



# Physical Education Passport- Reception

## Moving in different ways

I can:

**Run**



**Jump**



**Skip**



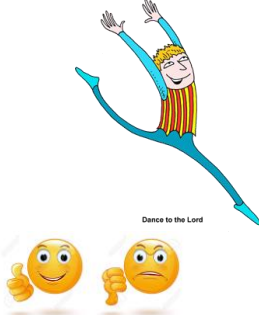
**Hop**



**Gallop**



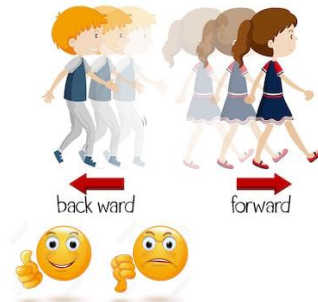
**Leap**



**Move safely**



**Travel in different ways**



## Throwing, catching, bouncing, kicking and hitting

I can:

**Throw underarm**



**Throw at a target**



**Catch using two hands**



**Hit a ball**



**Move a ball in different ways**



**Kick at a target**





# Physical Education Passport- Reception



## Dance I can:

Join movements together



Change the speed of my moves



Change the style



Create a short dance



Share my ideas



## Gymnastics I can:

Create a short sequence



Roll



Travel in different ways



Stretch



Jump in a range of ways



Balance



Move around, under, over and through



## Athletics I can:

Run



Jump, landing safely



Roll equipment



Throw underarm



Throw an object at a target





# Vocabulary

Ball	Target	Catch	Different	Sequence
Hit	Bounce	Kick	Movements	Stretch
Roll	Control	Move	Speed	Balance
Throw	Safely	Travel	Style	Under/Over
Underarm	Rules	Join	Ideas	Around/Through

## Knowledge

To describe how the body feels when still and when exercising.

To understand what 'underarm' means.

To understand the rules of simple games.

To be able to talk about what you have done and what others have done.

To be able to name a variety of balls.

To be able to name a variety of PE equipment.

To understand how to be safe when exercising.

## Skills

Hit a ball  
 Roll equipment  
 Throw underarm  
 Throw at a target  
 Catch using two hands  
 Hand-eye coordination  
 Bounce a ball  
 Kick a ball  
 Control a ball  
 Kick at a target  
 Move safely  
 Travel in different ways  
 Follow rules  
 Join movements together  
 Change speed  
 Change style  
 Develop own ideas  
 Create a short sequence  
 Roll in different ways  
 Stretch in different ways  
 Jump from one space to another  
 Begin to balance  
 Move around, over, under and through  
 Run in different ways  
 Jump in different ways  
 Control body  
 Participate



# Physical Education Passport- Year 1



## Yoga



### **I can:**

- Carry out simple stretches.
- Copy and perform a movement sequence.
- Travel in different ways.
- Hold still shapes and simple balances.
- Link two actions to make a sequence.
- Perform using a range of actions and body parts with some coordination.
- Begin to perform learnt skills with some control.



## Gymnastics



### **I can:**

- Create and perform a movement sequence.
- Copy actions and movement sequences with a beginning, middle and end.
- Link two actions to make a sequence.
- Recognise and copy contrasting actions.
- Travel in different ways, changing direction and speed.
- Perform using a range of actions and body parts with some coordination.
- Begin to perform learnt skills with some control.
- Hold still shapes and simple balances.
- Carry out simple stretches.
- Carry out a range of simple jumps, landing safely.
- Move around, under, over, and through different objects and equipment.
- Begin to move with control and care.



## Throwing and Catching



### **I can:**

- Throw underarm and overarm.
- Catch and bounce a ball.
- Use rolling skills in a game.
- Practise accurate throwing and consistent catching.
- Describe how the body feels before, during and after exercise.
- Use different ways of travelling in different directions.
- Run at different speeds.
- Begin to use space in a game.

## Dance



### **I can:**

- Copy and repeat actions.
- Put a sequence of actions together.
- Vary the speed of my actions.
- Use unison, canon and mirroring.
- Begin to create a simple dance on my own.
- Watch and describe performances. Begin to say how they could improve.

## Bat and Ball



### **I can:**

- Use hitting skills in a game.
- Practise basic striking, sending and receiving.
- Use rolling skills in a game.



