

As a Year 1 sportsperson...



Invasion

- I can change direction.
- I can experiment with different types of jumps and landing.
- I can recognise changes in my body when I do exercise and understand why it is important to warm up.
- I can run at different speeds.
- I can show hopping, skipping and jumping movements.
- I show determination to continue working over a longer period of time.

Fitness

- I can change direction.
- I can experiment with different types of jumps and landing.
- I can recognise changes in my body when I do exercise and understand why it is important to warm up.
- I can run at different speeds.
- I can show hopping, skipping and jumping movements.
- I show determination to continue working over a longer period of time.

Striking and Fielding

- I can catch a beanbag and a medium-sized ball.
- I can recognise changes in my body when I do exercise.
- I can roll a ball towards a target.
- I can strike a ball using my hand.
- I can track a ball that is coming towards me.
- I know how to score points.
- I understand the rules and I am beginning to use these to play fairly.

Gymnastics

- I can say what I liked about someone else's performance.
- I am confident to perform in front of others.
- I can link simple actions together to create a sequence.
- I can make my body tense, relaxed, stretched and curled.
- I can recognise changes in my body when I do exercise.
- I can remember and repeat actions and shapes.
- I can use apparatus safely and wait for my turn.

Sending and Receiving

- I am beginning to send and receive a ball using a piece of equipment.
- I am beginning to send and receive a ball with my feet.
- I can catch a ball after one bounce.
- I can recognise changes in my body when I do exercise.
- I can roll a ball towards a target.
- I can throw a ball to a partner.
- I can track a ball that is coming towards me

Fundamentals

- I can change direction.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can select my own actions in response to a task.
- I can work co-operatively with others to complete tasks.

Dance

- I can copy, remember and repeat actions using counts.
- I can move confidently and safely.
- I can provide feedback to others.
- I can use different parts of the body in isolation and together.
- I can work with others to share ideas and select actions.
- I choose appropriate movements for different dance ideas.
- I recognise changes in my body when I do exercise.
- I show some sense of dynamic and expressive qualities in my dance.

Athletics

- I am developing my technique to throw for distance.
- I can co-ordinate my body to throw towards a target.
- I can link running and jumping movements with some control and balance.
- I can play to the rules.
- I can recognise changes in my body when I do exercise
- I can run at different speeds.
- I can show balance and co-ordination when changing direction.
- I can work collaboratively with others and make safe choices.

Ball Skills

- I am beginning to catch with two hands.
- I am beginning to understand simple tactics.
- I can recognise changes in my body when I do exercise.
- I can throw with some accuracy towards a target.
- I can track a ball that is coming towards me.
- I co-operate with a partner and small group, helping each other to complete tasks.
- I persevere when dribbling a ball with my hands and feet.
- I show honesty and fair play.

Stretching and Flexibility

- I can provide feedback to others.
- I can recognise changes in my body when I do exercise.
- I can remember and repeat actions, linking poses together.
- I can show an awareness of space when travelling.
- I can work with others to create poses.

Team Building / OAA

- I can communicate simple instructions.
- I can follow instructions.
- I can listen to others' ideas.
- I can suggest ideas to solve tasks.
- I can work with a partner and a small group.
- I show honesty and play fairly.

As a Year 2 sportsperson...



Invasion

- I can describe how my body feels during exercise.
- I can dribble a ball with my hands and feet with increasing control.
- I can find space to help my team to keep possession and score.
- I can move with a ball towards my goal.
- I can stay with another player to try and prevent them from getting the ball.
- I can understand how to score points and can remember the score.
- I can understand the rules and can use them to play fairly.
- I can understand what to do when I am an attacker and a defender.

Gymnastics

- I am beginning to provide feedback using key words.
- I am proud of my work and confident to perform in front of others.
- I can describe how my body feels during exercise.
- I can perform basic gymnastic actions with some control and balance.
- I can plan and repeat simple sequences of actions.
- I can use directions and levels to make my work look interesting.
- I can use shapes when performing other skills.
- I can work safely with others and apparatus.

