



Dance

Copy simple movement patterns.

I can copy simple dance patterns.

Choose simple actions to match sounds and music.

I can choose movements to match music or sounds.

Learn simple sequences.

I can remember a dance.

Perform movements in order.

I can do movements in the order I have been shown.

Work together successfully with others to perform a modelled group sequence.

I can do a dance I have been shown with my group.

Games

Demonstrate basic control of equipment.

I can use what I am given to play a game.

Send and receive a ball as part of an activity.

I can pass and throw a ball to someone else and stop a ball if it is given to me.

Participate in group activities.

I can join in games in a group.

Evaluating Performance

Identify successes in a range of increasingly challenging activities.

I can explain how I succeeded in more challenging activities.

Gymnastics

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

I can copy gymnastics movements I have been shown.

Recognise and use space around them.

I can tell if I am in enough space.

Choose and link skills and actions in short movement phrases.

I can put together different movements in a sequence.

Explore variations in direction, level and speed of movement.

I can move using different directions, speeds and

Work together successfully with others to perform a modelled group sequence.

I can work in a group to carry out movements we have been shown.

Athletics

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

I can move in the way I have been shown to run, jump, throw and catch.

Perform basic techniques for running, jumping, throwing and catching.

I can run, jump, throw and catch.

