

**Band 1 - PE (POS)**

Dance, Games, Gymnastics, Athletics, Evaluating Performance

**Dance**

Copy simple movement patterns

*I can copy simple dance patterns*

Choose simple actions to match sounds and music

*I can choose movements to match music or sounds*

Learn simple sequences

*I can remember a dance*

Perform movements in order

*I can do movements in the order I have been shown*

Work together successfully with others to perform a modelled group sequence

*I can do a dance I have been shown with my group***Games**

Demonstrate basic control of equipment

*I can use what I am given to play a game*

Send and receive a ball as part of an activity

*I can pass and throw a ball to someone else and stop a ball if it is given to me*

Participate in group activities

*I can join in games in a group***Evaluating Performance**

Identify successes in a range of increasingly challenging activities

*I can explain how I succeeded in more challenging activities***Gymnastics**

Copy basic actions with control and co-ordination, including taking off and landing, balance and rolling

*I can copy gymnastics movements I have been shown*

Recognise and use space around them

*I can tell if I am in enough space*

Choose and link skills and actions in short movement phrases

*I can put together different movements in a sequence*

Explore variations in direction, level and speed of movement

*I can move using different directions, speeds and levels*

Work together successfully with others to perform a modelled group sequence

*I can work in a group to carry out movements we have been shown***Athletics**

Copy basic movements including running, jumping, throwing and catching

*I can move in the way I have been shown to run, jump, throw and catch*

Perform basic techniques for running, jumping, throwing and catching

*I can run, jump, throw and catch*