

Dance

Explore movements in response to a stimulus (e.g. instruction, music, sounds).

I can think of my own movements to match a sound.

Perform imaginative movements with control (including moving in time and with co-ordination).

I can control movements that I have made up to match sounds.

Create and perform simple movement patterns.

I can make up and perform simple patterns.

Create dances in pairs.

I can make up dances with my partner.

Games

Demonstrate confident control of equipment.

I can use sports equipment confidently.

Copy skills and techniques and use them within the context of a game.

I can use the skills I have been shown in an activity.

Apply the basic principles of attacking and defending to fulfil a role within a game.

I can take part in a game by playing in a certain position.

Participate in team games using tactics.

I can take part in games using tactics.



Gymnastics

Copy a variety of balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces.

I can move in the way I have been shown in different spaces and on different apparatus.

Perform modelled sequences on the floor and using apparatus which are designed to develop balance and flexibility.

I can perform sequences in different places that I have been shown using balancing and bending.

Control basic variations in level, speed and direction (eg slow/fast, high/low, up/down).

I can make sure I use different levels, speeds and directions in sequences.

Create sequences in pairs.

I can work with a partner to make up new sequences.

Athletics

Demonstrate control when running, sprinting, throwing and jumping.

I can run, sprint, throw and jump with control.

Vary technique following instruction to improve performance when competing (e.g. racing over varied distances).

I can improve my results by using the techniques I have been shown.

Evaluating Performance

Suggest ways to improve performance in different physical activities and sports.

I can suggest ways to improve in different sports.

Compare his/her own performance to others'.

I can compare my performance to how others have performed.