



SUBJECT: Physical Education

Purpose of study - A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims - The national curriculum for physical education aims to ensure that all pupils: develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives.

Class teachers will use Real PE plans to develop the physical education skills of the children.

Specialist PE teachers will deliver traditional sports using the Real PE objectives. This will allow children to develop and apply their skills in traditional sports games.

- ★ **Bold** - exceeding age expectations.
- Expected age expectations
- Working towards age expectations

	Skills	Knowledge
E Y F S	<p>Personal</p> <ul style="list-style-type: none"> ★ I can follow instructions ★ I can practise safely ★ I can work on simple tasks independently → I can work on simple tasks with help <p>Social</p> <ul style="list-style-type: none"> ★ I can work sensibly with others ★ I can take turns and share 	<p>Personal</p> <ul style="list-style-type: none"> ★ I know why following instructions is important ★ I know why I need to practise safely → I know that physical activity is supposed to be enjoyable <p>Vocabulary: instructions, safe, enjoyable, physical, activity</p> <p>Social</p> <ul style="list-style-type: none"> ★ I know why it is important to be sensible with others ★ I know why it is important to take turns and share

→ I can play with others and take turns and share with help

Cognitive

- ★ I can understand and follow simple rules
- ★ I can name some things I am good at
- I can follow simple instructions

Creative

- ★ I can explore different movements
- ★ I can describe different movements
- I can observe and copy others

Applying Physical

- ★ I can perform a single skill or movement with some control
- ★ I can perform a small range of skills and link two movements together
- I can move confidently in different ways

Health and Fitness

- ★ I am aware of why exercise is important for good health
- I am aware of the changes of the way I feel when I exercise

→ I know that playing is better when you take turns and share

Vocabulary: sensible, others, turns, share

Cognitive

- ★ I know why games have rules
- ★ I know that games are more enjoyable if players follow the rules
- ★ I know some things I am good at
- I know what instructions are

Vocabulary: rules, enjoyable, instructions

Creative

- ★ I know why I need to explore different movements
- ★ I know why I need to describe different movements
- I know that I can be more creative by observing and copying good ones

Vocabulary: explore, movements, describe, copy, observe, creative

Applying Physical

- ★ I know that movements must be controlled
- ★ I know that linking more than one movement together leads to better performance
- I know that I can move in different ways

Vocabulary: movement, control, linking, performance

Health and Fitness

- ★ I know why exercise is important for good health
- I know the way I feel changes when I exercise

Vocabulary: exercise, health, change, exercise

Y1

Personal

- ★ I try several times
- ★ If I don't succeed the first time I can ask for help when appropriate
- I can follow instructions, practise safely and work on simple tasks independently
- I enjoy working on simple tasks with help

Social

- ★ I can help, praise and encourage others in their learning
- I can work sensibly with others
- I can take turns and share
- I can play with others and take turns and share with help

Cognitive

- ★ I can begin to order instructions, movements and skills
- ★ With help I can recognise similarities and differences in performance
- ★ I can explain why someone is working or performing well
- I can understand and follow simple rules
- I can name some things I am good at
- I can follow simple instructions

Personal

- ★ I know that trying several times leads to improvement
- ★ I know that if I don't succeed the first time I can ask for help when appropriate
- I know why following instructions is important
- I know why I need to practise safely

Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe

Social

- ★ I know that it is important to help, praise and encourage others in their learning
- I know why it is important to be sensible with others
- I know why it is important to take turns and share

Vocabulary: sensible, others, turns, share, help, praise, encourage

Cognitive

- ★ I know that ordering instructions, movements and skills leads to good performance
- ★ I know what a similarity is
- ★ I know what a difference is
- ★ I know how explaining helps me
- I know why games have rules
- I know that games are more enjoyable if players follow the rules
- I know some things I am good at

Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain

Creative

- ★ I can begin to compare my movements and skills with others
- ★ I can select movements together to fit a theme
- I can explore and describe different movements
- I can observe and copy others

Applying Physical

- ★ I can perform a range of skills with some control and consistency
- ★ I can perform a sequence of movements with some changes of level, direction or speed
- I can perform a single skill or movement with some control
- I can perform a small range of skills and link two movements together
- I can move confidently in different ways

