



## Dance

Copy and explore movement patterns.

*I can copy movements then change them in a way I have made up.*

Respond imaginatively, choosing actions to match a variety of sounds and music.

*I can use my imagination to think of new movements to match what I hear.*

Perform movements in time with sounds and music.

*I can move in time to sounds and music.*

Learn simple sequences with precision.

*I can learn a dance and do it exactly the way I was shown.*

Create and perform simple movements in order.

*I can make up a dance and perform it in the order I thought of.*

Collaborate successfully with others to perform a group sequence.

*I can make up a dance sequence and perform it in a group.*

## Games

Develop tactics for scoring, stopping, passing and travelling.

*I can think of ways to play a game successfully.*

Develop tactics for attacking and defending in the context of a team game.

*I can think of ways to score and ways to stop my opponent scoring.*

Participate in team games.

*I can take part in games in a team.*

## Evaluating Performance

Identify improvement and successes in a range of increasingly challenging activities.

*I can explain how to improve and how I know I have improved in challenging activities.*

## Gymnastics

Master basic actions with control and co-ordination, including taking off and landing, balance and rolling.

*I can carry out different movements with great organisation and control.*

Make effective use of space around them.

*I can use the space around me in the best way possible.*

Create short movement phrases with a beginning, middle and ending.

*I can put together a sequence with a beginning, middle and an end.*

Demonstrate contrasts in direction, level and speed of movement.

*I can demonstrate movements using different directions, levels and speeds.*

Collaborate successfully with others to perform a group sequence.

*I can work with my group to move using a sequence.*

## Athletics

Master basic movements including running, jumping, throwing and catching.

*I can run, jump, throw and catch using the best ways I have been shown.*

Perform basic techniques for running, jumping, throwing and catching as appropriate for activities (eg running race, target throwing, jumping over an obstacle).

*I can run, jump, throw and catch in the best way to take part in an activity.*

## Swimming

Swim with confidence.

*I can swim confidently.*

Swim on both front and back.

*I can swim on my front and on my back.*

Understand how to stay safe in and around water.

*I can explain how to stay safe around water.*