Dance

- I can choose movements with different dynamic qualities to express an idea, feeling or character.
- I can copy, remember, repeat and create dance phrases.
- I can describe how my body feels during exercise.
- I can provide feedback to others using key words.
- I can use counts to stay in time with music.
- I can work with a partner using mirroring and unison.
- I can show confidence to perform.

Stretching and Flexibility

- I am beginning to provide feedback using key words.
- I can copy, remember and repeat flows.
- I can describe how my body feels during exercise.
- I can move from one pose to another thinking about my breath.
- I can use clear shapes when performing poses.
- I can work with others to create simple flows showing some control.

Fitness

- I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can show balance and co-ordination when running at different speeds.
- I can show determination to continue working over a longer period of time and encourage others to do this too.
- I can understand that there are different areas of fitness.

Net and Wall

- I can defend space on my court using the ready position.
- I can describe how my body feels during exercise.
- I can hit a ball over the net and into the court area.
- I can throw accurately to a partner.
- I can use simple tactics to make it difficult for an opponent.
- I can how to score points and can remember the score.
- I can good sportsmanship when playing against an opponent.

Athletics

- I can be determined to improve my personal best.
- I can develop throwing for distance.
- I can describe how my body feels during exercise.
- I can identify good technique.
- I can jump and land with control.
- I can link running and jumping movements with some control and balance.
- I can work collaboratively with others.
- I can balance and co-ordination when running at different speeds and in different directions.
- I can have good technique when throwing towards a target.

Team Building / OAA

- I can follow instructions carefully.
- I can listen to and am accepting of others' ideas.
- I can reflect on when I was successful at solving challenges.
- I can share my ideas and help to solve tasks.
- I can work co-operatively with a partner and a small group.
- I can show honesty and can play fairly

Striking and Fielding

- I am developing underarm and overarm throwing skills.
- I can describe how my body feels during exercise.
- I can roll a ball to hit a target.
- I can sometimes hit a ball using a racket.
- I can track a ball and collect it.
- I can use simple tactics.
- I can how to score points and can remember the score.
- I understand the rules of the game and can use these to play fairly in a small group.

Fundamentals

- I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can show balance and co-ordination when running at different speeds.

Ball Skills

- I can begin to understand and use simple tactics.
- I can describe how my body feels during exercise.
- I can dribble a ball with my hands and feet with some control.
- I can roll a ball to hit a target.
- I can send and receive a ball using both kicking and throwing and catching skills.
- I can track a ball and collect it.
- I can communicate with others to complete tasks and ensure that everyone in my group is included.
- I can use the rules of games and show fair play.

As a Year 3 sportsperson...



Invasion

- I can learn the rules of the game and I am beginning to use them to play fairly.
- I can communicate with my team and move into space to help them.
- I can defend an opponent.
- I can dribble, pass, receive and shoot the ball with some control.
- I can identify when I was successful.
- I can move with a ball towards goal with increasing control.
- I can understand my role as an attacker and as a defender.
- I can understand why it is important to warm up.

Gymnastics

- I can adapt sequences to suit different types of apparatus.
- I can choose actions that flow well into one another.
- I can choose and plan sequences of contrasting actions.
- I can complete actions with increasing balance and control.
- I can move in unison with a partner.
- I can understand why it is important to warm up.
- I can use a greater number of my own ideas for movements in response to a task.
- With help, I can recognise how performances could be improved.

Dance

- I can create actions that communicate ideas.
- I can provide feedback using key words.
- I can repeat, remember and perform actions.
- I can use counts to keep in time with a partner, group and the music.
- I can use dynamic and expressive qualities in relation to an idea.
- I can work with a partner and in a small group, sharing ideas.
- I can understand why it is important to warm up.