Health and Fitness

- ★ I can say how my body feels before, during and after exercise
- ★ I use equipment appropriately
- ★ I can move and land safely
- I am aware of the changes of the way I feel when I exercise
- I am aware of why exercise is important for good health

Creative

- ★ I know what comparing is
- ★ I know why selecting movements to fit a purpose leads to good performance
- I know why I need to explore different movements
- I know why I need to describe different movements

Vocabulary: explore, movements, describe, copy, observe, creative, compare, select, purpose, performance

Applying Physical

- ★ I know what control is and why it is important
- ★ I know what consistency is and why it is important
- ★ I know the effect that changes of level, direction or speed has
- I know that movements must be controlled
- I know that linking more than one movement together leads to better performance

Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed

Health and Fitness

- ★ I know how my body feels before, during and after exercise
- ★ I know why equipment must be used for its purpose
- ★ I know some ways to move and land safely
- I know why exercise is important for good health

Vocabulary: exercise, health, change, exercise, body, before, during, after, equipment, purpose, move, land, safe

Y2

Personal

- ★ I have begun to challenge myself
- I try several times
- If I don't succeed the first time I can ask for help when appropriate
- I can follow instructions, practise safely and work on simple tasks independently

Social

- ★ I show patience and support others
- ★ I can listen well to them about our work
- ★ I am happy to show and tell them about my ideas
- I can help, praise and encourage others in their learning
- I can work sensibly with others
- I can take turns and share

Cognitive

- ★ I can understand simple the tactics of attacking and defending
- ★ I can explain what I am doing well
- ★ I can begin to identify areas of improvement
- I can begin to order instructions, movements and skills
- With help I can recognise similarities and differences in performance
- I can explain why someone is working or performing well
- I can understand and follow simple rules
- I can name some things I am good at

Personal

- ★ I know where I am with my learning
- ★ I know the importance of challenging myself
- I know that trying several times leads to improvement
- I know that if I don't succeed the first time I can ask for help when appropriate

Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe, challenge

Social

- ★ I know what patience is and why it is helpful
- ★ I know that supporting others is a good life skills
- ★ I know listening well to others helps the group
- ★ I know that showing and telling others about my ideas helps the group
- I know that it is important to help, praise and encourage others in their learning

Vocabulary: sensible, others, turns, share, help, praise, encourage, patience, helpful, support, listening, group

Cognitive

- ★ I know what tactics are and how they help
- ★ I know what attacking is
- ★ I know what defending is
- ★ I know that explaining what I am doing is an important skill
- ★ I know that identifying areas of improvement helps me get better
- I know that ordering instructions, movements and skills leads to good performance
- I know what a similarity is
- I know what a difference is
- I know how explaining helps me

Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain, tactics, attacking, defending, improvement

Creative

- ★ I can make up my own rules and versions of activities
- ★ I can respond differently to a variety of tasks or music
- ★ I can recognise similarities and differences in movements and expression
- I can begin to compare my movements and skills with others
- I can select movements together to fit a theme
- I can explore and describe different movements

Applying Physical

- ★ I can perform and repeat longer sequences with clear shapes and controlled movement
- ★ I can select and apply a range of skills with good control and consistency
- ★ I can perform a range of skills with some control and consistency
- I can perform a sequence of movements with some changes of level, direction or speed
- I can perform a single skill or movement with some control
- I can perform a small range of skills and link two movements together

Creative

- ★ I know that I can make up my own rules and versions of activities
- ★ I know that I can respond differently to a variety of tasks or music
- ★ I know that there are similarities and differences in movements and expression
- I know what comparing is
- I know why selecting movements to fit a purpose leads to good performance

Vocabulary: explore, movements, describe, copy, observe, creative, compare, select, purpose, performance, rules, version, activity, respond, variety, expression, similarity, difference

Applying Physical

- ★ I know that longer sequences with clear shapes and controlled movement leads to a good performance
- ★ I know that selecting and applying a range of skills with good control and consistency leads to good performance
- I know what control is and why it is important
- I know what consistency is and why it is important
- I know the effect that changes of level, direction or speed has

Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed, sequence, shape, select, apply, range

