remember simple dance steps and perform them in a controlled manner.</p> <p>I can choose actions and link them with sounds and music.</p> <p>I can safely perform teacher led warm-ups and can describe and discuss others work</p>	<p>I can perform with control and co-ordination.</p> <p>I can respond imaginatively to a variety of stimuli.</p> <p>I can vary the dynamics, levels, speed and direction of my phrase/motif.</p> <p>I can discuss my own and others' work with simple vocabulary.</p> <p>I understand the need for warm-up and cool down.</p>	<p>I can improvise freely on my own and with a partner</p> <p>I can translate ideas from a variety of stimuli into movement</p> <p>I can compare, develop and adapt movement motifs to create longer dances.</p> <p>I can use dance vocabulary to compare and improve my work</p> <p>I understand how to work safely, I recognise changes in my body, I can give reasons why PE is good for my health</p>	<p>I can demonstrate precision, control and fluency in response to stimuli.</p> <p>I can vary dynamics and develop actions with a partner or as part of a group.</p> <p>I can link phrases and motifs to create a wide performance.</p> <p>I continually demonstrate rhythm and spatial awareness.</p> <p>I can modify my performance and that of others.</p> <p>I can organise myself to warm up safely.</p>
Gymnastics	<p>Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD BI 40-60)</p> <p>Experiments with different ways of moving. (PD M&H 40-60)</p> <p>Jumps off an object and lands appropriately. (PD M&H 40-60)</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment. (PD M&H 40-60)</p>	<p>I can copy and explore basic gymnastics actions with some control and co-ordination.</p> <p>I can select and link basic gymnastics actions together.</p> <p>I can watch and discuss my own and others work.</p> <p>I can safely perform a teacher led warm-up and cool down and I can use space safely showing an awareness of others.</p>	<p>I can copy, remember, explore and repeat a variety of basic gymnastics actions with control and co-ordination.</p> <p>I can select and link basic gymnastics actions into fluent short movement phrases.</p> <p>I can identify and describe the difference between my own and others work.</p>	<p>I can copy, remember, explore and repeat gymnastics actions with consistent control, co-ordination, quality and clarity.</p> <p>I can select and link gymnastics actions fluently into longer movement phrases and can apply basic compositional ideas.</p> <p>I can describe my own and others work noting similarities and differences and I can make suggestions for improvements.</p> <p>I can work safely, handling a range of hand, small and large apparatus and I can recognise changes in my body giving reasons why PE is good for health</p>	<p>I can copy, remember, explore and repeat increasingly complex gymnastics actions with some control, co-ordination, quality and clarity.</p> <p>I can select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of compositional ideas.</p> <p>I can identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.</p> <p>I can demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body.</p>

<p>Games/Multi-Skills</p>	<p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&H 40-60)</p> <p>Children show good control and co-ordination in large and small movements. (PD – M&H ELG)</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&H 40-60)</p> <p>Experiments with different ways of moving. (PD M&H 40-60)</p> <p>They move confidently in a range of ways, safely negotiating space. (PD M&H ELG)</p>	<p>I can stop a ball with basic control</p> <p>I can send a ball in the direction of another person and collect a ball</p> <p>I can take part in sending and receiving activities with a partner</p> <p>I can talk about exercising, safety and short term effects of exercise</p>	<p>I can stop/catch/strike a ball with control and accuracy</p> <p>I can pass a ball to someone else and receive a ball when moving</p> <p>I can take part in conditioned games with opponents</p> <p>I understand about exercising, being safe and the short term effects of exercise</p>	<p>I can control, strike, catch a ball whilst moving and keep possession with some accuracy.</p> <p>I can accurately pass to someone else and am aware of space and how to use it. I can choose simple tactics for sending and defending.</p> <p>I am beginning to influence the conditioned games with opponents. I can describe what others do well.</p> <p>I can talk about why it is important to warm up / cool down and lead a partner through short warm up routines.</p>	<p>I can control, catch, send and receive a ball accurately whilst moving and keeping to the rules.</p> <p>I can move with a ball in opposed situations (quicksticks/ football) and attack and defend in a small sided game.</p> <p>I can take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance</p> <p>I understand and can use principles of exercise activities for warming up and recognise how exercise is good for health.</p>
