

YEAR 1

PE

National Curriculum Objectives	END POINTS			
	GYM	DANCE	GAMES	ATHLETICS
Master basic movement including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and beginning to apply these in a range of activities.	<p>I can travel on hands and feet showing basic control and coordination.</p> <p>I can perform tall, thin shapes, wide shapes and tuck shapes.</p>	<p>I can travel from one space to another using a variety of pathways.</p> <p>I can remember and repeat short sequences with control.</p> <p>I can choose movements which reflect different ideas.</p>	<p>I can throw a ball underarm.</p> <p>I can roll a ball.</p> <p>I can catch a ball with some level of coordination and consistency.</p>	<p>I can run and change direction with some control.</p> <p>I can jump 2 feet to 2 feet for distance and land safely with control.</p>
Participate in team games, developing simple tactics for attacking and defending	<p>I can perform a pencil and egg roll showing basic control and coordination.</p>	<p>I can show rhythm in dance.</p>	<p>I can bounce a ball.</p> <p>I can throw a ball overarm.</p>	<p>I can explore different ways of running (slow and fast).</p>
Perform dances using simple movement patterns	<p>I can carry apparatus safely.</p> <p>I can make up and perform a sequence of gymnastic actions with two shapes.</p>	<p>I can link and perform dance sequences.</p> <p>I can perform with others.</p>	<p>I can kick a ball.</p> <p>I can roll a hoop.</p> <p>I can change direction with coordination and control.</p> <p>I can use simple tactics, i.e. pretend to throw one way then throw another.</p>	<p>I can complete different challenges such as throwing, running and jumping.</p>

YEAR 2

PE

National Curriculum Objectives.	END POINTS			
	GYM	DANCE	GAMES	ATHLETICS
<p>Master basic movement including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and beginning to apply these in a range of activities.</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Perform dances using simple movement patterns.</p>	<p>I can perform animal movements (crab, caterpillar, bunny hop, bear) with control and coordination.</p> <p>I can perform balances on large body parts (dish, arch, shoulders, bottom).</p> <p>I can perform jumps with different shapes in the air (star, straight, tuck).</p> <p>I can perform rolls with control (egg, pencil).</p> <p>I can perform a sequence using apparatus.</p>	<p>I can demonstrate a number of different travels using the whole body and I can explore different levels.</p> <p>I can perform my work with control and some confidence.</p> <p>I can perform with some expression and show some elements of feeling and mood.</p> <p>I can create work which is linked to the stimulus and contribute to the whole class performance.</p>	<p>I can throw a ball underarm with accuracy.</p> <p>I can change direction with coordination and control.</p> <p>I can catch a ball with some level of coordination and consistency.</p> <p>I can use simple tactics, i.e. running into space, pretend to throw one way then throw another.</p> <p>I can strike a ball off a tee.</p> <p>I can strike with a drop feed.</p> <p>I can throw a ball overarm when fielding.</p>	<p>I can jump for distance and land on two feet.</p> <p>I can perform running techniques.</p> <p>I can throw an object overarm for distance.</p> <p>I can throw an object underarm.</p> <p>I can complete an obstacle course with speed and agility.</p>

YEAR 3

PE

National Curriculum Objectives	END POINTS				
	GYM	DANCE	GAMES	ATHLETICS	OUTDOOR & ADVENTURE
<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate (e.g. basketball, cricket, rounders, hockey, tennis, football and netball) and apply basic principles for attacking and defending.</p> <p>Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance (e.g. through athletics and gymnastics).</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>I can perform balances on 1 foot and 2, 3 and 4 small body parts with stillness.</p> <p>I can travel on hands and feet, jump 2 feet to 2 feet with control and perform rolling actions showing good control.</p> <p>I can create and perform a gymnastic sequence of at least 6 actions, showing a clear beginning, middle and end including different levels.</p> <p>I can use apparatus to perform a sequence.</p>	<p>I can demonstrate good timing and unison skills when performing my dance.</p> <p>I can use at least two different methods of travelling in their 8 counts.</p> <p>I can work with others to improve my dance.</p> <p>I can create a short dance sequence using a variety of stimulus.</p>	<p>I can throw, strike, catch and kick a ball with control and accuracy.</p> <p>I can move away from a defender into space and receive a ball.</p> <p>I can communicate with my teammates.</p> <p>I can follow rules.</p> <p>I can throw a ball using a chest pass and bounce pass with control and accuracy.</p> <p>I can return a ball quickly and with some accuracy when fielding.</p>	<p>I can sprint over a short distance.</p> <p>I can run over a longer distance and understand the need to conserve my energy.</p> <p>I can throw and hit a target with accuracy.</p> <p>I can choose the correct type of throw to different targets and distances.</p> <p>I can jump in a number of ways, using long and short run ups.</p>	<p>I can navigate safely around an area to each control site.</p> <p>I can orientate a map.</p> <p>I can use a control card.</p> <p>I can read and understand some symbols on an orienteering map.</p> <p>I can collect and record correct information.</p> <p>I can manage my emotions when working as part of a team.</p>