## Sports Day & Athletics- Running and Jumping (Continued) I can:

- Sprint in a straight line and change direction. Maintain control as I change direction.
- Jump two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.
- Perform a short jumping sequence.
- Jump as high and as far as possible.
- Land safely and with control.
- Work with a partner to develop their jumps.
- Throw underarm and overarm.
- Throw a ball towards a target.
- Improve the distance I can throw.
- Vary my pace and speed.
- Run with a basic technique.
- Show good posture and balance.
- Jog in a straight line and change direction.



## Invasion Games I can:

- Travel with a ball in different ways.
- Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.
- Pass the ball to another player in a game.
- Use kicking skills in a game.



## Attacking and Defending I can:

- Follow simple rules to play games.
- Use simple attacking skills such as dodging.
- Use simple defensive skills.



## Knowledge

To describe how the body feels before, during and after exercise.

To be able to carry and place equipment safely.

To know why attacking and defending is important in a game.

To understand the importance of teamwork.

To understand the basic rules of dodgeball, football, basketball and cricket.

## Vocabulary

strike	send	receive	overarm	accurate
consistent	directions	fluency	pass	
attack	defend	unison	canon	mirroring
improvise	space	copy	contrasting	
posture	jog	sprint	improve	link
distances	dodgeball	cricket	basketball	football





# Physical Education Passport- Year 2



## Dance

### **I can:**

- Copy, remember and repeat actions.
- Create a short motif inspired by a stimulus.
- Change the speed and level of my actions.
- Use unison, canon and mirroring.
- Use different transitions within a dance motif.
- Move in time to music.
- Improve the timing of their actions.
- Perform sequences of their own composition with coordination.
- Perform learnt skills with increasing control.
- Watch and describe performances, and use what you see to improve your own performance.
- Talk about the differences between your work and that of others.

## Throwing and Catching

### **I can:**

- Throw different types of equipment in different ways, for accuracy and distance.
- Throw, catch and bounce a ball with a partner.
- Use throwing and catching skills in a game.
- Throw a ball for distance.
- Use hand-eye coordination to control a ball.
- Vary types of throw used.

## Football

### **I can:**

- Bounce and kick a ball whilst moving.
- Use kicking skills in a game.
- Use dribbling skills in a game.
- Know how to pass the ball in different ways.
- Begin to use space in a game.
- Begin to use and understand the terms attacking and defending.
- Use at least one technique to attack or defend to play a game successfully.
- Understand the importance of rules in games.

## Gymnastics

### **I can:**

- Copy, explore and remember actions and movements to create my own sequence.
- Link actions to make a sequence.
- Travel in a variety of ways, including rolling.
- Hold a still shape whilst balancing on different points of the body.
- Jump in a variety of ways and land with increasing control and balance.
- Climb onto and jump off the equipment safely.
- Move with increasing control and care.
- Perform sequences of my own composition with coordination.
- Perform learnt skills with increasing control.
- Watch and describe performances, and use what you see to improve your own performance.
- Talk about the differences between your work and that of others.

## Invasion Games

### **I can:**

- Use dribbling skills in a game.
- Know how to pass the ball in different ways.
- Use throwing and catching skills in a game.
- Begin to use space in a game
- Begin to use and understand the terms attacking and defending.
- Use at least one technique to attack or defend to play a game successfully.
- Understand the importance of rules in games.

## Bat and Ball

### **I can:**

- Strike or hit a ball with increasing control.
- Learn skills for playing striking and fielding games.
- Position the body to strike a ball.
- Understand the importance of rules in games.

## Athletics

### **I can:**

- Run at different paces, describing the different paces.
- Use a variety of different stride lengths.
- Travel at different speeds.
- Begin to select the most suitable pace and speed for distance.
- Complete an obstacle course.
- Vary the speed and direction in which they are travelling.
- Run with basic techniques following a curved line.
- Be able to maintain and control a run over different distances.
- Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.
- Combine different jumps together with some fluency and control.
- Jump for distance from a standing position with accuracy and control.
- Investigate the best jumps to cover different distances.
- Choose the most appropriate jumps to cover different distances.
- Know that the leg muscles are used when performing a jumping action.
- Throw different types of equipment in different ways, for accuracy and distance.
- Throw with accuracy at targets of different heights.
- Investigate ways to alter their throwing technique to achieve greater distance.