Health and fitness

- ★ I can describe how my body feels during and after exercise and why
- ★ I can explain why we need to warm up and cool down
- ★ I can say how my body feels before, during and after exercise
- I use equipment appropriately
- I can move and land safely
- I am aware of why exercise is important for good health

Health and fitness

- ★ I know how my body feels during and after exercise and why
- ★ I know why we need to warm up and cool down
- I know how my body feels before, during and after exercise
- I know why equipment must be used for its purpose
- I know some ways to move and land safely

Vocabulary: exercise, health, change, exercise, body, before, during, after, equipment, purpose, move, land, safe, warm up, cool down

Y3

Personal

- ★ I can cope well and react positively when things become difficult
- ★ I can persevere with a task
- ★ I can improve my performance through regular practice
- I know where I am with my learning
- I have begun to challenge myself
- I try several times
- If I don't succeed the first time I can ask for help when appropriate

Social

- ★ I cooperate well with others and give helpful feedback
- ★ I help organise roles and responsibilities
- ★ I can guide a small group through a task
- I show patience and support others, listening to them about our work
- I am happy to show and tell them about my ideas
- I can help praise and encourage others in their learning

Personal

- ★ I know that I need to cope well and react positively when things become difficult
- ★ I know that I need to persevere with a task to be successful
- ★ I know that I can improve my performance through regular practice
- I know the importance of challenging myself

Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe, challenge, cope, react, positive, difficult, persevere, practice

Social

- ★ I know the importance of cooperating well with others and giving helpful feedback
- ★ I know when to organise roles and responsibilities
- ★ I know when to guide a small group through a task
- I know what patience is and why it is helpful
- I know that supporting others is a good life skills
- I know listening well to others helps the group
- I know that showing and telling others about my ideas helps the group

Vocabulary: sensible, others, turns, share, help, praise, encourage, patience, helpful, support, listening, group, cooperating, feedback, roles, responsibilities, guide

Cognitive

- ★ I can understand ways to judge performance
- ★ I can identify specific parts of my performance to work upon.
- ★ I have good spatial awareness
- ★ I can make good decisions
- I have good tactical understanding of attacking and defending
- I can explain what I am doing well
- I can identify areas for improvement
- I can sequence game related movements and skills
- With help I can recognise similarities and differences in my own and others performances
- I can explain why somebody or myself is working well

Creative

- ★ I can link actions and develop sequences of movement
- ★ I can express my own ideas
- ★ I can challenge myself by changing tactics, rules or tasks
- I can create my own rules and versions of activities
- I can respond differently to a variety of tasks and music
- I can recognise similarities and differences of movements or expression
- I can begin to compare skills and movements to my peers
- I can select movement and skills together to fit a theme

Applying Physical

Cognitive

- ★ I know ways to judge performance
- ★ I know that there will always be specific parts of my performance to work upon
- ★ I know what spatial awareness is
- ★ I know why it is important to make good decisions
- I know what tactics are and how they help
- I know what attacking is
- I know what defending is
- I know that explaining what I am doing is an important skill
- I know that identifying areas of improvement helps me get better

Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain, tactics, attacking, defending, improvement, judge, specific, spatial awareness, decision

Creative

- ★ I know that linking actions and developing sequences of movement leads to good performance
- ★ I know that I can express my own ideas
- ★ I know that I can challenge myself by changing tactics, rules or tasks
- I know that I can make up my own rules and versions of activities
- I know that I can respond differently to a variety of tasks or music
- I know that there are similarities and differences in movements and expression

Vocabulary: explore, movements, describe, copy, observe, creative, compare, select, purpose, performance, rules, version, activity, respond, variety, expression, similarity, difference, link, action, develop, sequence, express, tactics, rules

- ★ I can perform a variety of movements and skills with good body tension
- ★ I can link these activities to flow e.g running, jumping or throwing
- I can perform and repeat longer sequences with clear shapes and controlled movement
- I can select and apply a good range of skills with good control and consistency
- I can perform a sequence of movements with some changes in level, direction or speed

Health & Fitness

- ★ I can describe the basic fitness components
- ★ I can explain how often and how long I should exercise to be healthy
- ★ I can record and monitor how hard I am working
- I describe how my body feels before, during and after exercise and the reasons why
- I can explain why we need to warm up and cool down
- I can use equipment appropriately
- I can move and land safely

