



Reeth Community Primary School and Gunnerside Methodist (VC) Primary School Federation

PE

	Athletics			Dance	Gymnastics	Games			Teamwork and Attitude
	Running	Jumping	throwing			Net and Wall	Striking and Fielding	Invasion	
Emergent	I can take part in running games (relays etc) and run as fast as I can in the process.	I can jump as high as I can and as far as I can and take part in a number of jumping games.	I can use an underarm action when aiming at a target and overarm action for distance.	I can perform some dance moves, showing rhythm and choosing the best movements to show my ideas.	I can travel with control and co-ordination, copying and repeating sequences which include rolling, travelling, balancing, climbing, stretching and curling.	I can hit a ball with a racket	I can hit a ball with a bat and can move to catch or collect a ball	I can throw and kick a ball in different ways, and decide where to stand to make the game difficult for the other team.	I can take part in activities and work with others to complete a task.
Early	I can sprint over short distances (40m) and can run longer distances (200m), conserving energy and pacing myself.	I can jump as far as I can, sometimes including a short run up.	I can select to use an overarm or underarm throw depending on the distance required and the equipment used.	I can perform dance moves with control and co-ordination, linking 2+ actions together to make a sequence and communicate mood or feelings.	I can plan sequences of movements which are controlled, showing contrasts such as small/tall and balance on different points of my body.	I can hit a ball over an object or aim at an object with some accuracy and success.	I can use hitting and throwing skills in games and play fairly.	I can use my throwing, hitting and kicking skills during a game and can start to decide tactically on the best position to be in for a game.	I can use the term opponent and teammate when taking part in activities and can play fairly.
Middle	I can complete running challenges for speed (60m) and stamina (800m), as well as hurdling, trying my best each time.	I can show consistent technique when performing a range of jumps including long, triple and speed bounce.	I can demonstrate a range of throwing techniques, including overarm, under arm and pushing from my chest, and start to show accuracy.	I can improvise with ideas and movements, refining them into clear and fluent sequences which express a variety of things.	I can perform balanced and controlled sequences which include changes in speed and level. I can attempt an on/off vault with some success.	I can play a rally with a partner and am beginning to vary the type of shot I play with my racket.	I can throw and catch a ball with control and accuracy and strike and field with control, following the rules of the game.	I can keep possession of a ball using any 2 of: feet, equipment or hands, whilst choosing appropriate tactics to cause problems for the opposition.	I can follow rules in a game and ensure I work with teammates to meet the end goal.
Later	I can organise and take part in running events for speed (75m), stamina (1200m) and hurdles, having a role such as starter or time keeper.	I can show good technique and fluency of movement when performing long and triple jumps and speed bounce.	I can show accuracy and good technique when throwing overarm, underarm and pushing from my chest.	I can create and compose my own dances, performing them expressively with control and include emotions and feelings.	I can make complex sequences and combine actions, shapes and balances. My movements are clear, controlled and consistent. I can perform a vault.	I can use the forehand and backhand during games and rallies and I am mostly accurate with the shots I play	I can strike a bowled ball and take an active part in a game, varying my role in the team and following the rules.	I can use a variety of techniques to pass a ball, using the most appropriate tactics within the game and attempt to gain possession of the ball.	I can acknowledge the contribution of others to games and activities and openly work with team members to be successful.
Extended	I can design, organise and judge running events and challenges, taking part in them when required.	I can demonstrate excellent technique and show consistency and control in long and triple jumps and speed bounce.	I can demonstrate excellent technique and show consistency (when throwing for distance) and accuracy (when aiming) in a range of throwing events.	I can refine my dances with style and artistic intention, choosing my own steps to match the mood of the music.	I can link and adapt actions together into a well-timed sequence which is very controlled. I can perform a vault consistently and attempt a throw vault.	I can use a range of shots and strokes to hit a ball, including on the volley, varying the pace of the shot whilst ensuring accuracy.	I can strike a ball in a variety of ways into space and bowl accurately to an opponent whilst having a positive influence on my team.	I can use tactics effectively to plan my approach for attacking and defending in a range of invasion games.	I can show control and sportsmanship in victory and congratulations in defeat, ensuring reflection is taken on how to improve for next time.

Attainment

	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
Emergent	I can copy, repeat and explore simple skills and actions with basic control and coordination.	I can link these skills and actions in ways that suit the activities.	I can describe and comment on my own and others' actions.	I can talk about how to exercise safely and how my body feels during an activity.
Early	I can explore simple skills. I can copy, remember, repeat and explore simple actions with control and coordination.	I can vary skills, actions and ideas and link these in ways that suit the activities.	I can talk about differences between my own and others' performances and suggest improvements.	I can understand how to exercise safely and describe how my body feels during different activities.
Middle	I can select and use skills, actions and ideas appropriately applying them with coordination and control.	I can show that I understand tactics and composition by starting to vary how I respond.	I can see how my work is similar to and different from others' work and use this understanding to improve my own performance.	I can give reasons why warming up before an activity is important and why physical activity is good for my health.
Later	I can link skills, techniques and ideas and apply them accurately and appropriately. My performance shows precision, control and fluency.	My performance shows precision, control and fluency and that I understand tactics and composition.	I can compare and comment on skills and techniques and the ways they are applied in my own and others' work and use this understanding to improve my performance.	I can explain and apply basic safety principles in preparing for exercise. I can describe what effects exercise has on my body and how it is valuable to my fitness and health.
Extended	I can select and combine my skills, techniques and ideas and apply them accurately and appropriately, consistently showing precision, control and fluency.	When performing I can draw on what I know about strategy, tactics and composition.	I can analyse and comment on skills and techniques and how these are applied in my own and others' work. I can modify and refine skills and techniques to improve my performance.	I can explain how the body reacts during different types of exercise and warm up and cool down in ways that suit the activity. I can explain why regular safe exercise is good for my fitness and health.