## Dodgeball

### **I can:**

- Throw different types of equipment in different ways, for accuracy and distance.
- Use throwing and catching skills in a game.
- Throw a ball for distance.
- Begin to use space in a game.
- Vary types of throw used.
- Begin to use and understand the terms attacking and defending.
- Use at least one technique to attack or defend to play a game successfully.
- Understand the importance of rules in games.

## Basketball

### **I can:**

- Throw different types of equipment in different ways.
- Throw, catch and bounce a ball with a partner.
- Use throwing and catching skills in a game.
- Use hand-eye coordination to control a ball.
- Vary types of throw used.
- Use dribbling skills in a game.
- Use at least one technique to attack or defend to play a game successfully.

## Knowledge

- To recognise and describe how the body feels during and after different physical activities.
  - To explain what they need to stay healthy.
- To understand the rules of dodgeball, football, basketball and cricket.
  - To name the main events in athletics.
- To know how many players are on a football, basketball and cricket team.

	alter	compare	transitions	accuracy	control
	technique	opposite	hold	position	striking
	composition	perform	explore	dribble	fielding
	coordination	investigate	variety	hand-eye	pathways
	compete	combine	shape	stimulus	speed
invasion	pace	position	climb	timing	motif
healthy	stride	muscles	curved line	actions	hold
hit	length	heights	maintain	level	perform





## Physical Education Passport- Year 3

### Dance- I can:

- Begin to improvise with a partner to create a simple dance.
- Create motifs from different stimuli.
- Begin to compare and adapt movements and motifs to create a larger sequence.
- Use simple dance vocabulary to compare and improve work.
- Perform with some awareness of rhythm and expression.
- Develop the quality of the actions in my performances.
- Perform learnt skills and techniques with control and confidence.
- Watch, describe and evaluate the effectiveness of a performance.
- Describe how my performance has improved over time.

### Hockey- I can:

- Move with the ball in a variety of ways with some control.
- Use two different ways of moving with a ball.
- Pass the ball in two different ways in a game situation with some success.
- Know how to keep and win back possession of the ball in a team game.
- Find a useful space and get into it to support teammates.
- Use simple attacking and defending skills in a game.
- Apply and follow rules fairly.
- Compete against self and others in a controlled manner.
- Watch, describe and evaluate the effectiveness of a performance.

### Outdoor Adventures- I can:

- Follow and give instructions.
- Communicate ideas and listen to others.
- Work with a partner and a small group.
- Plan and attempt to apply strategies to solve problems.
- Reflect on when and why I was successful at solving challenges.
- Develop basic map reading skills.

### Gymnastics- I can:

- Choose ideas to compose a movement sequence independently and with others.
- Link combinations of actions with increasing confidence, including changes of direction, speed or level.
- Develop the quality of their actions, shapes and balances.
- Move with coordination, control and care.
- Use turns whilst travelling in a variety of ways.
- Use a range of jumps in their sequences.
- Begin to use equipment to vault.
- Create interesting body shapes while holding balances with control and confidence.
- Begin to show flexibility in movements.
- Develop the quality of the actions in my performances.
- Perform learnt skills and techniques with control and confidence.
- Describe how my performance has improved over time.

### Handball- I can:

- Throw and catch with greater control and accuracy.
- Practise the correct technique for catching a ball and use it in a game.
- Perform a range of catching and gathering skills with control.
- Throw a ball in different ways.
- Move with the ball in a variety of ways with some control.
- Use two different ways of moving with a ball in a game.
- Pass the ball in two different ways in a game situation with some success.
- Know how to keep and win back possession of the ball in a team game.
- Find a useful space and get into it to support teammates

### Striking and Fielding- I can:

- Demonstrate successful hitting and striking skills.
- Develop a range of skills in striking
- Practise the correct batting technique and use it in a game.
- Strike the ball for distance.

### Invasion Games- I can:

- Practise the correct technique for catching a ball and use it in a game.
- Move with the ball in a variety of ways with some control.
- Use two different ways of moving with a ball in a game.
- Pass the ball in two different ways in a game situation with some success.
- Know how to keep and win back possession of the ball in a team game.
- Find a useful space and get into it to support teammates.
- Use simple attacking and defending skills in a game.