Fitness

- I can be determined to work at my personal best.
- I can collect and record personal fitness data and I can recognise my strengths.
- I can persevere when I find a challenge is hard.
- I can understand why it is important to warm up.
- I can work safely within my capabilities.
- I can understand that there are different areas of fitness.

Net and Wall

- I can begin to work collaboratively with others to self-manage games.
- I can learn the rules of the game and I am beginning to use them to play fairly.
- I can identify when I was successful.
- I can return a ball to a partner.
- I can use basic racket skills.
- I can play the game honestly showing respect for my opposition.
- I can understand the aim of the game.
- I can understand why it is important to warm up.

Athletics

- I can develop jumping for distance and height.
- I can support and work collaboratively with others.
- I can identify when I was successful.
- I can run at a pace that I can maintain.
- I can take part in a relay activity, remembering when to run and what to do.
- I can throw a variety of objects, changing my action for accuracy and distance.
- I can use different take off and landings when jumping.
- I can show determination to achieve my personal best.
- I can understand why it is important to warm up.

Striking and Fielding

- I can bowl a ball towards a target.
- I can begin to strike a bowled ball after a bounce.
- I can develop an understanding of tactics and I can begin to use them in game situations.
- I can learn the rules of the game and I can begin to use them honestly.
- I can persevere when learning a new skill.
- I can use overarm and underarm throwing, and catching skills.
- I can work collaboratively with others.
- I can understand the aim of the game and this shows in my performance.
- I can understand why it is important to warm up.

Team building / OAA

- I can develop map reading skills.
- I can communicate ideas and listen to others.
- I can follow and give instructions.
- I can plan and attempt to apply strategies to solve problems.
- I can reflect on when and why I was successful at solving challenges.
- I can work collaboratively with a partner and a small group.

Stretching and Flexibility

- I can copy and link poses together to create a short flow
- I can describe how stretches makes me feel.
- I can move from one pose to another thinking about my breath.
- I can show some stability when holding my poses.

As a Year 4 sportsperson...



Invasion

- I can delay and help prevent the other team from scoring when I play in defence.
- I can explain what happens in my body when I warm up.
- I can help my team keep possession and score tries when I play in attack.
- I can identify when I was successful and what I need to do to improve.
- I can pass and receive the ball with increasing control.
- I can use simple tactics to help my team score or gain possession.
- I understand the rules of the game and I can use them often and honestly.

Gymnastics

- I can explain what happens in my body when I warm up.
- I can identify some muscle groups used in gymnastic activities.
- I can plan and perform sequences with a partner that include a change of level and shape.
- I can safely perform balances individually and with a partner.
- I can watch, describe and suggest possible improvements to others' performances and my own.
- I understand how body tension can improve the control and quality of my movements.

Dance

- I can explain what happens in my body when I warm up.
- I can provide feedback using appropriate language relating to the lesson.
- I can repeat and perform dance phrases and dances.
- I can respond imaginatively to a range of stimuli relating to character and narrative.
- I can use changes in timing and spacing to develop a dance.
- I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.
- I show respect for others when working as a group and watching others perform.

Fitness

- I can collect and record personal fitness data and identify areas I need to improve.
- I can encourage others to work to their personal best.
- I can explain what happens in my body when I warm up.
- I can persevere when I find a challenge hard.
- I show determination to achieve my personal best.
- I understand there are different areas of fitness and that each area challenges my body differently.

Net and Wall

- I can delay and help prevent the other team from scoring when I play in defence.
- I can dribble, pass, receive and shoot the ball with increasing control.
- I can explain what happens in my body when I warm up.
- I can help my team keep possession and score goals when I play in attack.
- I can identify when I was successful and what I need to do to improve.
- I can use simple tactics to help my team score or gain possession.
- I understand the rules of the game and I can use them often and honestly.

