

**Band 3 - PE (POS)**

Dance, Games, Gymnastics, Athletics, Evaluating Performance

Dance

Explore movements in response to a stimulus (eg instruction, music, sounds)

I can think of my own movements to match a sound

Perform imaginative movements with control (including moving in time and with co-ordination)

I can control movements that I have made up to match sounds

Create and perform simple movement patterns

I can make up and perform simple patterns

Create dances in pairs

I can make up dances with my partner

Games

Demonstrate confident control of equipment

I can use sports equipment confidently

Copy skills and techniques and use them within the context of a game

I can use the skills I have been shown in an activity

Apply the basic principles of attacking and defending to fulfil a role within a game

I can take part in a game by playing in a certain position

Participate in team games using tactics

I can take part in games using tactics

**Gymnastics**

Copy a variety of balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces

I can move in the way I have been shown in different spaces and on different apparatus

Perform modelled sequences on the floor and using apparatus which are designed to develop balance and flexibility

I can perform sequences in different places that I have been shown using balancing and bending

Control basic variations in level, speed and direction (eg slow/fast, high/low, up/down)

I can make sure I use different levels, speeds and directions in sequences.

Create sequences in pairs

I can work with a partner to make up new sequences

Athletics

Demonstrate control when running, sprinting, throwing and jumping

I can run, sprint, throw and jump with control

Vary technique following instruction to improve performance when competing (eg racing over varied distances)

I can improve my results by using the techniques I have been shown

Evaluating Performance

Suggest ways to improve performance in different physical activities and sports

I can suggest ways to improve in different sports

Compare his/her own performance to others'

I can compare my performance to how others have performed