

## PE - Key objectives

### Foundation Stage

- I can develop coordination and gross motor skills.
- I can develop fundamental movement.
- I can perform actions to music.
- I can find different ways to manoeuvre objects.
- I can participate in a variety of agility-based activities.
- I can send and receive a variety of objects using various body parts.

### Year 1

- I can apply basic strength to gymnastic actions.
- I can send and receive accurately using hands and feet.
- I can compose and link actions to make simple movement phrases.
- I can recognise rules and apply them in games.
- I can link running and jumping actions.
- I can explain why people enjoy exercise.
- I can work collaboratively on tasks that are more complex.

### Year 2

- I can perform basic gymnastics actions with control and consistency.
- I can describe how performers can transition from shapes and balances.
- I can develop body management through a range of floor exercises.
- I can create and perform a simple gymnastic sequence.
- I can move around or stay in space to avoid others.
- I can hit a ball using variety of bats to score points in games.
- I can hit and return a ball with some consistency.
- I can begin to move in the water with confidence.

### Year 3

- I can modify actions in gymnastics using different directions, pathways and shapes.
- I can develop body management over a range of floor exercises.
- I can begin to show increase flexibility in shapes and balances.
- I can perform in dance using facial expression and with a prop.
- I can tell a story through dance using improvisation and other devices.
- I can apply basic defending and attacking techniques in a variety of sports.
- I can manipulate objects, sticks and balls with safety and control.

### Year 4

- I can perform skills more confidently with a partner and in a group.
- I can perform a variety of different formations in dance.
- I can keep possession and use dribbling, passing and shooting skills in a game.

- I can defend and stop attacks by intercepting.
- I can demonstrate and implement the basic rules in a game.
- I can swim confidently, competently and proficiently using a range of strokes.
- I can move in the water with more confidence.

#### **Year 5**

- I can create and perform longer and more complex routines with consistency.
- I can take the lead in a group and use information given by others to improve performance.
- I can compare performances and judge strengths and areas for improvements.
- I can perform different styles of dance clearly and fluently.
- I can refine and improve dances to include space, rhythm and expression.
- I can use a range of passes with precision and control.
- I can understand different positions and play them effectively.
- I can swim confidently, competently and proficiently using a range of strokes.

#### **Year 6**

- I can perform increasing complex routines with more consistency and accuracy.
- I can create gymnastics routines and use a range of apparatus safely.
- I can work collaboratively to include more compositional ideas.
- I can use appropriate terminology to talk about different styles of dance.
- I can choose and implement a range of tactics to attack and defend.
- I can apply the rules of the game with more consistency.
- I can apply some aspects of fitness (such as power and speed) to a game.
- I can swim confidently, competently and proficiently using a range of strokes.
- I can swim over a greater distance in shallow water.