

SDFS PE/ NC 2014/ July 2022/ C D

EYFS-Explore different ways to throw and catch using a variety of equipment, introduce apparatus and how to use it safely, discuss the importance of a warm up, move in different ways-spatial awareness

Year 1

<p>Acquiring and developing skills Can they copy actions? Can they repeat actions and skills? Can they move with control and care?</p>	<p>Evaluating and improving Can they talk about what they have done? Can they describe what other people did?</p>	<p>Health and fitness Can they describe how their body feels before, during and after an activity?</p>
<p>Dance Can they move to music? Can they copy dance moves? Can they perform some dance moves? Can they make up a short dance? Can they move around the space safely?</p>	<p>Games Can they throw underarm? Can they roll a piece of equipment? Can they hit a ball with a bat? Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways?</p>	<p>Gymnastics Can they make their body tense, relaxed, curled and stretched? Can they control their body when travelling? Can they control their body when balancing? Can they copy sequences and repeat them? Can they roll in different ways? Can they travel in different ways? Can they balance in different ways? Can they climb safely? <i>Can they travel over and under apparatus safely?</i> <i>Can they bend their knees when taking off and landing.</i> Can they stretch in different ways? Can they curl in different ways?</p>

Year 2

<p>Acquiring and developing skills Can they copy and remember actions? Can they repeat and explore actions with control and coordination?</p>	<p>Evaluating and improving Can they talk about what is different between what they did and what someone else did? Can they say how they could improve?</p>	<p>Health and fitness Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy? <i>Can they explain why our heart beats faster during exercise?</i></p>
<p>Dance Can they dance imaginatively? Can they change rhythm, speed, level and direction? Can they dance with control and co-ordination? Can they make a sequence by linking sections together? Can they link some movements to show a mood or feeling?</p>	<p>Games Can they use hitting, kicking and/or rolling in a game? <i>Can they throw and catch with control?</i> Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules?</p>	<p>Gymnastics Can they plan and show a sequence of movements? Can they use contrast in their sequences? Are their movements controlled? Can they think of more than one way to create a sequence which follows a set of 'rules'? Can they work on their own and with a partner to create a sequence? <i>Can they bend their knees when taking off and landing.</i> Can they travel in different ways on apparatus?</p>

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Year 3

<p>Acquiring and developing skills Can they select and use the most appropriate skills, actions or ideas? Can they move and use actions with co-ordination and control?</p>	<p>Evaluating and improving Can they explain how their work is similar and different from that of others? With help, do they recognise how performances could be improved?</p>	<p>Health and fitness Can they explain why it is important to warm-up and cool-down? Can they identify some muscle groups used in gymnastic activities?</p>
<p>Dance Can they improvise freely, translating ideas from a stimulus into movement? Can they share and create phrases with a partner and in small groups? Can they repeat, remember and perform these phrases in a dance?</p>	<p>Games Can they throw and catch with control when under limited pressure? Are they aware of space and use it to support team-mates and cause problems for the opposition? Do they know and use rules fairly to keep games going? Can they keep possession with some success when using equipment that is not used for throwing and catching skills?</p>	<p>Gymnastics Can they use a greater number of their own ideas for movement in response to a task? Can they adapt sequences to suit different types of apparatus and their partner's ability? Can they explain how strength and suppleness affect performances? Can they compare and contrast gymnastic sequences, commenting on similarities and differences? Can they bend their knees when taking off and landing.</p>
<p>Athletics Can they run at fast, medium and slow speeds, changing speed and direction? Can they link running and jumping activities with some fluency, control and consistency? Can they make up and repeat a short sequence of linked jumps? Can they take part in a relay activity, remembering when to run and what to do? Do they throw a variety of objects, changing their action for accuracy and distance?</p>	<p>Outdoor/ adventurous Can they follow a map in a familiar context? Can they move from one location to another following a map? Can they use clues to follow a route? Can they follow a route safely?</p>	

Year 4

<p>Acquiring and developing skills Can they select and use the most appropriate skills, actions or ideas? Can they move and use actions with co-ordination and control? Can they make up their own small-sided game?</p>	<p>Evaluating and improving Can they explain how their work is similar and different from that of others? Can they use their comparison to improve their work?</p>	<p>Health and fitness Can they explain why warming up is important? Can they explain why keeping fit is good for their health?</p>
<p>Dance Can they take the lead when working with a partner or group? Can they use dance to communicate an idea? Can they work on their movements and refine them? Is their dance clear and fluent?</p>	<p>Games Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? Can they vary tactics and adapt skills according to what is happening?</p>	<p>Gymnastics Can they work in a controlled way? Can they include change of speed? Can they include change of direction? Can they include range of shapes? Can they follow a set of 'rules' to produce a sequence? Can they work with a partner to create, repeat and improve a sequence with at least three phases? Can they bend their knees when taking off and landing.</p>
<p>Athletics Can they run over a long distance? Can they spring over a short distance? Can they throw in different ways? Can they hit a target? Can they jump in different ways?</p>	<p>Outdoor/ adventurous Can they follow a map in a more demanding familiar context? Can they move from one location to another following a map? Can they use clues to follow a route? Can they follow a route accurately, safely and within a time limit?</p>	