

	Agility	Balance	Coordination
R	I can travel in different ways such as jogging, hopping, walking backwards and skipping.	I can form the five basic shapes (straight, star, tuck, pike straddle).	I can throw and catch a large ball whilst stationary.
	I can roll my body in different ways.		I can roll a large ball whilst stationary in different ways.
			I can skip with a hoop on the spot or on the move
1	I can travel in a more ways such as sidestepping, hopscotch, galloping and high knees.	I can perform the five basic shapes and translate them in different ways.	I can roll a small ball using the correct technique.
	I can roll my body in different ways with control and tension.	I can retain my balance after performing a forward jump.	I can dribble a large ball in a straight line with control using my hands.
			I can throw and catch a large ball on the move
2	I can change direction effectively to tag or react to an opponent.	I can retain my balance after jumping in different ways from a height.	I can dribble a ball using my hands changing directions, with control.
	I can perform an inverted roll with support.	I can perform both floor and standing balances with flexibility and tension.	I can catch and pass a large ball in different ways whilst on the move.
			I can pass and control a small ball with equipment.
3	I can run in a straight line and change direction efficiently.	I can perform a range of balances using tension and strength to move smoothly from one to the next.	I can skip with a rope demonstrating a variety of techniques.
	I can perform an inverted roll unaided.	I can squat onto a low platform with control.	I can gather/catch/control/intercept a large or small ball applying the correct technique.
			I can pass or strike a small ball in different ways using equipment.
4	I can jump for distance or height applying the relevant technique and landing with control.	I can perform a range of balanced shapes using tension to move smoothly from one to the next.	I can dribble a ball using my feet, hands or equipment at speed in all directions and with control.
	I sprint in a straight line gaining significant speed.		I can throw a range of equipment overarm for distance using the correct technique.
			I can strike a ball moving at speed using different techniques and with a range of equipment.
5	I can sustain a good pace over a longer distance.	I can vault onto a high platform with control.	I can shoot or pass a large or small ball with accuracy and using different techniques.
	I can sprint and change direction efficiently.	I can perform low and high complex inverted balances.	I can use my foot as a pivot to position my body in all directions.
	I can jump to intercept a ball on the move.		
6	I can repeatedly change direction efficiently when moving at full speed, reacting to an opponent.	I can perform complex balances with tension and strength moving smoothly from one to the next.	I can throw a small ball over a greater distance with accuracy.
		I can straddle or squat over a platform and land with control.	I can catch a small ball traveling a speed whilst on the move.

	Application	Creativity	Collaboration
R	I can link two movements or skills together with control.	I can observe and copy others.	I can develop a physical skill alongside a partner with encouragement.
1	I can link three movements or skills together with control.	I can explore and experiment with different movements.	I can develop a physical skill alongside a partner with encouragement.
2	I can perform a sequence of movements with some changes in level, direction or speed.	I can perform expressively selecting movements together to fit a theme.	I can help, praise or encourage others in their learning.
	I am able to apply some of the skills I have learnt into small competitive games.		
3	I can perform and repeat longer sequences with clear shapes, body tension and controlled movement.	I can link actions, form sequences of movements or develop activities that express my own ideas.	I am able to share ideas, and listen to the views of others.
	I am able to apply a range of skills I have learnt into small competitive games.	I can change rules or strategy to make an activity more challenging, fun or successful.	I can help organize roles and responsibilities in a sporting activity.
4	I can perform a variety of movements and body shapes and begin to link them together with smooth transitions.	I can choreograph my own movements as well as influencing the movements of others.	I cooperate and communicate well with others providing feedback when necessary.
	I can perform a range of skills with accuracy and consistency in practice situations.		I suggest ways the team I am part of could work more effectively to achieve.
5	I can select the correct skill or combination of skills at the right time and perform them under pressure.	I can respond imaginatively to different situations, adjusting my skills or movement so that they are different from or in contrast to others.	I can lead, and inspire those around me to perform or participate more effectively.
	I can make adjustments to my technique to improve when required.	I explore and create my own original solutions to problems.	I can accept and take on a role most suited to my own attributes and to the benefit of the group or team.
6	I can perform a wide range of advanced skills, in a competitive sporting context, with consistency and accuracy.	I can perform movements with flair and imagination in order to challenge myself in a different ways.	I seek advice from a variety of sources to enhance my performance as well as helping others with considered suggestions.

	Knowledge of Health and Fitness	Sporting Values	Performance
R	I can name some of the ways my body changes during and after exercise.	I enjoy playing in physical activities with help.	I can play and move safely and effectively by following instructions and copying others.
1	I am aware that exercise is important to stay healthy.	I take part in physical activity, and respectfully following instructions.	I can play games independently following simple rules.
2	I can describe how my body changes before, during and after exercise.	I play games passionately but ensuring that I am fair and honest.	I can recognise similarities and differences between my own and others performance.
	I can use equipment appropriately and make sensible decisions to ensure the safety of myself and others.	I try several times if at first I don't succeed, only then will I ask for help.	I am able to use all of the space I have been allocated in a simple invasion game.
3	I can identify ways to maintain a healthy lifestyle.	I participate in games with passion showing respect for my peers or opponents.	I can listen to advice and set goals for improvement.
	I can suggest ways to warm up and cool down my body.	I have the confidence to try new sports or techniques with enthusiasm.	I understand the principles of attack and defense.
4	I can explain the reasons for warming up and cooling down.	I react positively when a task becomes difficult, showing determination to succeed.	I can evaluate my peer's performance and suggest ways to improve.
	I can record and monitor how hard I am working.	I take on the feedback from others in order to improve and succeed.	I can use my awareness of space and others to make good decisions.
5	I can provide examples of food and drink to consume before during and after exercise.	I see all challenges as an opportunity to learn and develop.	I make suggestions to employ or adapt basic tactics to increase chances of success.
	I can identify possible dangers when planning an activity.	I can demonstrate respect and ambition when leading younger children.	I can identify ways to improve my own work as well as others.
6	I can explain how individuals need different physical attributes or levels of fitness to suit their role, position, sport or event.	I am able to officiate a game or event, apply the rules fairly, honestly and with respect.	I can change my game plan in response to my mistakes or opponent's actions.
	I can select and perform sport specific exercises or stretches to warm up my body.	I am ambitious to succeed and understand that success can look different depending on the situation I am in.	I can use a range of strategies to improve my own performance and the performance of teammates.