

Y1

I can run
I can jump
I can throw
I can catch
I can balance

I can coordinate my movements such as
throwing and kicking on the move
I can perform a simple sequence
or pattern

Y2

With purpose I can run, jump, throw catch,
balance; whilst coordinating my movements

In Dance or Gymnastics I can create and
perform a routine

Y3

With purpose and accuracy I can jump,
throw, catch, balance and coordinate my
movements.

In Dance or Gymnastics I can create and
perform a routine with a partner or in a small
group.

In Gymnastics I can develop flexibility,
strength, technique control and balance.
I can play competitive small sided games such
as 2v1 and 2v2.

Y4

During a Games situation I can jump,
throw, balance, catch and coordinate
my movements with increasing purpose
and accuracy.

In Dance I can create and perform a routine giving
feedback to peers and self.

In Gymnastics I can sequence a range of movements
with a clear start and end.

I am beginning to develop strategies for attack
and defence.

I can swim 25m using a range of strokes
and perform safe self rescue.

Y5

I can freely select appropriate skills during
a competitive situation.

I can use the Dance terminology of cannon, unison
and mirroring; whilst applying it practically.

I can plan and perform a sequence of movements
with control. I can give appropriate feedback and
make suggestions for improvements.

I can apply strategies for attack and defence.

Y6

I can freely apply a range of skills during
competitive games and give feedback on
performance.

I can apply effective and appropriate
attacking and defending strategies.

I can use accurate terminology when
accessing my own dance and that of others.

During Gymnastics I can use feedback
effectively to improve the complexity and
dynamics of my sequence.

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

P . E

