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| F2 | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| Can I copy actions?Can I repeat actions and skills?Can I move with some control and care? | Can I copy actions?Can I repeat actions and skills?Can I move with control and care? | Can I copy actions?Can I repeat actions and skills?Can I move with control and care? | Can I select and use the most appropriate skills, actions or ideas?Can I move and use actions with co-ordination and control? | Can I select and use the most appropriate skills, actions or ideas? Can I move and use actions with co-ordination and control? Can I make up my own small-sided game? | Can I link skills, techniques and ideas and apply them accurately and appropriately? Do they show good control in my movements? | Can I apply my skills, techniques and ideas consistently? Can I show precision, control and fluency? |
|  | ***Evaluating and Improving*** |
| Can I talk about what we have done? | Can I talk about what we have done?Can I describe what other people did? | Can I show how to exercise safely?Can I talk about what we have done?Can I describe what other people did? | Can I explain how my work is similar and different from that of others?With help, do they recognise how performances could be improved? | Can I explain how my work is similar and different from that of others? Can I use my comparison to improve my work? | Can I compare and comment on skills, techniques and ideas that they and others have used? Can I use my observations to improve my work? | Can I analyse and explain why they have used specific skills or techniques? Can I modify use of skills or techniques to improve my work? Can I create my own success criteria for evaluating? |
|  | ***Health and Fitness*** |
| Can I describe how my body feels before, and after an activity**?** | Can I describe how my body feels before, during and after an activity**?** | Can I describe how my body feels before, during and after an activity**?** | Can I explain why it is important to warm-up and cool-down?Can I identify some muscle groups used in gymnastic activities? | Can I explain why warming up is important? Can I explain why keeping fit is good for my health? | Can I explain some important safety principles when preparing for exercise? Can I explain what effect exercise has on my body? Can I explain why exercise is important? | Can I explain how the body reacts to different kinds of exercise? Can I choose appropriate warm ups and cool downs? Can I explain why we need regular and safe exercise? |
|  | ***Dance***  |
| Can I move to music? Can I copy dance moves? Can I perform some dance moves?Can I make up a short dance?Can I move around the space safely? | Can I move to music? Can I copy dance moves? Can I perform some dance moves?Can I make up a short dance and repeat it and remember?Can I move around the space safely? | Can I move to music? Can I copy dance moves? Can I perform some dance moves?Can I make up a short dance?Can I move around the space safely? | Can I improvise freely, translating ideas from a stimulus into movement? Can I share and create phrases with a partner and in small groups?Can I repeat, remember and perform these phrases in a dance? | Can I take the lead when working with a partner or group? Can I use dance to communicate an idea?Can I work on my movements and refine them? Is my dance clear and fluent? | Can I compose my own dances in a creative and imaginative way? Can I perform to an accompaniment, expressively and sensitively? Are my movements controlled? Does my dance show clarity, fluency, accuracy and consistency? | Can I develop imaginative dances in a specific style? Can I choose my own music, style and dance? |
|  | ***Games*** |
| Can I throw underarm? Can I roll a piece of equipment?Can I hit a ball with a bat?Can I move and stop safely?Can I catch with both hands? | Can I throw underarm? Can I roll a piece of equipment?Can I hit a ball with a bat?Can I move and stop safely?Can I catch with both hands?Can I throw in different ways?Can I kick in different ways? | Can I throw underarm? Can I roll a piece of equipment?Can I hit a ball with a bat?Can I move and stop safely?Can I catch with both hands?Can I throw in different ways?Can I kick in different ways? | Can I throw and catch with control when under limited pressure?Are they aware of space and use it to support team- mates and cause problems for the opposition?Do I know and use rules fairly to keep games going? Can I keep possession with some success when using equipment that is not used for throwing and catching skills? | Can I catch with one hand? Can I throw and catch accurately? Can I hit a ball accurately and with control? Can I keep possession of the ball? Can I move to find a space when they are not in possession during a game? Can I vary tactics and adapt skills according to what is happening? | Can I gain possession by working as a team? Can I pass in different ways? Can I use forehand and backhand with a racquet? Can I field? Can I choose the best tactics for attacking and defending? Can I use a number of techniques to pass, dribble and shoot? | Can I explain complicated rules? Can I make a team plan and communicate it to others? Can I lead others in a game situation? |
|  | ***Gymnastics*** |
| Can I make my body tense, relaxed, curled and stretched? Can I control my body when travelling?Can I control my body when balancing?Can I copy sequences and repeat them? Can I roll in different ways?Can I travel in different ways? Can I balance in different ways? Can I climb safely?  | Can I make my body tense, relaxed, curled and stretched? Can I control my body when travelling?Can I control my body when balancing?Can I copy sequences and repeat them? Can I roll in different ways?Can I travel in different ways? Can I balance in different ways? Can I climb safely? Can I stretch in different ways?Can I curl in different ways? | Can I make my body tense, relaxed, curled and stretched? Can I control my body when travelling?Can I control my body when balancing?Can I copy sequences and repeat them? Can I roll in different ways?Can I travel in different ways? Can I balance in different ways?Can I climb safely? Can I stretch in different ways?Can I curl in different ways? | Can I use a greater number of my own ideas for movement in response to a task?Can I adapt sequences to suit different types of apparatus and my partner’s ability?Can I explain how strength and suppleness affect performances Can I compare and contrast gymnastic sequences, commenting on similarities and differences? | Can I work in a controlled way? Can I include change of speed? Can I include change of direction? Can I include range of shapes? Can I follow a set of ‘rules’ to produce a sequence? Can I work with a partner to create, repeat and improve a sequence with at least three phases? | Can I make complex or extended sequences? Can I combine action, balance and shape? Can I perform consistently to different audiences? Are my movements accurate, clear and consistent? | Can I combine my own work with that of others? Can I link my sequences to specific timings? |
|  | ***Athletics*** |
|  |  |  | Can I run at fast, medium and slow speeds, changing speed and direction?Can I link running and jumping activities with some fluency, control and consistency?Can I make up and repeat a short sequence of linked jumps?Can I take part in a relay activity, remembering when to run and what to do?Can I throw a variety of objects, changing my action for accuracy and distance? | Can I run over a long distance? Can I sprint over a short distance? Can I throw in different ways? Can I hit a target? Can I jump in different ways? | Are they controlled when taking off and landing in a jump? Can I throw with accuracy? Can I combine running and jumping? Can I follow specific rules? | Can I demonstrate stamina? Can I use my skills in different situations? |
|  | ***Outdoor/Adventure*** |
|  |  |  | Can I follow a map in a familiar context?Can I move from one location to another following a map?Can I use clues to follow a route?Can I follow a route safely? | Can I follow a map in a more demanding familiar context? Can I move from one location to another following a map? Can I use clues to follow a route? Can I follow a route accurately, safely and within a time limit? | Can I follow a map in an unknown location? Can I use clues and compass directions to navigate a route? Can I change my route if there is a problem? Can I change my plan if they get new information? | Can I plan a route and series of clues for someone else? Can I plan with others taking account of safety and danger? |