### Football- I can:

- Move with the ball in a variety of ways with some control.
- Use two different ways of moving with a ball in a game.
- Pass the ball in two different ways in a game situation with some success.
- Know how to keep and win back possession of the ball in a team game.
- Find a useful space and get into it to support teammates.
- Use simple attacking and defending skills in a game.
- Understand and begin to apply the basic principles of invasion games.

### Athletics- I can:

- Identify and demonstrate how different techniques can affect my performance.
- Focus on my arm and leg action to improve my sprinting technique.
- Begin to combine running with jumping over hurdles.
- Focus on trail leg and lead leg action when running over hurdles.
- Understand the importance of adjusting running pace to suit the distance being run.
- Use one and two feet to take off and to land with.
- Develop an effective take-off for the standing long jump.
- Develop an effective flight phase for the standing long jump.
- Land safely and with control.
- Throw with greater control and accuracy.
- Show increasing control in my overarm throw.
- Perform a push throw.
- Continue to develop techniques to throw for increased distance.

### Knowledge

- To recognise and describe the effects of exercise on the body.
- To know the importance of strength and flexibility for physical activity.
- To explain why it is important to warm up and cool-down.
- To understand the basic rules of hockey.
- To know how many players are on a hockey team.
- To know how to read a map.

## Vocabulary

strength flexibility warm up cool down batting technique gathering effective  
success possession useful support team mates fairly  
basic principles improvise partner adapt vocabulary awareness  
rhythm expression compose choose independently combinations  
actions confidence quality develop care turns vault affect  
arm and leg action hurdles trail leg lead leg adjusting take-off  
long jump flight phase push throw instructions communicate plan  
attempt strategies solve problems reflect successful challenges  
map quality compete controlled manner evaluate effectiveness  
handball hockey outdoors adventurous



# Physical Education Passport- Year 4



## Dance- I can:

- Identify and repeat the movement patterns and actions of a chosen dance style.
- Compose a dance that reflects the chosen dance style.
- Confidently improvise with a partner or on my own.
- Compose longer dance sequences in a small group.
- Demonstrate precision and some control in response to stimuli.
- Begin to vary dynamics and develop actions and motifs in response to stimuli.
- Demonstrate rhythm and spatial awareness.
- Change parts of a dance as a result of self-evaluation.
- Use simple dance vocabulary when comparing and improving work

## Gymnastics- I can:

- Create a sequence of actions that fit a theme.
- Use an increasing range of actions, directions and levels in my sequences.
- Move with clarity, fluency and expression.
- Show changes of direction, speed and level during a performance.
- Travel in different ways, including using flight.
- Improve the placement and alignment of body parts in balances.
- Use equipment to vault in a variety of ways.
- Carry out balances, recognising the position of their centre of gravity and how this affects the balance.
- Begin to develop good technique when travelling, balancing and using equipment.
- Develop strength, technique and flexibility throughout performances.

## Tag Rugby- I can:

- Develop different ways of throwing and catching.
- Move with the ball using a range of techniques.
- Pass the ball with increasing speed, accuracy and success in a game situation.
- Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.
- Make the best use of space to pass and receive.
- Use a range of attacking and defending skills and techniques in a game.
- Vary the tactics I use in a game.
- Adapt rules to alter games.
- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

## Badminton- I can:

- Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.
- Accurately serve underarm.
- Build a rally with a partner.
- Use at least two different shots in a game situation.
- Use hand-eye coordination to strike a moving and a stationary ball/shuttlecock.
- Vary the tactics they use in a game.
- Adapt rules to alter games.
- Perform and apply skills and techniques with control and accuracy.
- Take part in a range of competitive games and activities.
- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.
- Modify my use of skills or techniques to achieve a better result.

## Basketball- I can:

- Develop different ways of throwing and catching.
- Move with the ball using a range of techniques showing control and fluency.
- Pass the ball with increasing speed, accuracy and success in a game situation.
- Occasionally contribute towards helping my team to keep and win back possession of the ball in a team game.
- Make the best use of space to pass and receive the ball.
- Use a range of attacking and defending skills and techniques in a game.
- Use fielding skills as an individual to prevent a player from scoring
- Vary the tactics I use in a game.
- Adapt rules to alter games.
- Perform dribbling skills.
- Chest pass, bounce pass and shoulder pass.

