



Knowledge, Understand, Skills and Processes
Physical Education



Year 1	Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness	Dance
	<ul style="list-style-type: none"> I can copy actions. I can repeat basic actions and skills. I can move with control and care. 	<ul style="list-style-type: none"> I can talk about what I have done. I can describe what other people did. 	<ul style="list-style-type: none"> I can describe how my body feels before, during and after an activity. 	<ul style="list-style-type: none"> I can move to music. I can copy simple dance moves. I can perform some dance moves. I can make up a short dance with three basic moves. I can dance in a space safely.
	Invasion Games	Striking and Fielding Games	Net / Wall Games	Gymnastics
	<ul style="list-style-type: none"> I can move and stop safely in a game. 	<ul style="list-style-type: none"> I can throw underarm. I can roll a piece of equipment. I can hit a ball with a bat. I can move and stop safely in a game. I can catch with both hands. I can throw in different ways. I can kick in different ways. 	<ul style="list-style-type: none"> I can hit a ball with a bat. I can move and stop safely in a game. 	<ul style="list-style-type: none"> I can make my body tense, relaxed, curled and stretched. I can control my body when travelling. I can control my body when balancing. I can copy 3 basic sequences and repeat them. I can roll in different ways. I can travel in different ways. I can balance in different ways. I can climb equipment safely.

Year 2	Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness	Dance
	<ul style="list-style-type: none"> I can copy and remember actions. I can repeat and explore actions with control and coordination. 	<ul style="list-style-type: none"> I can talk about what is different between what I did and what someone else did. I can say how I could improve. 	<ul style="list-style-type: none"> I can describe how my body feels during different activities. I can explain what my body needs to keep fit and healthy. 	<ul style="list-style-type: none"> I can change rhythm, speed, level and direction. I can dance with control and co-ordination. I can make a sequence by linking three basic moves and three arm positions together. I can link some movement to show a mood or feeling.
	Invasion Games	Striking and Fielding Games	Net / Wall Games	Gymnastics
	<ul style="list-style-type: none"> I can use hitting, kicking and/or rolling in a game. I can stay in a 'zone' during a game. I can decide where the best place to be is during a game. I can follow rules in a game. 	<ul style="list-style-type: none"> I can use hitting, kicking and/or rolling in a game. I can stay in a 'zone' during a game. I can decide where the best place to be is during a game. I can follow rules in a game. 	<ul style="list-style-type: none"> I can use hitting, kicking and/or rolling in a game. I can stay in a 'zone' during a game. I can decide where the best place to be is during a game. I can follow rules in a game. 	<ul style="list-style-type: none"> I can plan and show a sequence of movements. I can use contrast in my sequences. I can think of more than one way to create a sequence which follows a set of 'rules'. I can work with a partner to create a simple sequence.

**End of KS1
personal and
social
expectations**



KEEP TRYING

I try several times if at first I don't succeed and I ask for help when appropriate.



STAY ON TASK

I can follow instructions, practise safely and work on simple tasks by myself.



STAY ON TASK WITH HELP

I enjoy working on simple tasks with help.



HELP AND ENCOURAGE

I can help, praise and encourage others in their learning.



UNDERSTAND OTHERS

I can work sensibly with others, taking turns and sharing.



PLAY WITH OTHERS WITH HELP

I can play with others and take turns and share with help.

Year 3	Acquiring and Developing Skills <ul style="list-style-type: none"> I can select and use the most appropriate actions. I can move and use actions with control. 	Evaluating and Improving <ul style="list-style-type: none"> I can explain how my work is similar from that of others. I can recognise how performances could be improved (with guidance). 	Health and Fitness <ul style="list-style-type: none"> I can begin to explain why warming up is important. I can explain why keeping fit is good for my health. 	Dance <ul style="list-style-type: none"> I can improvise, translating ideas from a stimulus into movement. I can share and create phrases with a partner and in small groups. I can repeat, remember and perform these phrases in a dance. 	Outdoor Adventurous Activities <ul style="list-style-type: none"> I can follow a map in a familiar context. I can move from one location to another following a map. I can use a clue to follow a route. I can follow a route safely.
	Invasion Games <ul style="list-style-type: none"> I can throw and catch with control when under limited pressure. I'm aware of space and use it to support team-mates and cause problems for the opposition. I know and use rules fairly to keep games going. I can keep possession with some success, when using equipment that is not used for throwing and catching skills. 	Striking and Fielding Games <ul style="list-style-type: none"> I can throw and catch with control when under limited pressure. I'm aware of space and use it to support team-mates and cause problems for the opposition. I know and use rules fairly to keep games going. 	Net / Wall Games <ul style="list-style-type: none"> I know and use rules fairly to keep games going. 	Gymnastics <ul style="list-style-type: none"> I can use a greater number of my own ideas for movement in response to a task. I can adapt sequences to suit different types of apparatus and my partner's ability. I can explain how strength and suppleness affect performances. I can explain gymnastic sequences, commenting on similarities and differences. 	Athletics <ul style="list-style-type: none"> I can run at fast, medium and slow speeds, changing direction. I can link running and jumping activities with some control and consistency. I can make up and repeat a sequence of linked jumps. I can take part in a relay activity, remembering when to run. I can throw a variety of objects, changing my actions for accuracy.
Year 4	Acquiring and Developing Skills <ul style="list-style-type: none"> I can select and use the most appropriate skills, actions or ideas. I can move and use actions with co-ordination and control. I can make up my own small-sided game. 	Evaluating and Improving <ul style="list-style-type: none"> I can explain how my work is similar and different from that of others. I can use my comparisons to improve my work. 	Health and Fitness <ul style="list-style-type: none"> I can explain why it is important to warm-up and cool-down. I can identify a few muscle groups used in an activity. 	Dance <ul style="list-style-type: none"> I can take the lead when working with a partner or group. I can suggest which moves would be suitable for a piece of music. I can work on my movements and refine them. 	Outdoor Adventurous Activities <ul style="list-style-type: none"> I can follow a map in a more demanding familiar context. I can move from a number of different locations following a map. I can use clues to follow a route. I can follow a route accurately, safely and within a time limit.
	Invasion Games <ul style="list-style-type: none"> I can keep possession of the ball. I can move to find a space when not in possession during a game. I can vary tactics according to what is happening in a game. 	Striking and Fielding Games <ul style="list-style-type: none"> I can begin to catch with my strongest hand. I can throw accurately. I can hit a ball accurately and with control. I can vary tactics according to what is happening in a game. 	Net / Wall Games <ul style="list-style-type: none"> I can hit a ball accurately and with control. I can vary tactics according to what is happening in a game. 	Gymnastics <ul style="list-style-type: none"> I can work in a controlled way. I can include change of speed. I can include change of direction. I can include range of shapes. I can follow a set of 'rules' to produce a sequence. I can work with a partner to create, repeat and improve a sequence with three phases plus 	Athletics <ul style="list-style-type: none"> I can run over a long distance. I can sprint over a short distance. I can throw in different ways. I can hit a target. I can jump in different ways.