Athletics

- I can demonstrate the difference in sprinting and running techniques.
- I can explain what happens in my body when I warm up.
- I can identify when I was successful and what I need to do to improve.
- I can jump for distance and height with balance and control.
- I can support and work collaboratively with others.
- I can throw with some accuracy and power to a target area.
- I show determination to achieve my personal best.

Striking and Fielding

- I am able to bowl a ball with some accuracy, and consistency.
- I can choose and use simple tactics for different situations.
- I can explain what happens in my body when I warm up.
- I can identify when I was successful and what I need to do to improve.
- I can strike a bowled ball with adapted equipment (e.g. a tennis racket).
- I can use overarm and underarm throwing and catching skills with increasing accuracy.
- I understand the rules of the game and I can use them often.

Team building / OAA

- I can accurately follow and give instructions.
- I can confidently communicate ideas and listen to others.
- I can identify key symbols on a map and use a key to help navigate around a grid.
- I can plan and apply strategies to solve problems.
- I can reflect on when and why I was successful at solving challenges.
- I can work collaboratively and effectively with a partner and a small group.

Stretching and Flexibility

- I can describe how 'stretching and flexibility' makes me feel and can talk about the benefits of it.
- I can link poses together to create a flow.
- I can transition from pose to pose in time with my breath.
- I can work collaboratively with others.
- I demonstrate yoga poses which show clear shapes.
- I show increasing control and balance when moving from one pose to another.

As a Year 5 sportsperson...



Invasion

- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I can lead a partner through short warm-up routines.
- I can move into space to support my team.
- I know what position I am playing in and how to contribute when attacking and defending.
- I recognise my own and others strengths and areas for development. and can suggest ways to improve
- I understand the rules of the game and I can use them most of the time to play fairly and honestly.
- I understand there are different skills for different situations and I am beginning to use this.
- I can lead a partner through short warm-up routines.
- I can move into space to help my team.
- I can pass, receive and shoot the ball with some control under pressure.
- I know what position I am playing in and how to contribute when attacking and defending.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand the rules of the game and I can use them most of the time to play honestly and fairly.
- I understand there are different skills for different situations and I am beginning to use them in collaboration with others

Gymnastics

- I can create and perform sequences using apparatus, individually and with a partner.
- I can lead a partner through short warm-up routines.
- I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.
- I can use set criteria to make simple judgments about performances and suggest ways they could be improved.
- I can use strength and flexibility to improve the quality of a performance.
- I can work safely when learning a new skill to keep myself and others safe.

Dance

- I can confidently perform different styles of dance clearly and fluently, showing a good sense of timing.
- I can copy and create dances working individually, with a partner and small group
- I can lead a group through short warm-up routines.
- I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.
- I can suggest ways to improve my own and other people's work using key terminology.
- I can use feedback provided to improve my work.

Fitness

- I can analyse my fitness data to identify areas of improvement.
- I can encourage and motivate others to work to their personal best.
- I can lead a partner through short warm-up routines.
- I show determination to work to my maximum level.
- I understand the different components of fitness and how to test them.

Net and Wall

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can lead a partner through short warm-up routines.
- I can play cooperatively with a partner.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand the need for tactics and can sometimes apply them.
- I understand the rules of the game and I can use them to play fairly.
- I understand there are different skills for different situations and I am beginning to use these.

Athletics

- I can choose the best pace for a running event.
- I can identify good athletic performance and explain why it is good.
- I can lead a partner through short warm-up routines.
- I can perform a range of jumps showing some technique.
- I can show accuracy and good technique when throwing for distance.
- I can show control at take-off and landing in jumping activities.
- I can show perseverance to achieve my personal best.

Team building / OAA

- I am inclusive of others and can share job roles.
- I can navigate around a course using a map.
- I can orientate and map.
- I can reflect on when and how I was successful at solving challenges, and alter my methods in order to improve.
- I can use critical thinking to approach a task.
- I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.

