

## Dance

Perform a variety of dance styles.

*I can change the way I dance to match what I have been asked to do.*

Use a component of dance in a composition.

*I can make up a sequence which uses a dance skill have been shown.*

Create a sequence of movement with a clear beginning, middle and ending.

*I can make up a dance with a clear beginning, middle and ending.*

Combine ideas with others to create a routine.

*I can put ideas together in a group to create a dance together.*

## Games

Demonstrate confident control of equipment in opposed situations.

*I can control equipment in a game against other people or a team.*

Demonstrate relevant skills and techniques within the context of a competitive game.

*I can use skills I have been shown in a game against other people or another team.*

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

*I can use attack and defence techniques in a game.*

Identify the roles of team members in executing tactics.

*I can organise my team mates in a game.*

## Gymnastics

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

*I can work on different apparatus and spaces using a variety of balances, jumps, movements and turns.*

Create and perform sequences on the floor and using apparatus which demonstrates balance and flexibility.

*I can make up and perform sequences using balances and flexibility.*

Control subtle variations in level, speed and direction.

*I can control small changes in my movements, such as level speed and direction.*

Combine ideas with others to create a group sequence.

*I can combine my ideas with others to create a group sequence.*

## Athletics

Demonstrate control and technique when running, sprinting, throwing and jumping.

*I can show control and technique when I run, sprint, throw and jump.*

Select technique intended to improve performance when competing.

*I can choose the best ways to run, sprint, throw and jump.*

## Evaluating Performance

Identify what needs to improve about his/her own performance in different physical activities and sports.

*I can analyse and improve my own performance in a range of activities and sports.*

Compare his/her own performance to others' and recognise success.

*I can compare my performance to how others have performed and explain what has been done well.*