



Dance

Copy and explore movement patterns

I can copy movements then change them in a way I have made up

Respond imaginatively, choosing actions to match a variety of sounds and music

I can use my imagination to think of new movements to match what I hear

Perform movements in time with sounds and music

I can move in time to sounds and music

Learn simple sequences with precision

I can learn a dance and do it exactly the way I was shown

Create and perform simple movements in order

I can make up a dance and perform it in the order I thought of

Collaborate successfully with others to perform a group sequence

I can make up a dance sequence and perform it in a group

Games

Develop tactics for scoring, stopping, passing and travelling

I can think of ways to play a game successfully

Develop tactics for attacking and defending in the context of a team game

I can think of ways to score and ways to stop my opponent scoring

Participate in team games

I can take part in games in a team

Evaluating Performance

Identify improvement and successes in a range of increasingly challenging activities

I can explain how to improve and how I know I have improved in challenging activities

Gymnastics

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

I can carry out different movements with great organisation and control

Make effective use of space around them

I can use the space around me in the best way possible

Create short movement phrases with a beginning, middle and ending

I can put together a sequence with a beginning, middle and an end

Demonstrate contrasts in direction, level and speed of movement

I can demonstrate movements using different directions, levels and speeds

Collaborate successfully with others to perform a group sequence

Athletics

Master basic movements including running, jumping, throwing and catching

I can run, jump, throw and catch using the best ways I have been shown

Perform basic techniques for running, jumping, throwing and catching as appropriate for activities (eg running race, target throwing, jumping over an obstacle)

I can run, jump, throw and catch in the best way to take part in an activity

Swimming

Swim with confidence

I can swim confidently

Swim on both front and back

I can swim on my front and on my back

Understand how to stay safe in and around water

I can explain how to stay safe around water