## Outdoor Adventurous Activities- I can:

- Accurately follow and give instructions.
- Work effectively with a partner and a small group.
- Identify key symbols on a map and use a key to help navigate around a grid.
- Plan and apply strategies to solve problems.

## Invasion Games- I can:

- Develop different ways of throwing and catching.
- Move with the ball using a range of techniques showing control and fluency.
- Pass the ball with increasing speed, accuracy and success in a game situation.
- Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.
- Make the best use of space to pass and receive the ball.
- Use a range of attacking and defending skills and techniques in a game.
- Use fielding skills as an individual to prevent a player from scoring
- Vary the tactics I use in a game.
- Adapt rules to alter games.
- Know some reasons for warming up and cooling down.
- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

## Hockey- I can:

- Use a stick to hit a ball or shuttlecock with accuracy and control.
- Use at least two different shots in a game situation.
- Use hand-eye coordination to strike a moving and a stationary ball.
- Move with the ball using a range of techniques showing control and fluency.
- Pass the ball with increasing speed, accuracy and success in a game situation.
- Occasionally contribute towards helping my team to keep and win back possession of the ball in a team game.
- Make the best use of space to pass and receive the ball.
- Use a range of attacking and defending skills and techniques in a game.
- Use fielding skills as an individual to prevent a player from scoring
- Vary the tactics they use in a game.
- Adapt rules to alter games.
- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

## Athletics- I can:

- Confidently demonstrate an improved technique for sprinting.
- Carry out an effective sprint finish.
- Perform a relay, focusing on the baton change over technique.
- Speed up and slow down smoothly.
- Learn how to combine a hop, step and jump to perform the standing triple jump.
- Land safely and with control.
- Begin to measure the distance jumped
- Perform a pull throw.
- Measure the distance of my throws.
- Continue to develop techniques to throw for increased distance.

## Knowledge

- To describe how the body reacts at different times and how this affects performance.
- To explain why exercise is good for your health.
- To know some reasons for warming up and cooling down.
- To understand the basic rules of badminton.
- To understand the basic rules of tag rugby.
- To know how many players are on a tag rugby team.

## Vocabulary

hand-eye coordination	stationary	success	prevent	scoring	alter
patterns	style	reflects	precision	vary	dynamics
self-evaluation	theme	clarity	fluency	flight	
placement	alignment	centre of gravity	sprint finish		
relay	baton	smoothly	triple jump	measure	
pull throw	symbols	navigate	modify		
badminton	spatial awareness	repeat	rally		



# Physical Education Passport- Year 5



## Dance- I can:

- Identify and repeat the movement patterns and actions of a chosen dance style.
- Compose individual, partner and group dances that reflect the chosen dance style.
- Show a change of pace and timing in my movements.
- Develop an awareness of my use of space.
- Demonstrate imagination and creativity in the movements I devise in response to stimuli.
- Use transitions to link motifs smoothly together.
- Improvise with confidence, still demonstrating fluency across the sequence.
- Ensure my actions fit the rhythm of the music.
- Modify parts of a sequence as a result of self and peer evaluation.
- Use more complex dance vocabulary to compare and improve work.

## Gymnastics- I can:

- Select ideas to compose specific sequences of movements, shapes and balances.
- Adapt my sequences to fit new criteria or suggestions.
- Perform jumps, shapes and balances fluently and with control.
- Confidently develop the placement of my body parts in balances, recognising the position of my centre of gravity and where it should be in relation to the base of the balance.
- Confidently use equipment to vault in a variety of ways.
- Apply skills and techniques consistently.
- Develop strength, technique and flexibility throughout performances.
- Combine equipment with movement to create sequences.

## Basketball- I can:

- Consolidate different ways of throwing and catching, and know when each is appropriate in a game.
- Use a variety of ways to dribble in a game with success.
- Use ball skills in various ways, and begin to link together.
- Pass a ball with speed and accuracy using appropriate techniques in a game situation.
- Keep and win back possession of the ball effectively in a team game.
- Demonstrate an increasing awareness of space.
- Choose the best tactics for attacking and defending.
- Shoot in a game.
- Use fielding skills as a team to prevent the opposition from scoring.
- Know when to pass and when to dribble in a game.
- Devise and adapt rules to create their own game.

