

EYFS	
Introduction to PE -I use movement skills with developing balance and co-ordination. -I can make independent choices. -I follow instructions involving several ideas or actions. -I can negotiate space safely with consideration for myself and others. -I can demonstrate balance. -I play co-operatively and take turns with others.	Introduction to PE -I use movement skills with developing balance and co-ordination. -I can make independent choices. -I follow instructions involving several ideas or actions. -I can negotiate space safely with consideration for myself and others. -I play co-operatively and take turns with others. -I understand the rules and can explain why it is important to follow them.
Yoga -I can recognise how yoga makes me both feel physically and mentally. -I can remember and repeat actions, linking poses together. -I can say what I liked about someone else's flow. -I can show an awareness of space when travelling. -I can work with others to create poses.	
YEAR 1	
Fundamentals -I can change direction when moving at speed. -I can recognise changes in my body when I do exercise. -I can run at different speeds. -I can select my own actions in response to a task. -I can show hopping and jumping movements. -I can work co-operatively with others to complete tasks. -I show balance and co-ordination when static and moving at a slow speed.	Fundamentals -I can change direction when moving at speed. -I can recognise changes in my body when I do exercise. -I can run at different speeds. -I can select my own actions in response to a task. -I can show hopping and jumping movements. -I can work co-operatively with others to complete tasks. -I show balance and co-ordination when static and moving at a slow speed.
Yoga -I can recognise how yoga makes me both feel physically and mentally. -I can remember and repeat actions, linking poses together. -I can say what I liked about someone else's flow. -I can show an awareness of space when travelling. -I can work with others to create poses.	Dance -I am beginning to use counts. -I can copy, remember and repeat actions. -I can move confidently and safely. -I can use different parts of the body in isolation and together. -I can work with others to share ideas and select actions. -I choose appropriate movements for different dance ideas. -I say what I liked about someone else's performance. -I show some sense of dynamic and expressive qualities in my dance.
YEAR 2	
Fundamentals -I am beginning to provide feedback using key words.	Fundamentals -I am beginning to provide feedback using key words.

<ul style="list-style-type: none"> -I am beginning to turn and jump in an individual skipping rope. -I can describe how my body feels during exercise. -I can show balance when changing direction. -I can show hopping, skipping and jumping movements with some balance and control. -I can work co-operatively with a partner and a small group. -I show balance and co-ordination when running at different speeds. 	<ul style="list-style-type: none"> -I am beginning to turn and jump in an individual skipping rope. -I can describe how my body feels during exercise. -I can show balance when changing direction. -I can show hopping, skipping and jumping movements with some balance and control. -I can work co-operatively with a partner and a small group. -I show balance and co-ordination when running at different speeds.
Fitness <ul style="list-style-type: none"> -I can describe how my body feels during exercise. -I can show hopping and jumping movements with some balance and control. -I persevere with new challenges. -I show determination to continue working over a larger period of time. 	Fitness <ul style="list-style-type: none"> -I can describe how my body feels during exercise. -I can identify good technique. -I can jump and land with control. -I can work with others, taking turns, and sharing ideas. -I show balance and co-ordination when running at different speeds. -I try my best.
YEAR 3	
Hockey <ul style="list-style-type: none"> -I am beginning to use simple tactics. -I am learning the rules of the game and am beginning to use them honestly. -I can dribble, pass, receive and shoot the ball with some control. -I can find space away from others and near to my goal. -I can provide feedback using key words. -I can track an opponent to slow them down. -I understand my role as an attacker and as a defender. -I work co-operatively with my group to self-manage games. 	Basketball <ul style="list-style-type: none"> -I am beginning to use simple tactics. -I am learning the rules of the game and am beginning to use them honestly. -I can dribble, pass, receive and shoot the ball with some control. -I can find space away from others and near to my goal. -I can provide feedback using key words. -I can track an opponent to slow them down. -I understand my role as an attacker and as a defender. -I work co-operatively with my group to self-manage games.
Fitness <ul style="list-style-type: none"> -I can recognise my strengths. -I can complete exercises with control. -I can persevere when I find challenge hard. -I can provide feedback using key words. -I can use key points to help me to improve my technique. -I can work safety with others. -I show balance when changing direction. -I understand that there are different areas of fitness. 	Fitness <ul style="list-style-type: none"> -I can recognise my strengths. -I can complete exercises with control. -I can persevere when I find challenge hard. -I can provide feedback using key words. -I can use key points to help me to improve my technique. -I can work safety with others. -I show balance when changing direction. -I understand that there are different areas of fitness.
Swimming <ul style="list-style-type: none"> -Swim competently, confidently and proficiently over a distance of at least 25 metres. 	