Applying Physical

- ★ I know that performing a variety of movements and skills with good body tension leads to good performance
- ★ I know that linking activities creates flow e.g running, jumping or throwing
- I know that longer sequences with clear shapes and controlled movement leads to a good performance
- I know that selecting and applying a range of skills with good control and consistency leads to good performance

Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed, sequence, shape, select, apply, range, variety, body tension, activity, flow

Health & Fitness

- ★ I know the basic fitness components
- ★ I know how often and how long I should exercise to be healthy
- ★ I know that I can record and monitor how hard I am working
- I know how my body feels during and after exercise and why
- I know why we need to warm up and cool down

Vocabulary: exercise, health, change, exercise, body, before, during, after, equipment, purpose, move, land, safe, warm up, cool down, fitness, component, record, monitor

Y4

Personal

- ★ I can cope well and react positively when things become difficult
- ★ I can persevere with a task
- ★ I can improve my performance through regular practice
- I have begun to challenge myself
- I try several times
- If I don't succeed the first time I can ask for help when appropriate

Social

- ★ I cooperate well with others and give helpful feedback
- ★ I help organise roles and responsibilities
- ★ I can guide a small group through a task
- I show patience and support others, listening to them about our work
- I am happy to show and tell them about my ideas
- I can help praise and encourage others in their learning

Personal

- ★ I know that I need to cope well and react positively when things become difficult
- ★ I know that I need to persevere with a task to be successful
- ★ I know that I can improve my performance through regular practice
- I know where I am with my learning
- I know the importance of challenging myself

Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe, challenge, cope, react, positive, difficult, persevere, practice,

Social

- ★ I know the importance of cooperating well with others and giving helpful feedback
- ★ I know when to organise roles and responsibilities
- ★ I know when to guide a small group through a task
- I know what patience is and why it is helpful
- I know that supporting others is a good life skills
- I know listening well to others helps the group
- I know that showing and telling others about my ideas helps the group

Vocabulary: sensible, others, turns, share, help, praise, encourage, patience, helpful, support, listening, group, cooperating, feedback, roles, responsibilities, guide

Cognitive

- ★ I can understand ways to judge performance
- ★ I can identify specific parts of my performance to work upon.
- ★ I have good spatial awareness
- ★ I can make good decisions
- I have good tactical understanding of attacking and defending
- I can explain what I am doing well
- I can identify areas for improvement
- I can sequence game related movements and skills
- With help I can recognise similarities and differences in my own and others performances
- I can explain why somebody or myself is working well

Creative

- ★ I can link actions and develop sequences of movement
- ★ I can express my own ideas
- ★ I can challenge myself by changing tactics, rules or tasks
- I can create my own rules and versions of activities
- I can respond differently to a variety of tasks and music
- I can recognise similarities and differences of movements or expression
- I can begin to compare skills and movements to my peers
- I can select movement and skills together to fit a theme

Applying Physical

Cognitive

- ★ I know ways to judge performance
- ★ I know that there will always be specific parts of my performance to work upon
- ★ I know what spatial awareness is
- ★ I know why it is important to make good decisions
- I know what tactics are and how they help
- I know what attacking is
- I know what defending is
- I know that explaining what I am doing is an important skill
- I know that identifying areas of improvement helps me get better

Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain, tactics, attacking, defending, improvement, judge, specific, spatial awareness, decision

Creative

- ★ I know that linking actions and developing sequences of movement leads to good performance
- ★ I know that I can express my own ideas
- ★ I know that I can challenge myself by changing tactics, rules or tasks
- I know that I can make up my own rules and versions of activities
- I know that I can respond differently to a variety of tasks or music
- I know that there are similarities and differences in movements and expression

Vocabulary: explore, movements, describe, copy, observe, creative, compare, select, purpose, performance, rules, version, activity, respond, variety, expression, similarity, difference, link, action, develop, sequence, express, tactics, rules

- ★ I can perform a variety of movements and skills with good body tension
- ★ I can link these activities to flow e.g running, jumping or throwing
- I can perform and repeat longer sequences with clear shapes and controlled movement
- I can select and apply a good range of skills with good control and consistency
- I can perform a sequence of movements with some changes in level, direction or speed

