

# ATHLETICS

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<b>Running</b>	I can run at different speeds	I can change speed & direction whilst running	I can run at a speed appropriate to the distance I am running	I can improve and sustain running technique at different speeds	I can demonstrate good control, strength, speed & stamina in a variety of athletic events
<b>Jumping</b>	I can jump from a standing position	I can jump accurately from a standing position	I can take a running jump	I can demonstrate accuracy & technique in a range of throwing & jumping actions	I understand how to apply athletic skills & tactics to the competitive situation
<b>Throwing</b>	I can throw an object with one hand	I can throw a variety of objects with one hand	I can demonstrate a range of throwing actions using a variety of objects	I can identify & explain good athletic performance	I can explain how to improve technique in a variety of events
<b>Knowledge and Understanding</b>	I can recognise changes in the body during exercise	I can recognise a change in temperature & heart rate during exercise	I can recognise a change in heart rate, temperature and breathing rate	I can describe the changes in my body when running, jumping & throwing	I understand & can explain the short & long term effects of exercise, and I understand the need for specific warm up & cool down

# DANCE

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<b>Body Movements</b>	I can copy & explore basic body patterns & movements	I can perform with control & co-ordination	I can improvise freely on my own & with a partner	I can demonstrates precision, control & fluency in response to stimuli	I can perform & create motifs in a variety of dance styles with accuracy & consistency
<b>Linking Movements Together</b>	I can remember simple dance steps& performs in a controlled manner	I can responds imaginatively to a variety of stimuli	I can translate ideas from a variety of stimuli into movement.	I can vary dynamics & develop actions with a partner or as part of a group	I can select & use a wide range of compositional skills to demonstrate ideas
<b>Creativity</b>	I can choose actions & link them with sounds & music	I can vary dynamics, levels, speed & direction	I can compare, develop & adapt movement & motifs to create longer dances. I can use dance vocabulary to compare & improve my work	I continually demonstrate rhythm & spatial awareness	I can suggest ways to improve quality of performance showing sound knowledge & understanding
<b>Warm-Up and Safety</b>	I can safely perform teacher led warm-ups & can describe & discuss others work	I can discuss my own & others performance with simple vocabulary. I understand the need for warm up & cool down	I understand working safely, I recognise changes in my body and I can give reasons why PE is good for my health.	I can modify my performance & that of others as a result of observation & basic understanding of the structure of the body	I can lead my own warm up & demonstrates all round safe practice

# GYMNASTICS

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<b>Co-ordination</b>	I can copy & explore basic actions with some control & co-ordination	I can copy, remember, explore & repeat simple actions varying speed & levels	I can copy, remember, explore & repeat simple actions, and link & vary ideas with control & co-ordination	I can link ideas, skills & techniques with control, precision & fluency when performing basic skills	I can perform & create movement sequences with some complex skills & displaying accuracy & consistency
<b>Sequences</b>	I have begun to choose & link basic actions, and I can recognise & use space appropriately	I am beginning to select simple actions to construct basic sequences	I can apply compositional ideas to sequences alone & with others	I understands composition by performing more complex sequences	I can select & use a wide range of compositional skills in complex sequences alone & in groups. I show an ability to innovate
<b>Assessment</b>	I can watch & discuss my own work & that of my peers	I am beginning to identify the difference between my performance & that of others	I can describe my own & others work noting similarities & differences. I can make suggestions for improvements	I can describe how to refine, improve & modify performances	I can analyse skills & can suggest ways to improve quality of performance showing sound knowledge & understanding
<b>Warm-Ups and Safety</b>	I can safely perform teacher led warm-up & I am aware of others	I understand the need for warm up & cool down, and also what is happening to my body during exercise	I understand working safely, I recognise changes in my body and can give reasons why PE is good for health	I can demonstrate specific aspects of warm-up & describe effects of exercise on the body	I can lead own warm up & demonstrates all round safe practice

# GAMES / INVASION GAMES

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<b>Ball Skills</b>	I can stop a ball with basic control	I can stop / catch a ball with control	I am beginning to influence opposed conditioned game	I can control and catch a ball & accurately pass whilst moving	I can control movement with a ball in opposed situation whilst moving
<b>Sending and Receiving</b>	I can send a ball in the direction of another person	I can pass a ball to someone else	I can control and catch a ball with movement	I can take part in conditioned game with understanding of tactics & rules	I can combine accurate passing skills / techniques in game
<b>Team Games</b>	I can take part in sending and receiving	I can take part in opposed conditioned games	I can accurately pass to someone else	I can move with a ball in opposed situations (unihoc / football)	I can advise and help others in their techniques in a game
<b>Knowledge &amp; Understanding (inc Health)</b>	I can talk about exercising, safety & short term effects of exercise	I understand about exercising, safety & short term effects of exercise	I can move with a ball (unihoc / football) I can talk about reasons for warming up / why exercise is good for health	I understand / use principles of warm up & why exercise is good for health	I understand & explain short term effects of exercise, warming, cooling I understand & can explain long term effects of exercise