## Invasion Games- I can:

- Consolidate different ways of throwing and catching, and know when each is appropriate in a game.
- Use a variety of ways to dribble in a game with success.
- Use ball skills in various ways, and begin to link together.
- Pass a ball with speed and accuracy using appropriate techniques in a game situation.
- Keep and win back possession of the ball effectively in a team game.
- Demonstrate an increasing awareness of space.
- Choose the best tactics for attacking and defending.
- Shoot in a game.
- Use fielding skills as a team to prevent the opposition from scoring.
- Know when to pass and when to dribble in a game.
- Devise and adapt rules to create their own game.

## Tennis- I can:

- Use different techniques to hit a ball.
- Identify and apply techniques for hitting a tennis ball.
- Explore when different shots are best used.
- Develop a backhand technique and use it in a game.
- Practise techniques for all strokes.

## Outdoor Adventurous Activities- I can:

- Reflect on when and how I was successful at solving challenges, and alter methods in order to improve.
- Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.
- Use critical thinking to approach a task.
- Navigate around a course using a map.



### Handball- I can:

- Consolidate different ways of throwing and catching, and know when each is appropriate in a game.
- Use ball skills in various ways, and begin to link together.
- Pass a ball with speed and accuracy using appropriate techniques in a game situation.
- Keep and win back possession of the ball effectively in a team game.
- Demonstrate an increasing awareness of space.
- Choose the best tactics for attacking and defending.

### Rounders- I can:

- Use different techniques to hit a ball.
- Explore when different shots are best used.
- Develop a backhand technique and use it in a game.
- Practise techniques for all strokes.
- Pass a ball with speed and accuracy using appropriate techniques in a game situation.
- Demonstrate an increasing awareness of space.
- Choose the best tactics for attacking and defending.
- Use fielding skills as a team to prevent the opposition from scoring.

### Knowledge

- To know and understand the reasons for warming up and cooling down.
- To explain some safety principles when preparing for and during exercise.
- To understand the basic rules of tennis.
- To be able to apply the rules of tennis within a game.

### Athletics- I can:

- Accelerate from a variety of starting positions and select my preferred position.
- Identify my reaction times when performing a sprint start.
- Continue to practise and refine my technique for sprinting, focusing on an effective sprint start.
- Select the most suitable pace for the distance and my fitness level in order to maintain a sustained run.
- Identify and demonstrate stamina, explaining its importance for runners.
- Improve techniques for jumping for distance.
- Perform an effective standing long jump.
- Perform the standing triple jump with increased confidence.
- Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.
- Land safely and with control.
- Measure the distance and height jumped with accuracy.
- Investigate different jumping techniques.
- Perform a fling throw.
- Throw a variety of implements using a range of throwing techniques.
- Measure and record the distance of my throws.
- Continue to develop techniques to throw for increased distance.

## Vocabulary

safety principles	tennis ball	shots	backhand technique	strokes
overhead serve	consolidate	dribble	possession	
opposition	devise	timing	imagination	creativity
improvise	rhythm	peer-evaluation	complex	
criteria	suggestions	placement	consistently	accelerate
starting position	preferred	reaction times	sprint start	
sustained	standing long jump	stamina	standing vertical jump	
flight	fling throw	strategy	critical thinking	





# Physical Education Passport- Year 6



## Gymnastics- I can:

- Create my own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.
- Demonstrate precise and controlled placement of body parts in my actions, shapes and balances.
- Confidently use equipment to vault and incorporate this into sequences.
- Apply skills and techniques consistently, showing precision and control.
- Develop strength, technique and flexibility throughout performances.

## Tag Rugby- I can:

- Throw and catch accurately and successfully under pressure in a game.
- Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
- Choose and make the best pass in a game situation and link a range of skills together with fluency.
- Keep and win back possession of the ball effectively and in a variety of ways in a team game.
- Demonstrate a good awareness of space.
- Think ahead and create a plan of attack or defence.
- Apply knowledge of skills for attacking and defending.
- Follow and create complicated rules to play a game successfully.
- Communicate plans to others during a game.
- Lead others during a game.

