

ATHLETICS

Level	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
I can run at different speeds	I can change speed & direction whilst running	I can run at a speed appropriate to the distance I am running	I can improve and sustain running technique at different speeds	I can demonstrate good control, strength, speed & stamina in a variety of athletic events
I can jump from a standing position	I can jump accurately from a standing position	I can take a running jump	I can demonstrate accuracy & technique in a range of throwing & jumping actions	I understand how to apply athletic skills & tactics to the competitive situation
I can throw an object with one hand	I can throw a variety of objects with one hand	I can demonstrate a range of throwing actions using a variety of objects	I can identify & explain good athletic performance	I can explain how to improve technique in a variety of events
I can recognise changes in the body during exercise	I can recognise a change in temperature & heart rate during exercise	I can recognise a change in heart rate, temperature and breathing rate	I can describe the changes in my body when running, jumping & throwing	I understand & can explain the short & long term effects of exercise, and I understand the need for specific warm up & cool down

Range of Levels within which the Great Majority of Pupils are Expected to Work		Expected Attainment for the Majority of Pupils at the End of the Key Stage	
Key Stage 1	1-3	At age 7	2
Key Stage 2	2-5	At age 11	4
Key Stage 3	3-7	At age 14	5/6

DANCE

Level	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
I can copy & explore basic body patterns & movements	I can perform with control & co-ordination	I can improvise freely on my own & with a partner	I can demonstrates precision, control & fluency in response to stimuli	I can perform & create motifs in a variety of dance styles with accuracy & consistency
I can remember simple dance steps& performs in a controlled manner	I can responds imaginatively to a variety of stimuli	I can translate ideas from a variety of stimuli into movement.	I can vary dynamics & develop actions with a partner or as part of a group	I can select & use a wide range of compositional skills to demonstrate ideas
I can choose actions & link them with sounds & music	I can vary dynamics, levels, speed & direction	I can compare, develop & adapt movement & motifs to create longer dances. I can use dance vocabulary to compare & improve my work	I continually demonstrate rhythm & spatial awareness	I can suggest ways to improve quality of performance showing sound knowledge & understanding
I can safely perform teacher led warm-ups & can describe & discuss others work	I can discuss my own & others performance with simple vocabulary. I understand the need for warm up & cool down	I understand working safely, I recognise changes in my body and I can give reasons why PE is good for my health.	I can modify my performance & that of others as a result of observation & basic understanding of the structure of the body	I can lead my own warm up & demonstrates all round safe practice

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GYMNASTICS

Level	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
I can copy & explore basic actions with some control & co-ordination	I can copy, remember, explore & repeat simple actions varying speed & levels	I can copy, remember, explore & repeat simple actions, and link & vary ideas with control & co-ordination	I can link ideas, skills & techniques with control, precision & fluency when performing basic skills	I can perform & create movement sequences with some complex skills & displaying accuracy & consistency
I have begun to choose & link basic actions, and I can recognise & use space appropriately	I am beginning to select simple actions to construct basic sequences	I can apply compositional ideas to sequences alone & with others	I understands composition by performing more complex sequences	I can select & use a wide range of compositional skills in complex sequences alone & in groups. I show an ability to innovate
I can watch & discuss my own work & that of my peers	I am beginning to identify the difference between my performance & that of others	I can describe my own & others work noting similarities & differences. I can make suggestions for improvements	I can describe how to refine, improve & modify performances	I can analyse skills & can suggest ways to improve quality of performance showing sound knowledge & understanding
I can safely perform teacher led warm-up & I am aware of others	I understand the need for warm up & cool down, and also what is happening to my body during exercise	I understand working safely, I recognise changes in my body and can give reasons why PE is good for health	I can demonstrate specific aspects of warm-up & describe effects of exercise on the body	I can lead own warm up & demonstrates all round safe practice

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Key Stage 2	2-5	At age 11	4
Key Stage 3	3-7	At age 14	5/6

GAMES / INVASION GAMES

Level	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
Level 1	Level 2	Level 3	Level 4	Level 5
I can stop a ball with basic control	I can stop / catch a ball with control	I am beginning to influence opposed conditioned game	I can control and catch a ball & accurately pass whilst moving	I can control movement with a ball in opposed situation whilst moving
I can send a ball in the direction of another person	I can pass a ball to someone else	I can control and catch a ball with movement	I can take part in conditioned game with understanding of tactics & rules	I can combine accurate passing skills / techniques in game
I can take part in sending and receiving	I can take part in opposed conditioned games	I can accurately pass to someone else	I can move with a ball in opposed situations (unihoc / football)	I can advise and help others in their techniques in a game
I can talk about exercising, safety & short term effects of exercise	I understand about exercising, safety & short term effects of exercise	I can move with a ball (unihoc / football)	I understand / use principles of warm up & why exercise is good for health	I understand & explain short term effects of exercise, warming, cooling
		I can talk about reasons for warming up / why exercise is good for health		I understand & can explain long term effects of exercise

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