Health & Fitness

- ★ I can describe the basic fitness components
- ★ I can explain how often and how long I should exercise to be healthy
- ★ I can record and monitor how hard I am working
- I describe how my body feels before, during and after exercise and the reasons why
- I can explain why we need to warm up and cool down
- I can use equipment appropriately
- I can move and land safely

Applying Physical

- ★ I know that performing a variety of movements and skills with good body tension leads to good performance
- ★ I know that linking activities creates flow e.g running, jumping or throwing
- I know that longer sequences with clear shapes and controlled movement leads to a good performance
- I know that selecting and applying a range of skills with good control and consistency leads to good performance

Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed, sequence, shape, select, apply, range, variety, body tension, activity, flow

Health & Fitness

- ★ I know the basic fitness components
- ★ I know how often and how long I should exercise to be healthy
- ★ I know that I can record and monitor how hard I am working
- I know how my body feels during and after exercise and why
- I know why we need to warm up and cool down

Vocabulary: exercise, health, change, exercise, body, before, during, after, equipment, purpose, move, land, safe, warm up, cool down, fitness, component, record, monitor

Y5

Personal

- ★ I can create my own learning plan
- ★ I can revise my plan when necessary
- ★ I can accept critical feedback and make changes
- I can see new challenges as an opportunity to learn and develop
- I can recognise my strengths and weaknesses
- I can set myself appropriate targets
- I can cope well and react positively when things become difficult
- I can persevere with a task to improve my performance through regular practise

Personal

- ★ I know that creating my own learning plan leads to independence
- ★ I know that revising my plan can lead to further improvement
- ★ I know that I need to accept critical feedback and make changes to improve
- I know that new challenges are an opportunity to learn and develop
- I know that recognising my strengths and weaknesses helps me
- I know that setting myself appropriate targets focuses my improvement
- I know that I need to cope well and react positively when things become difficult
- I know that I need to persevere with a task to be successful

Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe, challenge, cope, react, positive, difficult, persevere, practice, targets, strength, weakness, challenge, learn develop, critical, feedback, revise, plan, independence

Social

- I can involve and motivate those around me to perform better
- I can give and receive sensitive feedback to improve myself and others
- I can negotiate and collaborate appropriately
- I cooperate well with others through guiding a small group
- I can give helpful feedback
- I can organise roles and responsibilities

Social

- I know that involving and motivating those around me to perform better develops me as a leader
- I know why giving and receiving feedback should be done sensitively
- I know that negotiating and collaborating appropriately leads to good teamwork
- I know when to guide a small group through a task
- I know when to organise roles and responsibilities
- I know the importance of cooperating well with others and giving helpful feedback

Vocabulary: sensible, others, turns, share, help, praise, encourage, patience, helpful, support, listening, group, cooperating, feedback, roles, responsibilities, guide, teamwork, negotiate, collaborate, give, receive, leader, motivate

Cognitive

- ★ I can review, analyse and evaluate my own and others strengths and weaknesses
- ★ I can read and react to different game situations as they develop
- ★ I have a clear idea how to develop my own and others work
- I can recognise patterns of play which increases chances of success
- I can develop methods to outwit opponents
- I can understand ways to judge performance
- I can identify specific parts to continue to work upon
- I can use my awareness of space and others to make good decisions

Cognitive

- ★ I know that reviewing, analysing and evaluating my own and others strengths and weaknesses are great life skills
- ★ I know that reading and reacting to different game situations makes me an adaptable person
- ★ I know that having a clear idea how to develop my own and others work makes me a leader
- I know that recognising patterns of play which increases chances of success makes me a clever player
- I know that developing methods to outwit opponents gives me an edge
- I know ways to judge performance
- I know that there will always be specific parts of my performance to work upon
- I know why it is important to make good decisions
- I know what spatial awareness is

Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain, tactics, attacking, defending, improvement, judge, specific, spatial awareness, decision, edge, opponent, outwit, pattern of play, leader, read, react, game situation, adaptable, strength, weakness, review, analyse, evaluate

Creative

- ★ I can effectively disguise what I am about to do next
- ★ I can use variety and creativity to engage an audience
- ★ I can respond imaginatively to different situations
- I can adapt and adjust my skills, movements and tactics so they are different from others
- I can link actions and develop sequences of movement that express my own ideas
- I can change tactics, rules and tasks to make activities challenging and fun