<p>Athletics</p>				<p>I can run at a speed appropriate to the distance I am running.</p> <p>I can jump accurately from a standing position and I can take a running jump.</p> <p>I can demonstrate a range of throwing actions using a variety of objects.</p> <p>I can recognise a change in heart rate, temperature and breathing rate during exercise.</p>	<p>I can improve and sustain different running technique at different speeds in a variety of athletic events.</p> <p>I can demonstrate accuracy and technique in a range of throwing and jumping actions.</p> <p>I can identify and explain what makes a good athletic performance.</p> <p>I can explain how to improve technique in a variety of events.</p> <p>I understand how to work safely, I recognise changes in my body, I can give reasons why PE is good for my health.</p>
<p>Outdoor Adventurous Activities</p>		<p>Develops listening skills.</p> <p>Listens to instructions from a partner/ adult.</p> <p>Beginning to think activities through and problem solve.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe.</p>	<p>Develops strong listening skills.</p> <p>Uses simple maps.</p> <p>Beginning to think activities through and problem solve.</p> <p>Choose and apply strategies to solve problems with support.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe.</p>	<p>Develops strong listening skills.</p> <p>Uses and interprets simple maps.</p> <p>Think activities through and problem solve using general knowledge.</p> <p>Choose and apply strategies to solve problems with support.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe.</p>	<p>Develops strong listening skills.</p> <p>Use s and interprets simple maps.</p> <p>Think activities through and problem solve using general knowledge.</p> <p>Choose and apply strategies to solve problems with support.</p> <p>Discuss and work with others in a group.</p> <p>Demonstrates an understanding of how to stay safe.</p>

Swimming				<p>To use a range of strokes to swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>To perform safe self-rescue in different water based situations.</p> <p>Key concepts: Buoyancy, floating, streamlined, submerging, front crawl, backstroke, breaststroke, safe entry, personal survival.</p>	<p>To use a range of strokes to swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>To perform safe self-rescue in different water based situations.</p> <p>Key concepts: Buoyancy, floating, streamlined, submerging, front crawl, backstroke, breaststroke, safe entry, personal survival.</p>
Evaluation		<p>I can comment on own and others performance</p> <p>I can give comments on how to improve performance.</p> <p>I can use appropriate vocabulary when giving feedback.</p>	<p>I can comment on own and others performance</p> <p>I can give comments on how to improve performance.</p> <p>I can use appropriate vocabulary when giving feedback.</p>	<p>Watches and describes performances accurately.</p> <p>Beginning to think about how they can improve their own work.</p> <p>Work with a partner or small group to improve their skills.</p> <p>Make suggestions on how to improve their work, commenting on similarities and differences.</p>	<p>Watches and describes performances accurately.</p> <p>Learn from others how they can improve their skills.</p> <p>Comment on tactics and techniques to help improve performances.</p> <p>Make suggestions on how to improve their work, commenting on similarities and differences.</p>
Healthy Lifestyle		<p>I can describe the effect exercise has on the body</p> <p>I can explain the importance of exercise and a healthy lifestyle.</p>	<p>I can describe the effect exercise has on the body</p> <p>I can explain the importance of exercise and a healthy lifestyle.</p>	<p>I can describe the effect exercise has on the body</p> <p>I can explain the importance of exercise and a healthy lifestyle.</p> <p>I understand the need to warm up and cool down.</p>	<p>I can describe the effect exercise has on the body</p> <p>I can explain the importance of exercise and a healthy lifestyle.</p> <p>I understand the need to warm up and cool down.</p>