**End of Year3/4
personal and social
expectations**



**TAKE
CONTROL**

I know where I am with my learning and I have begun to challenge myself.



**WORK WELL
WITH OTHERS**

I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas.

Year 5	Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness	Dance	Outdoor Adventurous Activities
	<ul style="list-style-type: none"> I can link skills, techniques and ideas and apply them appropriately. I can show good control in my movements. 	<ul style="list-style-type: none"> I can compare and comment on skills, techniques and ideas that I, and others, have used. I can use my observations to improve my work. 	<ul style="list-style-type: none"> I can explain some important safety principles when preparing for exercise. I can explain what effect exercise has on my body. I can explain why exercise is important. 	<ul style="list-style-type: none"> I can compose my own dances to a given piece of music. I can control my movements. I can ensure my dances show clarity, fluency, accuracy and consistency. 	<ul style="list-style-type: none"> I can follow a map in an unknown location. I can use clues and compass directions to navigate a route. I can change my route if there is a problem. I can change my plan if I get new information.
	Invasion Games	Striking and Fielding Games	Net / Wall Games	Gymnastics	Athletics
	<ul style="list-style-type: none"> I can gain possession by working as a team. I can pass in different ways. I can choose the best tactics for attacking and defending. 	<ul style="list-style-type: none"> I can field. 	<ul style="list-style-type: none"> I can use forehand and backhand with a racquet. 	<ul style="list-style-type: none"> I can make complex or extended sequences. I can combine action, balance and shape. I can perform consistently to different audiences. I can keep my movements accurate, clear and consistent. 	<ul style="list-style-type: none"> I can remain controlled when taking off and landing in a jump. I can throw with accuracy. I can combine running and jumping. I can follow specific rules during athletics events.
Year 6	Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness	Dance	Outdoor Adventurous Activities
	<ul style="list-style-type: none"> I can apply my skills, techniques and ideas consistently. I can show precision, control and fluency in my actions. 	<ul style="list-style-type: none"> I can analyse and explain why I have used specific skills or techniques. I can modify the use of skills or techniques to improve my work. I can create my own success criteria for evaluating. 	<ul style="list-style-type: none"> I can explain how the body reacts to different kinds of exercise. I can choose appropriate warm ups and cool downs. I can explain the exact muscle groups an exercise is working. 	<ul style="list-style-type: none"> I can develop imaginative dances in a specific style. I can compare different genres of dance. I can choose my own music, style and dance. I can teach a routine to a small group and give them feedback. 	<ul style="list-style-type: none"> I can plan a route and series of clues for someone else. I can plan with others, taking account of safety and danger.
	Invasion Games	Striking and Fielding Games	Net / Wall Games	Gymnastics	Athletics
	<ul style="list-style-type: none"> I can explain complicated rules. I can make a team plan and communicate it to others. I can lead others in a game situation. 	<ul style="list-style-type: none"> I can explain complicated rules. I can make a team plan and communicate it to others. I can lead others in a game situation. 	<ul style="list-style-type: none"> I can explain complicated rules. I can make a team plan and communicate it to others. I can lead others in a game situation. 	<ul style="list-style-type: none"> I can combine my work with that of others. I can link my sequences to specific timings. 	<ul style="list-style-type: none"> I can demonstrate stamina. I can use my athletics skills in different situations.

End of KS2 personal and social expectations

EMBRACE CHALLENGE

I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets.

CONSISTENTLY TRY TO IMPROVE

I cope well and react positively when things become difficult. I can persevere with a task and improve my performance through regular practice.

IMPROVE OTHERS

I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately.

ORGANISE AND GUIDE OTHERS

I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.