



PE Knowledge Acquisition

Reception

- I can negotiate space and obstacles safely, with consideration for myself and others.
- I can demonstrate strength, balance and coordination.
- I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- I can give focused attention to what the teacher says and follow instructions.
- I am confident to try new activities, show independence, resilience and perseverance in the face of challenge.
- I can explain the reasons for rules, I know right from wrong and try to behave accordingly.
- I can manage my own hygiene and personal needs, including dressing.
- I can work and play cooperatively and take turns with others.

Year 1

- I can run, jump, throw and catch.
- I can participate in team games.
- I can copy and create simple dance patterns or gymnastics movements.

Year 2

- I can apply running, jumping, throwing and catching skills whilst playing a game.
- I can develop simple tactics for attacking and defending in team games.
- I can copy, remember and repeat gymnastics movements or dance patterns with control.
- I can join simple dance movements and patterns to perform a sequence.

Year 3

- I can run, jump, throw and catch when working independently, with a partner or within a game.
- I can play competitive games with adult guidance in small groups, these include: tag rugby, hockey, futsal, badminton, kwik cricket, high 5, rounders and athletics.
- I can adopt basic tactics suitable for attacking and defending.
- I can select and use dance patterns or gymnastics movements with co-ordinations and control.
- I can work within a team using good communication skills to solve problems whilst working outside.
- I can set a physical target to improve my individual performance.

Year 4

- I can apply the skills of running, jumping, throwing or catching within a small team game.
- I can play competitive games with adult guidance in small groups, these include: tag rugby, hockey, badminton, kwik cricket, high 5, rounders and athletics.
- I can apply basic tactics suitable for attacking and defending.
- I can perform dance patterns or gymnastics movements with precision, control and fluency.
- I can work within a group to read a basic map to follow directions on a simple route.
- I can recognise an area for improvement and set a personal target to succeed.

Year 5

- I can confidently apply the skills of running, jumping, throwing or catching in a competitive game.
- I can instinctively use and apply tactics suitable for attacking and defending within a range of competitive game.
- I can link skills and movement techniques accurately and appropriately with fluency and control.
- I can use good communication skills to evaluate and recognise my own and the success of others.
- I can communicate and collaborate with others to follow planned routes and solve problems.
- I can work on my personal target and design activities to help me reach my goal.

Year 6

- I can identify how to improve my fundamental skills of running, jumping, throwing or catching through evaluation and implementation within a game.
- I can instinctively use and apply tactics suitable for attacking and defending within a variety of competitive team game or tournaments.
- I can plan and deliver simple attacking and defending games with younger members of the school using my leadership skills.
- I can select and combine movement skills with flexibility, core strength, balance and control.
- I can communicate and collaborate with others to complete short orienteering courses within a set time.
- I can recognise areas of strengths and weaknesses in my own performance and that of my peers.

Swimming – by the end of KS2

- I can swim 1 length on my front or back in a recognised stroke without aids.
- I can swim competently, confidently and proficiently over a distance of at least 25 metres.
- I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).
- I can perform safe self-rescue in different water-based situations.