## Tennis- I can:

- Hit a bowled ball over longer distances.
- Use good hand-eye coordination to be able to direct a ball when striking or hitting.
- Understand how to serve in order to start a game.
- Change direction of the ball.
- Use a forehand and backhand shot.
- Understand what shots can be used in attacking play.
- Play a tennis serve.
- Apply all skills learnt in a tennis match.

## Dance- I can:

- Identify and repeat the movement patterns and actions of a chosen dance style.
- Compose individual, partner and group dances that reflect the chosen dance style.
- Use dramatic expression in dance movements and motifs.
- Perform with confidence, using a range of movement patterns.
- Demonstrate strong and controlled movements throughout a dance sequence.
- Combine flexibility, techniques and movements to create a fluent sequence.
- Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.
- Show a change of pace and timing in my movements.
- Move rhythmically and accurately in dance sequences.
- Improvise with confidence, still demonstrating fluency across my sequence.
- Dance with fluency and control, linking all movements and ensuring that transitions flow.
- Demonstrate consistent precision when performing dance sequences.
- Modify some elements of a sequence as a result of self and peer evaluation.
- Use complex dance vocabulary to compare and improve work.

## Cricket/Rounders- I can:

- Hit a bowled ball over longer distances.
- Use good hand-eye coordination to be able to direct a ball when striking or hitting.
- Understand how to serve in order to start a game.
- Throw and catch accurately and successfully under pressure in a game.
- Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
- Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.
- Keep and win back possession of the ball effectively and in a variety of ways in a team game.
- Demonstrate a good awareness of space.
- Follow and create complicated rules to play a game successfully.
- Communicate plans to others during a game.

### Netball- I can:

- Throw and catch accurately and successfully under pressure in a game.
- Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
- Choose and make the best pass in a game situation and link a range of skills together with fluency.
- Keep and win back possession of the ball effectively and in a variety of ways in a team game.
- Demonstrate a good awareness of space.
- Think ahead and create a plan of attack or defence.
- Apply knowledge of skills for attacking and defending.
- Work as a team to develop fielding strategies to prevent the opposition from scoring.

### Outdoor Adventurous Activities- I can:

- Work effectively with a partner and a group.
- Use critical thinking to form ideas.
- Pool ideas within a group, selecting and applying the best method to solve a problem.
- Reflect on why and how I am successful at solving challenges and adapt methods in order to improve.
- Orientate and map efficiently to navigate around a course.

### Invasion Games- I can:

- Throw and catch accurately and successfully under pressure in a game.
- Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
- Choose and make the best pass in a game situation and link a range of skills together with fluency.
- Keep and win back possession of the ball effectively and in a variety of ways in a team game.
- Demonstrate a good awareness of space.
- Think ahead and create a plan of attack or defence.
- Apply knowledge of skills for attacking and defending.
- Work as a team to develop fielding strategies to prevent the opposition from scoring.
- Follow and create complicated rules to play a game successfully.

### Athletics- I can:

- Recap, practise and refine an effective sprinting technique, including reaction time.
- Build up speed quickly for a sprint finish.
- Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.
- Accelerate to pass other competitors.
- Work as a team to competitively perform a relay.
- Confidently and independently select the most appropriate pace for different distances and different parts of the run.
- Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.
- Develop the technique for the standing vertical jump.
- Maintain control at each of the different stages of the triple jump.
- Land safely and with control.
- Develop and improve my techniques for jumping for height and distance and support others in improving their performance.
- Perform and apply different types of jumps in other contexts.
- Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
- Perform a heave throw.
- Measure and record the distance of my throws.
- Continue to develop techniques to throw for increased distance and support others in improving my personal best.
- Develop and refine techniques to throw for accuracy.

### Knowledge

- To understand the importance of warming up and cooling down.
- To carry out warm-ups and cool-downs safely and effectively.
- To understand why exercise is good for health, fitness and wellbeing.
- To know ways they can become healthier.

## Vocabulary

rhythmically

orientate

personal best

throw

bowled

stretching

vaulting

refine

direct

lead

competitors

accelerate

serve

strong

transitions

endurance

precision

swing

leaping

refine

thoroughly

communicate

stride

hurdles

heave

