

**Band 5 - PE (POS)**

Dance, Games, Gymnastics, Athletics, Evaluating Performance

**Dance**

Create and perform dances using a variety of styles

*I can dance in different styles*

Use more than one dance component in a composition

*I can put different dance skills together when I make up a sequence*

Link sequences together to create a routine

*I can work with others to combine sequences to make a routine*

Suggest and implement improvements to develop a group routine

*I can make a group dance better by making suggestions***Games**

Demonstrate confident control of equipment in opposed situations whilst moving

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

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

*I can use a wide range of skills during a game against other people or other teams*

Apply principles suitable for attacking and defending in the context of a competitive game

*I can affect a game by using attack and defence skills*

Collaborate as a team to execute tactics

*I can work as part of a team to work towards a collaborative goal***Gymnastics**

Accurately perform 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 accurate balances, jumps, movements and turns*

Demonstrate increasing control during sequences on the floor and using apparatus

*I can move with control over a variety of different spaces and apparatus*

Employ sustained balance and increased flexibility

*I can use balance and flexibility for longer in sequences*

Suggest and implement improved movements to enhance a group sequence

*I can work with a group, making suggestions to make a sequence better***Athletics**

Demonstrate strength, technique and control to improve performance when running, sprinting, throwing and jumping

*I can use my strength, control and technique when I run, sprint, throw and jump*

Select appropriate technique intended to optimise strength and agility when competing

*I can choose the best ways to use strength and agility when running, sprinting, jumping and throwing*

Combine techniques following instruction (e.g. a running jump)

*I can combine different skills to complete a task***Evaluating Performance**

Improve his/her own performance in different physical activities and sports to achieve his/her personal best

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

Recognise and identify components of his/her own success

*I can explain what I have done in an activity that has led to success*