Year 1 PE Knowledge and Skills

|  |
| --- |
| **PE** |
| **Dance** | I can copy and explore basic movements and body patterns  |
| I can remember simple movements and dance steps |
| I can link movements to sounds and music |
| **Gymnastics** | I can copy and explore basic movements with some control and coordination- on feet and hands and feet.  |
| I can perform different body shapes |
| I can perform a 2 footed jump |
| I can use equipment safely |
| I can balance with some control on my front and back |
| I can link 2-3 simple movements |
| I can develop control with different rolls – pencil roll, circle roll |
| **Playing Games** | I can travel in a variety of ways including running and jumping.  |
| I can begin to perform a range of throws.  |
| I can receive a ball with basic control  |
| I can begin to develop hand-eye coordination  |
| I can participate in simple games  |
| **Evaluate****&** **Improve** | I can comment on own performance  |
| I can use appropriate vocabulary to describe performance. |

Year 2 PE Knowledge and Skills

|  |
| --- |
| **PE** |
| **Dance** | I can copy and explore basic movements with clear control |
| I can vary levels of speed and direction in a sequence |
| I can vary the size of body shapes |
| I can use space well and negotiate space clearly |
| I can describe a short dance using appropriate vocabulary |
| I can respond imaginatively to stimuli |
| I can sequence a short dance |
| **Gymnastics** | I can explore and create different pathways and patterns- on feet and hands and feet.  |
| I can use equipment in a variety of ways to create a sequence |
| I can link movements together to create a sequence including balance, travel, jump and roll |
| I can balance showing tension and control on my front and back |
| I can explore shape in the air when jumping and landing with control |
| I can develop control in different rolls (as in year 1 and begin to develop a forward roll) |
| **Playing Games** | I can confidently to send the ball to others in a range of ways.  |
| I can begin to apply and combine a variety of skills (to a game situation) eg throwing and catching |
| I can develop strong spatial awareness |
| I can understand the importance of rules in games and work co-operatively in teams |
| I can begin to develop an understanding of simple tactics (attacking and defending) |
| **Evaluate****&** **Improve** | I can comment on own performance  |
| I can use appropriate vocabulary to describe performance.  |

Year 3 PE Knowledge and Skills

|  |
| --- |
| **PE** |
| **Gymnastics****&****dance** | I can explore, copy, and repeat simple skills and actions with a partner and in small groups.  |
| I can remember and repeat simple sequences in dance or gym. |
| I can begin to move with increasing control and co-ordination. |
| I can make a short sequence by linking some movements. |
| I can use rhythm to develop my movements. |
| **Playing games** | I can kick and throw a ball, not always with accuracy. |
| I can understand the importance of stopping a ball in different ways. |
| I can begin to work with a partner. |
| I can link skills and actions with simple games. |
| I can show I understand some concepts of a game. (Opponent, teammate) |
| I can show some understanding of tactics. |
| **Athletics** | I can make up and repeat a short sequence of linked jumps. |
| I can take part in a relay activity, remembering when to go and where to start. |
| I can throw a variety of objects, changing their action for accuracy and distance. |
| I can make up and repeat a short sequence of linked jumps. |
| **Evaluate****&** **Improve** | I can describe my actions/ideas and the work of others. |
| I can suggest ways to improve my own and the work of others. |
| I can understand the importance of being active. |
| I can talk about how to exercise safely and how my body feels during an activity. |
| **Swimming** | I can keep swimming for 30 - 45 seconds using swimming aids and support. |
| I can swim without swimming aids.  |
| I can swim a distance of 5 metres. |
| I can use a variety of basic arm and leg actions on my front and back. |

