

## End of Year Expectations – Physical Education

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>• I can copy &amp; repeat basic body patterns &amp; movements</li> <li>• I can remember simple dance steps and perform these in a controlled manner</li> <li>• I can roll, curl, travel and balance in different, controlled ways</li> <li>• I can throw underarm</li> <li>• I can kick a ball</li> <li>• I can throw and catch with both hands</li> <li>• I can hit a ball with a bat</li> <li>• I can send a ball in the direction of another person</li> <li>• I can talk about the short term effects of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• I can follow the rules of a game</li> <li>• I can pass a ball to someone else</li> <li>• I can use hitting, kicking and/or rolling in a game</li> <li>• I am beginning to decide about the best position to be in, in a game</li> <li>• I can copy, remember, explore and repeat simple actions with varying speed and levels</li> <li>• I can work on my own or with a partner, when performing a sequence of actions</li> <li>• I am beginning to select simple actions to construct basic sequences that follow 'rules'</li> </ul>	<ul style="list-style-type: none"> <li>• I am aware of space, when playing a game</li> <li>• I am aware of teammates and the opposition and use tactics in light of this</li> <li>• I can throw and catch a ball, whilst moving</li> <li>• I listen to rules and use them fairly</li> <li>• I can adapt sequences to suit a variety of apparatus</li> <li>• I can create and share phrases/actions with a partner or small group</li> <li>• I can repeat, remember and perform phrases/actions</li> <li>• I can demonstrate a range of throwing actions using a variety of objects</li> <li>• I can run at fast, medium and slow speeds; changing speed and direction, when asked</li> <li>• I can follow a route safely</li> </ul>	<ul style="list-style-type: none"> <li>• I can catch with one hand</li> <li>• I can talk about reasons for warming up / why exercise is good for health</li> <li>• I can throw and catch, accurately</li> <li>• I can hit a ball with control</li> <li>• I am beginning to vary tactics and adapt skills depending on what is happening around me</li> <li>• When creating a sequence, I can work in a controlled way by changing speed/direction/shape</li> <li>• I can take the lead when working with a partner/small group</li> <li>• I can run at a speed appropriate to the distance I am running</li> <li>• I can throw a variety of equipment and hit a target</li> <li>• I can follow a route, in a time limit</li> </ul>	<ul style="list-style-type: none"> <li>• I can gain possession during a game</li> <li>• I can use a number of techniques to pass, dribble and shoot</li> <li>• Independently I can find an appropriate place to field</li> <li>• I can combine action, balance and shape in a sequence of actions</li> <li>• When dancing, I show fluency, accuracy and consistency</li> <li>• I can perform to music</li> <li>• I show controlled take-off and landing when jumping</li> <li>• I can combine running and jumping</li> <li>• I can follow a map in an unknown location</li> <li>• I can change my route, using new information, to overcome a problem</li> </ul>	<ul style="list-style-type: none"> <li>• I can explain to a partner the rules of a game</li> <li>• I can control and catch a ball and accurately pass whilst moving</li> <li>• I can lead others in a game situation</li> <li>• When creating sequences, I can combine my own moves and that of others</li> <li>• I can describe how to refine, improve and modify performances</li> <li>• I can link sequences to specific timings</li> <li>• I can demonstrate accuracy and technique in a range of throwing and jumping activities</li> <li>• I can demonstrate stamina</li> </ul>