Creative

- ★ I know that effectively disguising what I am about to do next gives me the edge
- ★ I know that variety and creativity engages an audience
- ★ I know that responding imaginatively to different situations is interesting
- I know why I should adapt and adjust my skills, movements and tactics so they are different from others
- I know that linking actions and developing sequences of movement that express my own ideas leads to good performance
- I know that changing tactics, rules and tasks makes activities more challenging and fun

Vocabulary: explore, movements, describe, copy, observe, creative, compare, select, purpose, performance, rules, version, activity, respond, variety, expression, similarity, difference, link, action, develop, sequence, express, tactics, rules, adjust, adapt, situation, edge, disguise

Applying physical

- ★ I can effectively transfer skills and movement across a range of sports and activities
- ★ I can perform a variety of skills consistently and effectively in challenging or competitive situations
- I can use combinations of skills confidently in sport specific contexts
- I can perform a range of skills fluently and accurately in practise situations
- I can perform a variety of movements and skills with good body tension
- I can link actions together so that they flow in running, jumping and throwing activities

Health and fitness

- ★ I can explain how individuals need different types and levels of fitness to be more effective in their activity, role or event
- ★ I can plan and follow my own basic fitness programme
- ★ I can select and perform appropriate warm up and cool down activities
- I can identify possible dangers when setting up activities
- I can describe basic fitness components
- I can explain how often and how long I should exercise to be healthy
- I can record and monitor how hard I am working

Applying physical

- ★ I know that skills and movement can be transferred across a range of sports and activities
- ★ I know that performing a variety of skills consistently and effectively leads to success
- I know that I need to use combinations of skills confidently in sport specific contexts to be successful
- I know that performing a range of skills fluently and accurately in practise situations helps me perform
- I know that performing a variety of movements and skills with good body tension leads to good performance
- I know that linking activities creates flow e.g running, jumping or throwing

Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed, sequence, shape, select, apply, range, variety, body tension, activity, flow, fluent, accurate, combination, confident, context, transfer

Health and fitness

- ★ I know how individuals need different types and levels of fitness to be more effective in their activity, role or event
- ★ I know that planning and following my own basic fitness programme means I am independent
- ★ I know some warm up and cool down activities
- I know some dangers when setting up activities
- I know the basic fitness components
- I know how often and how long I should exercise to be healthy
- I know that I can record and monitor how hard I am working

Vocabulary: exercise, health, change, exercise, body, before, during, after, equipment, purpose, move, land, safe, warm up, cool down, fitness, component, record, monitor, activity, fitness programme, independent

Y6

Personal

- ★ I can create my own learning plan
- ★ I can revise my plan when necessary
- ★ I can accept critical feedback and make changes
- I can see new challenges as an opportunity to learn and develop
- I can recognise my strengths and weaknesses
- I can set myself appropriate targets
- I can cope well and react positively when things become difficult
- I can persevere with a task to improve my performance through regular practise

Personal

- ★ I know that creating my own learning plan leads to independence
- ★ I know that revising my plan can lead to further improvement
- ★ I know that I need to accept critical feedback and make changes to improve
- I know that new challenges are an opportunity to learn and develop
- I know that recognising my strengths and weaknesses helps me
- I know that setting myself appropriate targets focuses my improvement
- I know that I need to cope well and react positively when things become difficult
- I know that I need to persevere with a task to be successful

Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe, challenge, cope, react, positive, difficult, persevere, practice, targets, strength, weakness, challenge, learn develop, critical, feedback, revise, plan, independence

Social

- I can involve and motivate those around me to perform better
- I can give and receive sensitive feedback to improve myself and others
- I can negotiate and collaborate appropriately
- I cooperate well with others through guiding a small group
- I can give helpful feedback
- I can organise roles and responsibilities

Social

- I know that involving and motivating those around me to perform better develops me as a leader
- I know why giving and receiving feedback should be done sensitively
- I know that negotiating and collaborating appropriately leads to good teamwork
- I know when to guide a small group through a task
- I know when to organise roles and responsibilities
- I know the importance of cooperating well with others and giving helpful feedback