Striking and Fielding

- I am developing a wider range of fielding skills and I am beginning to use these under some pressure.
- I can sometimes strike a bowled ball.
- I can work collaboratively with others to score runs.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand the need for tactics and have begun to select and apply some tactics effectively.
- I understand the rules of the game and I can use them to play fairly.
- I understand there are different skills for different situations and I am beginning to use this.
- I am beginning to strike a ball with a rounder's bat.
- I am developing a wider range of fielding skills and I am beginning to use these under some pressure.
- I can lead a partner through a warm up.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand the need for tactics and have begun to choose and use some tactics effectively.
- I understand the rules of the game and I can use them to play fairly.
- I understand there are different skills for different situations and I am beginning to use this.

Stretching and Flexibility

- I am confident to lead others through poses and flows.
- I can create a flow working safely with a partner.
- I can move with control from one pose to another demonstrating good balance.
- I can observe and provide feedback to others.
- I can use my breath to move from pose to pose.
- I show strength and flexibility whilst holding poses.

As a Year 6 sportsperson...

Invasion

- I can create and use space to help my team.
- I can dribble, pass, receive and shoot the ball with increasing control under pressure.
- I can lead a small group through a short warm-up routine.
- I can mark and intercept when playing defence.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use the rules of the game honestly and consistently.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can pass and receive the ball with increasing control under pressure.
- I can tag opponents individually and when working within a unit.

Gymnastics

- I can combine and perform gymnastic actions, shapes and balances with control and fluency.
- I can create and perform sequences using compositional devices to improve the quality.
- I can lead a small group through a short warm-up routine.
- I can suggest changes and use feedback to improve a sequence.
- I can work collaboratively with others to create a sequence.
- I understand how to work safely when learning a new skill.
- I understand what counter balance and counter tension is and can show examples with a partner.

Dance

- I can choreograph a dance and work safely using a prop.
- I can lead a small group through a short warm-up routine.
- I can perform dances confidently and fluently with accuracy and good timing.
- I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.
- I can use appropriate language to evaluate and refine my own and others' work.
- I can use feedback provided to improve the quality of my work.
- I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.

Fitness

- I can collect, record and analyse data to identify areas where I have made the most improvement
- I can lead a small group through a short warm-up routine.
- I can motivate and encourage others to work to their personal best.
- I show determination to work to my maximum level.
- I understand the different components of fitness and ways to test and develop them.

Net and Wall

- I am confident to make decisions when refereeing.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can lead a small group through a warm up.
- I can select the appropriate action for the situation.
- I can use a range of skills in game situations.
- I can use the rules of the game consistently.
- I understand the need for tactics and when would be appropriate to apply them.

Athletics

- I can compete within the rules showing fair play and honesty.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can lead a small group through a short warm-up routine.
- I can perform jumps for height and distance using good technique.
- I can select and apply the best pace for a running event.
- I can show accuracy and good technique when throwing for distance.
- I persevere to achieve my personal best.

Team building / OAA

- I am inclusive of others, can share job roles and lead when necessary
- I can orientate and map efficiently to navigate around a course.
- I can pool ideas within a group, selecting and applying the best method to solve a problem.
- I can reflect on when and how I successful at solving challenges, and alter my methods in order to improve.
- I can use critical thinking to form ideas.
- I can work effectively with a partner and a group.

Striking and Fielding

- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can select the appropriate action for the situation.
- I can strike a bowled ball with increasing consistency.
- I can use a wider range of fielding skills in game situations.
- I can use the rules of the game consistently to play fairly.
- I can work collaboratively with others to score runs and to get batters out.
- I can lead a partner and small group through a warm up.
- I understand and can use some tactics in the game as a batter, bowler and fielder.

Stretching and Flexibility

- I am confident to lead others, demonstrating poses and teaching them my flow.
- I can observe and provide feedback suggesting ways to improve.
- I can use my breath to transition from one pose to another with control.
- I can use poses to improve my flexibility, strength and balance.
- I can work safely with others.
- I choose poses which link easily from one to the other to help my sequence flow.