

PE - Athletics and Games

Year 1 Developing	Year 1 Expected	Year 2 Expected	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
Be able to run with control over stopping and starting.	Be able to run with confidence and be able to change direction	Be able to run with confidence understanding the difference between sprinting and jogging	Show an ability to alter speed smoothly when running.	Run showing coordination between arm and leg movements	Maintain a good running technique whilst in a competitive situation.	Modify running technique in response to changing circumstances. E.g. change in ball direction	
Jump and land safely.	Jump and land safely with control.	Complete a series of jumps showing control at take-off and landing.	Demonstrate different jumps and sequences of jumps with a consistent technique.	Adapt and improve a range of jumps.	Maintain a good jumping technique whilst in a competitive situation.	Modify jumping technique in response to changing circumstances.	
Be able to throw an object to a partner.	Throw with some coordination and accuracy at different targets.	Throw with increasing coordination and accuracy at different targets.	Throw a range of objects into a target area with consistency and accuracy.	Throw with more control, accuracy and efficiency in a game situation.	Throw a ball accurately whilst moving.	Modify throwing technique in response to changing circumstances.	
Attempt to catch an object using 2 hands.	Catch an object successfully using 2 hands	Catch a range of different sized objects.	Catch a variety of objects using 1 hand.	Catch a ball in a game situation choosing an appropriate method to catch the ball.	Catch a ball accurately whilst moving.	Modify catching technique in response to changing circumstances.	
Find space away from others.	Recognise space and keep space within a game	Demonstrate some methods of attacking and defending.	Develop ways of attacking and defending as a team.	Choose the best tactics to defend and attack.	Think of a team plan and share it with others.	Modify your tactics in response to changing circumstances.	

PE - Gymnastics

Year 1 Developing	Year 1 Expected	Year 2 Expected	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
Be able to move around in their own space	Explore gymnastic actions and the importance of being still in gymnastics	Begin to link 3 gymnastic actions and balances to create a short sequence	Show awareness of their whole bodies and how hands and feet are used in gymnastics	Be able to select actions which link together accurately with a clear linking movement	Create a gymnastic routine which meets a specific theme	Choose and apply gymnastic actions and linking movements showing whole body control and planning	
Watch others and say what they have done	Watch, copy and describe what others have done	Improve their sequence using feedback from others	Describe how their performance has improved	Suggest ways in which others could improve, showing clear attention to detail	Explain how a theme is clear and how improvements could be made		

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PE - Dance

Year 1 Developing	Year 1 Expected	Year 2 Expected	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
Move confidently and safely in their own space	move confidently in their own space responding to music	Explore remember and repeat a range of chosen dance actions with control	Improvise freely independently and with a partner, showing awareness of expressive qualities	Explore and create characters and narratives in response to a stimulus	Explore and improvise ideas for dances using different styles on their own, with a partner and in a group	Combine dance movements from a range of styles fluently and cohesively	

PE - Swimming

Year 3 Developing	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
Enter and exit the water carefully, using steps.	Enter the water carefully, as taught from the side.	Enter and exit the water carefully, as taught from the side.	Enter the water safely by jumping in and exit from the side.	Enter the water safely by diving.	Adapt a dive to water conditions.
Move on and below the surface with confidence.	Use different arm and leg movements to propel through the water.	Begin to swim short distances with no support.	Use a range of strokes effectively.	Swim competently and perform a safe self rescue.	Swim competently over a long distance using a range of strokes.

PE - Outdoor Adventurous Activities

Year 3 Developing	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
Choose simple approaches to solve the problems they are set.	Realise that activities need thinking through and recognise planning is useful.	Choose sensible skills and approaches for the challenges set.	Use skills with control in problem solving activities.	Use physical and teamwork skills well in a variety of different challenges.	Successfully apply skills and understanding to new challenges and environments.