



## Band 4 - Physical Education

Dance, Games, Gymnastics, Athletics, Evaluating Performance

### Dance

Perform a variety of dance styles

*I can change the way I dance to match what I have been asked to do*

Use a component of dance in a composition

*I can make up a sequence which uses a dance skill have been shown*

Create a sequence of movement with a clear beginning, middle and ending

*I can make up a dance with a clear beginning, middle and ending*

Combine ideas with others to create a routine

*I can put ideas together in a group to create a dance together*

### Games

Demonstrate confident control of equipment in opposed situations

*I can control equipment in a game against other people or a team*

Demonstrate relevant skills and techniques within the context of a competitive game

*I can use skills I have been shown in a game against other people or another team*

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

*I can use attack and defence techniques in a game*

Identify the roles of team members in executing tactics

*I can organise my team mates in a game*

### Gymnastics

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

*I can work on different apparatus and spaces using a variety of balances, jumps, movements and turns*

Create and perform sequences on the floor and using apparatus which demonstrates balance and flexibility

*I can make up and perform sequences using balances and flexibility*

Control subtle variations in level, speed and direction

*I can control small changes in my movements, such as level speed and direction*

Combine ideas with others to create a group sequence

*I can combine my ideas with others to create a group sequence*

### Athletics

Demonstrate control and technique when running, sprinting, throwing and jumping

*I can show control and technique when I run, sprint, throw and jump*

Select technique intended to improve performance when competing

*I can choose the best ways to run, sprint, throw and jump*

### Evaluating Performance

Identify what needs to improve about his/her own performance in different physical activities and sports

*I can analyse and improve my own performance in a range of activities and sports*

Compare his/her own performance to others' and recognise success

*I can compare my performance to how others have performed and explain what has been done well*