



Band 3 - Physical Education

Swimming

Jump into the pool and submerge briefly.

I can jump into a pool and go underwater briefly.

Sink, push away from the wall and glide underwater for a short distance.

I can glide underwater from the side of the pool.

Submerge fully to pick up an object from the bottom.

I can pick up an object from the bottom of the pool.

Have a reasonable knowledge of the water safety code.

I know how to keep safe and avoid dangers in and around water.

Diet and Hygiene

Explain the importance of appropriate portions of food for a balanced diet and health.

I know that if I eat too much or too little food that this can have a negative effect on my health.

Know the importance of following instructions when taking medicine.

I know that too much medicine or the wrong medicine can make me unwell.

Understand the importance of maintaining his/her teeth and explain what happens when teeth and gums are not maintained.

I know that if I don't take care of my teeth and gums they can decay and rot and this can effect my eating.

Explain the importance of the sun to give us vitamin D but the need to stay safe too.

I know the sun provides me with vitamin D but too much sun on my skin can be harmful.

Healthy Bodies

Identify the importance of our senses and explain some of the difficulties and dangers that we could encounter if we were to lose a sense.

I know what my senses are and can explain what it could be like if I lost one them.

Identify that exercise helps our lungs and heart and improves co-ordination.

I know that exercise helps keep my heart and lungs healthy.

Describe the differences between different body parts.

I can name the main parts of the body.

Understand the main functions of the brain and the way it sends signals using the nervous system.

I am aware that the brain sends signals around my body using my nervous system.

Understand how the body protects the internal organs and how we give extra protection during activities.

I know how the skeleton helps protect my internal organs and I can suggest ways to help improve this during sport.

Name the parts of the digestive system and explain the processes.

I can explain how food is digested within my body.

Healthy mind

Set more challenging goals and evaluate his/her achievements.

I can set myself a challenge and know how well I am doing.

Begin to compare emotional feelings with physical feelings.

I understand that when I feel sad or happy my body can change too.

Create a 'steps to success' approach to achieving success.

I know what steps I have to take to achieve what I want.

Understand that determination and perseverance are needed to overcome a challenge.

I know that some things are not easy to get and that if I don't keep trying I will not achieve my goal.



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Personal and social

Share his/her own considered point of view and listen to, and consider, other peoples' opinions.

I can form an opinion on something and review this when I listen to other peoples' ideas.

Offer solutions when there are disagreements between friends.

I can offer ideas on ways to solve problems when other people have a disagreement.

Recognise the challenges that parents can have when bringing up children.

I understand some of the difficulties that can occur when a parent is bringing up a child.

Applying skills and using tactics

Vary skills, actions and ideas and link these in different ways to suit different activities.

I can call upon a range of skills and abilities to perform well in different sports / games.

Vary his/her responses to tactics, strategies and sequences used.

I can understand the tactics used against me by others.

Acquiring and developing skills

Balance on one foot.

I can stand on one foot without wobbling or swaying.

Climb a set of wall bars (or similar).

I can climb steadily and confidently moving one foot after the other.

Perform a side stepping gallop.

I can 'skip sideways' in a rhythmical movement using my arms to help me move along.

Run at speed over a distance.

I can run fast in a straight line using my arms to help balance my movement.

Evaluating and improving performance

Compare and contrast his/her performance with others

I can say how well I have done compared to others and give reasons for my performance

