



	Fundamental Movement Skills and games	Dance	Athletics	Gymnastics	Knowledge
EYFS	<p>I can negotiate space and obstacles safely.</p> <p>I can develop the fundamental movement skills running, jumping, dancing, hopping, skipping and climbing.</p> <p>I can use a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>I can balance and move with a good level of coordination and strength.</p>				<p>I know how to keep myself safe when participating in PE.</p>
KS1	<p>I can demonstrate and refine the fundamental skills including: balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping and kicking in a range of activities.</p> <p>I can catch and throw a range of PE equipment accurately whilst moving.</p> <p>I can participate in team games.</p> <p>I can engage in competitive and co-operative physical activities in a range of challenging situations.</p>	<p>I can describe and explain how performers can transition and link shapes and balances.</p> <p>I can perform basic actions with control and consistency at different speeds and on different levels.</p> <p>I can link two or more actions to make a sequence.</p> <p>I can challenge myself to move imaginatively responding to music. I can choose movements to communicate a mood, feeling or idea.</p>	<p><i>Athletic activities, skills and games are combined with fundamental skills and games in KS1.</i></p>	<p>I can use balance, agility and coordination and begin to apply these to a range of activities.</p> <p>I can describe and explain how performers can transition and link gymnastic elements.</p> <p>I can perform with control and consistency basic actions at different speeds and on different levels.</p> <p>I can create and perform a simple sequence that is judged using simple gymnastic scoring.</p> <p>I can develop body management through a range of floor exercises. I can travel by rolling forwards, backwards and sideways.</p>	<p>I know that winning is not the most important part of an activity.</p> <p>I know the characteristics and mental and physical benefits of an active lifestyle.</p> <p>I understand the importance of building regular exercise into daily and weekly routines and how to achieve this, for example walking or cycling to school, a daily active mile or other forms of vigorous exercise.</p>

		I can work as part of a group to create and perform short movement sequences.			
LKS2	<p>I can select the most appropriate ways of travelling for an activity and execute it appropriately, (e.g. running, walking, hopping and skipping).</p> <p>I can choose the appropriate skills and equipment to meet the challenges that are set.</p> <p>I can throw and catch with control and accuracy.</p> <p>I can strike a ball and field with control.</p> <p>I can describe and evaluate the effectiveness of performance and recognise aspects that need improving.</p> <p>I can evaluate how successful my tactics have been, use appropriate language to describe performance and identify what I do that makes things difficult for their opponents.</p> <p>I can control actions and combine them fluently.</p>	<p>I can plan, perform and repeat sequences.</p> <p>I can move in a clear, fluent and expressive manner.</p> <p>I can refine movements into sequences.</p> <p>I can create dances and movements that convey a definite idea.</p> <p>I can change speed and levels within a performance.</p> <p>I can develop physical strength and suppleness by practising moves and stretching.</p>	<p>I can sprint over a short distance up to 60 metres.</p> <p>I can run over a longer distance, conserving energy in order to sustain performance.</p> <p>I can use a range of throwing techniques (such as under arm, over arm).</p> <p>I can throw with accuracy to hit a target or cover a distance.</p> <p>I can jump in a number of ways, using a run up where appropriate.</p> <p>I can compete with others and aim to improve personal best performances.</p>	<p>I can compose creative and imaginative dance sequences.</p> <p>I can perform expressively and hold a precise and strong body posture.</p> <p>I can perform and create complex sequences.</p> <p>I can express an idea in original and imaginative ways.</p> <p>I can plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</p> <p>I can perform complex moves that combine strength and stamina.</p>	<p>I can describe what happens to my heart, breathing and temperature during different types of athletic activity.</p> <p>I understand the rules about the games I have been taught.</p> <p>I can select the most appropriate way to complete an activity.</p> <p>I understand why exercise is good for my fitness, health and wellbeing.</p>

<p>UKS2</p>	<p>I can work as a group and share roles fairly. I can lead others when called upon and act as a good role model within a team.</p> <p>I can demonstrate stamina.</p> <p>I can play to agreed rules and demonstrate sportsmanship. I can uphold the spirit of fair play and respect in all competitive situations.</p> <p>I can choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc).</p> <p>I can work alone, or with team mates in order to gain points or possession.</p> <p>I can field, defend and attack tactically by anticipating the direction of play.</p> <p>I can choose the most appropriate tactics for a game.</p>	<p>I can compose creative and imaginative dance sequences.</p> <p>I can perform expressively and hold a precise and strong body posture.</p> <p>I can perform and create complex sequences.</p> <p>I can express an idea in original and imaginative ways.</p> <p>I can plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</p> <p>I can perform complex moves that combine strength and stamina gained through gymnastics activities.</p>	<p>I can use running, jumping, throwing and catching in isolation and in combination.</p> <p>I can combine sprinting with low hurdles over 60 metres.</p> <p>I can choose the best place for running over a variety of distances.</p> <p>I can throw accurately and refine performance by analysing technique and body shape.</p> <p>I can show control in take off and landings when jumping.</p> <p>I can develop flexibility, strength, technique, control and balance.</p> <p>I can take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>I can compare my performances with previous ones and</p>	<p>I can create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures and linking skills.</p> <p>I can hold shapes that are strong, fluent and expressive.</p> <p>I can vary speed, direction, level and body rotation during floor performances.</p> <p>I can practise and refine the gymnastic techniques used in performances (listed above).</p> <p>I can demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions)</p>	<p>I understand the value of exercise outside of the school day.</p> <p>I can work as a group and share roles fairly.</p> <p>I can understand and explain the rules in Sports.</p> <p>I know how different activities promote stamina, power, control and wellbeing.</p>
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Swimming

I can swim competently, confidently and proficiently over a distance of at least 25 metres.

I can use a range of strokes effectively

I can perform safe self-rescue in different water-based situations.