YEAR 4

PE

National Curriculum Objectives	END POINTS				
	GYM	DANCE	GAMES	ATHLETICS	OUTDOOR & ADVENTURE
<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate (e.g. basketball, cricket, rounders, hockey, tennis, football and netball) and apply basic principles for attacking and defending.</p> <p>Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance (e.g. through athletics and gymnastics).</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>I can perform basic rolling actions.</p> <p>I can perform balances including one – footed, dish and arch balances.</p> <p>I can perform a two footed jump and land with ½ and ¼ turns.</p> <p>I can create a sequence of up to 6 elements with changes of level and direction and clarity and shape.</p> <p>I can attempt a shoulder stand and arabesque with some control.</p> <p>I can set a goal and improve my performance.</p>	<p>I can perform a dance phrase in canon and unison.</p> <p>I can perform different ways of travelling and moving.</p> <p>I can create a group dance that shows contact, unison, changes of direction, formations and dynamics.</p> <p>I can create my own movement using words as inspiration.</p> <p>I can support others to create a sequence.</p>	<p>I can throw, strike, catch and kick a ball with control and accuracy.</p> <p>I can move away from a defender into space and receive a ball.</p> <p>I can choose throwing skills to make the game hard for my opponents.</p> <p>I can follow rules and accept the rules of officials, even if I disagree.</p> <p>I can use tactics when running with a ball (feints to disguise the pass, travelling with the ball to beat a defender).</p>	<p>I can sprint over a short distance.</p> <p>I can run over a long distance and understand the need to conserve my energy.</p> <p>I can throw and hit a target with accuracy.</p> <p>I can choose the correct type of throw to different targets and distances.</p> <p>I can jump in a number of ways.</p> <p>I am able to improve my performance and not worry about other people.</p>	<p>I can cooperate with teammates to solve a problem.</p> <p>I am willing to try different solutions without fear or failure.</p> <p>I can demonstrate concise instructions during a challenge.</p> <p>I can demonstrate team work through agreeing on a plan taking everybody’s view into account.</p>

Year Five	PE				
National Curriculum Objectives	END POINTS				
	Gym	Dance	Games	Athletics	Outdoor & Adventure
<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p> <p>Perform dances using a range of movement patterns</p> <p>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>I can perform a counter balance with a partner</p> <p>I can perform matched and mirrored shapes with a partner</p> <p>I can perform a counter balance with a partner using apparatus</p> <p>I can create a sequence with a partner of 8 elements, including counter balance and counter-tension balances</p> <p>I can identify sequences that are performed with fluency, accuracy and consistency</p>	<p>I can perform a dance in unison as part of a group</p> <p>I can use a prop as part of a dance phrase</p> <p>I can perform part of a dance sequence in canon as part of a group</p> <p>I can work with a partner to create a duet and use a prop</p> <p>I can work in small groups to improve my dance</p> <p>I can work with others and give feedback and suggest ways to improve their sequences</p>	<p>I can use techniques for passing a ball (chest pass, bounce pass, swing pass) and catch with consistency, accuracy, confidence and control</p> <p>I can make decisions on when to pass a ball in an invasion game situation</p> <p>I can use defending skills appropriately in games</p> <p>I can use attacking skills appropriately in games (supporting players in possession)</p> <p>I can field and throw a ball back overarm with accuracy</p>	<p>I can perform a pull and push throw</p> <p>I can perform a sling and heave throw</p> <p>I understand the difference between different throws and when to use which throw</p> <p>I can perform a combination of jumps</p> <p>I use the correct running techniques at different speeds</p> <p>I show willpower when performing skills I find difficult</p>	<p>I can orientate a map</p> <p>I know the 8 points of a compass</p> <p>I can record a control card accurately</p> <p>I can use an 8 point compass to follow a route</p> <p>I can keep a map orientated as I travel around a course</p> <p>I can share ideas when working with others</p>

Year Six	PE					
National Curriculum Objectives	END POINTS					
	Gym	Dance	Games	Athletics	Outdoor & Adventure	Swimming
<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p> <p>Perform dances using a range of movement patterns</p> <p>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>I can perform a counter balance and counter tension balance with a partner using apparatus</p> <p>I can perform a sequence with a partner in unison and canon</p> <p>I can create a sequence with a partner of 8 elements, including counter balance and counter-tension balance</p> <p>I can recognize ways to improve or develop a sequence</p> <p>I can use success criteria to evaluate my success</p>	<p>I can suggest actions and demonstrate a movement idea to represent this</p> <p>I can perform partner balance or shapes in a group dance</p> <p>I can perform one or more of the following; exaggerated movement, whole body actions, facial expressions, to demonstrate character</p> <p>I can work with others to improve and rehearse dances and I dance to the best of my ability</p>	<p>I can use techniques for passing a ball (chest pass, bounce pass, swing pass) and catch with consistency, accuracy, confidence and control</p> <p>I can make decisions on when to pass a ball in an invasion game situation</p> <p>I can use defending skills appropriately in games</p> <p>I can use attacking skills appropriately in games (supporting players in possession)</p> <p>I can bowl overarm with accuracy and consistency</p>	<p>I can perform a pull and push throw and a sling and heave throw</p> <p>I understand the difference between different throws and when to use which throw</p> <p>I can perform jumping by taking off and landing in different ways</p> <p>I understand which running technique to use for different distances</p> <p>I can set a goal and be committed to improving</p>	<p>I can orientate a map</p> <p>I know the 8 points of a compass</p> <p>I can record a control card accurately</p> <p>I can use an 8 point compass to follow a route</p> <p>I can keep a map orientated as I travel around a course</p> <p>I can share ideas when working with others and plan routes making appropriate decisions</p>	<p>I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</p> <p>I can perform safe self-rescue in different water based situations</p>