Vocabulary: sensible, others, turns, share, help, praise, encourage, patience, helpful, support, listening, group, cooperating, feedback, roles, responsibilities, guide, teamwork, negotiate, collaborate, give, receive, leader, motivate

Cognitive

- ★ I can review, analyse and evaluate my own and others strengths and weaknesses
- ★ I can read and react to different game situations as they develop
- ★ I have a clear idea how to develop my own and others work
- I can recognise patterns of play which increases chances of success
- I can develop methods to outwit opponents
- I can understand ways to judge performance
- I can identify specific parts to continue to work upon
- I can use my awareness of space and others to make good decisions

Cognitive

- ★ I know that reviewing, analysing and evaluating my own and others strengths and weaknesses are great life skills
- ★ I know that reading and reacting to different game situations makes me an adaptable person
- ★ I know that having a clear idea how to develop my own and others work makes me a leader
- I know that recognising patterns of play which increases chances of success makes me a clever player
- I know that developing methods to outwit opponents gives me an edge
- I know ways to judge performance
- I know that there will always be specific parts of my performance to work upon
- I know why it is important to make good decisions
- I know what spatial awareness is

Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain, tactics, attacking, defending, improvement, judge, specific, spatial awareness, decision, edge, opponent, outwit, pattern of play, leader, read, react, game situation, adaptable, strength, weakness, review, analyse, evaluate

Creative

- ★ I can effectively disguise what I am about to do next
- ★ I can use variety and creativity to engage an audience
- ★ I can respond imaginatively to different situations
- I can adapt and adjust my skills, movements and tactics so they different from others
- I can link actions and develop sequences of movement that express my own ideas
- I can change tactics, rules and tasks to make activities challenging and fun

Creative

- ★ I know that effectively disguising what I am about to do next gives me the edge
- ★ I know that variety and creativity engages an audience
- ★ I know that responding imaginatively to different situations is interesting
- I know why I should adapt and adjust my skills, movements and tactics so they are different from others
- I know that linking actions and developing sequences of movement that express my own ideas leads to good performance
- I know that changing tactics, rules and tasks makes activities more challenging and fun

Vocabulary: explore, movements, describe, copy, observe, creative, compare, select, purpose, performance, rules, version, activity, respond, variety, expression, similarity, difference, link, action, develop, sequence, express, tactics, rules, adjust, adapt, situation, edge, disguise

Applying physical

- ★ I can effectively transfer skills and movement across a range of sports and activities
- ★ I can perform a variety of skills consistently and effectively in challenging or competitive situations
- ★ I can use combinations of skills confidently in sport specific contexts
- I can perform a range of skills fluently and accurately in practise situations
- I can perform a variety of movements and skills with good body tension
- I can link actions together so that they flow in running, jumping and throwing activities

Health and fitness

- ★ I can explain how individuals need different types and levels of fitness to be more effective in their activity, role or event
- ★ I can plan and follow my own basic fitness programme
- ★ I can select and perform appropriate warm up and cool down activities
- I can identify possible dangers when setting up activities
- I can describe basic fitness components
- I can explain how often and how long I should exercise to be healthy
- I can record and monitor how hard I am working

Applying physical

- ★ I know that skills and movement can be transferred across a range of sports and activities
- ★ I know that performing a variety of skills consistently and effectively leads to success
- I know that I need to use combinations of skills confidently in sport specific contexts to be successful
- I know that performing a range of skills fluently and accurately in practise situations helps me perform
- I know that performing a variety of movements and skills with good body tension leads to good performance
- I know that linking activities creates flow e.g running, jumping or throwing

Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed, sequence, shape, select, apply, range, variety, body tension, activity, flow, fluent, accurate, combination, confident, context, transfer

Health and fitness

- ★ I know how individuals need different types and levels of fitness to be more effective in their activity, role or event
- ★ I know that planning and following my own basic fitness programme means I am independent
- ★ I know some warm up and cool down activities
- I know some dangers when setting up activities
- I know the basic fitness components
- I know how often and how long I should exercise to be healthy
- I know that I can record and monitor how hard I am working

Vocabulary: exercise, health, change, exercise, body, before, during, after, equipment, purpose, move, land, safe, warm up, cool down, fitness, component, record, monitor, activity, fitness programme, independent