<ul style="list-style-type: none"> -Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke. -Perform safe self-rescue in different water-based situations. 	
YEAR 4	
Basket Ball <ul style="list-style-type: none"> -Highlight the importance of space and movement in a fast-flowing game of basketball -Control a ball, understand how it moves and different ways to provide a pass and score -Working within a team to achieve a flow of passing (In Possession) vs. an opposition -Complete scoring tasks and challenges individually and as a group. 	Hockey <ul style="list-style-type: none"> -I can delay an opponent and help to prevent the other team from scoring. -I can dribble, pass, receive and shoot the ball with increasing control. -I can move to space to help my team to keep possession and score goals. -I can provide feedback using key terminology and understand what I need to do to improve. -I can use simple tactics to help my team score or gain possession. -I share ideas and work with others to manage our game. -I understand the rules of the game and I can use them often and honestly.
Fitness <ul style="list-style-type: none"> -I can collect and identify areas I need to improve. -I can use key points to help me to improve my technique. -I share ideas and work with others to manage activities. -I show balance when changing direction at speed. -I show control when completing activities to improve balance. -I show determination to continue working over a period of time. -I understand there are different areas of fitness and that each area challenges my body differently. 	Fitness <ul style="list-style-type: none"> -I can collect and identify areas I need to improve. -I can use key points to help me to improve my technique. -I share ideas and work with others to manage activities. -I show balance when changing direction at speed. -I show control when completing activities to improve balance. -I show determination to continue working over a period of time. -I understand there are different areas of fitness and that each area challenges my body differently.
Swimming <ul style="list-style-type: none"> -Swim competently, confidently and proficiently over a distance of at least 25 metres. -Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. -Perform safe self-rescue in different water-based situations. 	
YEAR 5	
Handball <ul style="list-style-type: none"> -I can lead others and contribute my ideas to group work. -I use feedback provided to improve my work. -I can apply defensive skills individually and as a team to gain possession, deny space and stop goals. -I can dribble, pass, receive and shoot the ball with some control under pressure. -I communicate with my team and move into space to help to maintain possession. 	Netball <ul style="list-style-type: none"> -I can create and use space to help my team. -I can pass, receive and shoot the ball with increasing control under pressure. -I can select the appropriate action for the situation and make this decision quickly. -I can use marking, and/or interception to improve my defence. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.

<ul style="list-style-type: none"> -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules and can apply them honestly most of the time including when refereeing. 	<ul style="list-style-type: none"> -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve.
Swimming <ul style="list-style-type: none"> -Swim competently, confidently and proficiently over a distance of at least 25 metres. -Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. -Perform safe self-rescue in different water-based situations. 	Basket Ball <ul style="list-style-type: none"> -I can communicate with my team and move into space to keep possession and score. -I can dribble, pass, receive and shoot the ball with some control under pressure. -I can identify when I was successful and what I need to do to improve. -I can use tracking and intercepting when playing in defence. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to apply this.
YEAR 6	
Football <ul style="list-style-type: none"> -I can create and use space to help my team. -I can dribble, pass, receive and shoot the ball with increasing control under pressure. -I can select the appropriate action for the situation and make this decision quickly. -I can use marking, tackling and/or interception to improve my defence. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I recognise my own and others strengths and areas for development and can suggest ways to improve. 	Hockey <ul style="list-style-type: none"> -I can create and use space to help my team. I can dribble, pass, receive and shoot the ball with increasing control under pressure. -I can select the appropriate action for the situation and make this decision quickly. -I can use marking, tackling and/or interception to improve my defence. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve.
Swimming <ul style="list-style-type: none"> -Swim competently, confidently and proficiently over a distance of at least 25 metres. -Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. -Perform safe self-rescue in different water-based situations. 	Dodgeball <ul style="list-style-type: none"> -I can officiate and help to manage a game by refereeing. -I can select the appropriate action for the situation and make this decision quickly. -I can use a wider range of skills with increasing control under pressure. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve.