Year 4 PE Knowledge and Skills

|  |
| --- |
| **PE** |
| **Swimming**  | I can swim between 10 and 20 metres unaided in shallow water. |
| I can keep swimming for 30-45 seconds unaided.  |
| I can use floats to swim over longer distances and periods of time with a more controlled leg kick. |
| I can use a variety of arm and leg actions when on my front and back. |
| I can swim on the surface of the water and lower my face into the water. |
| **Evaluate****&** **Improve** | I can explain how improve my work using comparisons with others. |
| I can explain ways to improve my performance in all sports including how to develop tactics further. |
| I can explain how keeping fit is vital for health and wellbeing.  |
| I can make up my own small, sided games to develop my skills.  |
| **Gymnastics****&****dance** | I can combine a range of directions/shapes/speed and controlled movements. |
| I can work with a partner to create, repeat, and improve a sequence with at least 3 phases. |
| I can use dance to communicate an idea. |
| I can develop, refine, and control movements. |
| I can begin to develop clear fluent dances with clear phrases- e.g. beginning and end points.  |
| **Playing****games** | I can catch with one hand. |
| I can throw and catch in a game situation accurately. |
| I can hit a ball accurately and with control. |
| I can keep possession of the ball in a game situation. |
| I can move to a space when I am not in possession.  |
| I can vary tactics and adapt skills according to what is happening in the game. |
| **Athletics** | I can run over a long distance. |
| I can sprint over a short distance. |
| I can throw in a range of ways. |
| I can jump in different ways- long jump/quick jumps/high jump/triple jump.  |
| I can run at fast, medium /slow speeds adjusting with direction.  |
| **Outdoor** | I can follow a map in a demanding context. |
| I can move from one location to another- using a map. |
| I can use clues to follow a route with basic directions.  |
| I can follow a route with accuracy and safely within a time limit. |

Year 5 PE Knowledge and Skills

|  |
| --- |
| **PE** |
| **Swimming**  | I can keep swimming for 45-90 seconds. |
|  I can swim between 25-50 metres unaided. |
| I can use 3 different strokes -front and back. |
| I can swim confidently and fluently on the surface. |
| I can control and develop breathing techniques. |
| **Evaluate****&** **Improve** | I can compare and comment on skills, techniques and ideas that have been used. |
| I can use observations to improve work and achieve personal best- e.g. times. |
| I can explain some important safely principles when preparing for exercise. |
| I can the effect of exercise on the body in detail. |
| **Gymnastics****&****dance** | I can make complex and extended sequences in dance and gym. |
| I can combine action/balance and shape with control. |
| I can perform expressively and consistently (with an accompaniment in dance). |
| I can compose my own dances in a creative and imaginative way. |
| **Playing****games** | I can gain possession by working as a team. |
| I can pass in different ways. |
| I can make a team plan and communicate it to others. |
| I can develop a number of techniques to pass, dribble and shoot. |
| I can use a range of tactics/strategies to overcome opponents for attacking and defending.  |
| **Athletics** | I can take off and land in a jump with increasing control. |
| I can throw with accuracy and techniques. |
| I can hit a target. |
| I can demonstrate the difference between short and long-distance running styles |
| **Outdoor** | I can follow a map in an unknown location. |
| I can plan a route with others taking safety into account.  |
| I can use clues and compass directions to navigate a route |

Year 6 PE Knowledge and Skills

|  |
| --- |
| **PE** |
| **Swimming**  | I can swim between 50-100 metres. |
| I can use all 3 strokes –back/front/breast with control. |
| I can swim confidently and fluently under the water. |
| I can perform a wide variety of personal survival techniques. |
| I can describe good swimming techniques. |
| **Evaluate****&** **Improve** | I can analyse and explain why I have used a specific skill or technique. |
| I can modify the use of certain skills to improve. |
| I can create success criteria to evaluate performance. |
| I can explain the impact of regular exercise. |
| I can choose appropriate warm ups and cools downs. |
| **Gymnastics****&****dance** | I can combine individual work with that of others. |
| I can link sequences to specific timings, showing control and timings. |
| I can make movements that are accurate, clear, fluent, and consistent. |
| I can develop imaginative dances and movements in a specific style. |
| I can choose music to suit a particular style of dance of movement. |
| **Playing****games** | I can explain rules that are more complicated or more in depth. |
| I can lead others in a game situation. |
| I can use forehand and backhand racquet strokes. |
| I can develop strategies in fielding. |
| I can develop batting techniques. |
| **Athletics** | I can demonstrate stamina. |
| I can combine jumping and running. |
| I can follow specific rules for athletics- relay/long jump/discus/javelin/sprint/long distance |
| I can take part in competitions with precision, speed, power, and stamina.  |
| **Outdoor** | I can plan a route and a series of clues to challenge another person. |
| I can change the route if there is a problem. |
| I can change a planned route if more information comes to light. |