**Southmead Primary School**

**Endpoints**

| Subject: P.E |
| --- |
| EYFS |
| **Introduction to P.E**.<br>I use movement skills with developing balance and co-ordination.<br>I can make independent choices.<br>I follow instructions involving several ideas or actions.<br>I can negotiate space safely with consideration for myself and others.<br>I can demonstrate balance.<br>I play co-operatively and take turns with others.<br>I understand the rules and can explain why it is important to follow them.<br><br>**Ball Skills**<br>I can negotiate space safely with consideration for myself and others.<br>I use ball skills with developing competence and accuracy.<br>I play co-operatively and take turns with others.<br>I can make independent choices.<br>I persevere when trying new challenges.<br>I follow instructions involving several ideas or actions.<br>I play ball games with consideration of the rules.<br><br>**Dance**<br>I can negotiate space safely with consideration for myself and others.<br>I am confident to try new challenges and perform in front of others.<br>I use movement skills with developing strength, balance and co-ordination, showing increasing control and grace.<br>I follow instructions involving several ideas or actions.<br>I can combine movements, selecting actions in response to the task.<br>I show respect towards others when providing feedback.<br><br>**Fundamentals**<br>I can negotiate space safely with consideration for myself and others.<br>I play games honestly with consideration of the rules.<br>I am confident to try new challenges.<br>I follow instructions involving several ideas or actions.<br>I use movement skills with developing balance and co-ordination when playing games.<br>I play co-operatively, take turns, encourage and congratulate others.<br>I am confident to try new challenges, deciding on the skills I use to complete the task.<br>I can play games honestly with consideration of the rules.<br>I show an understanding of my feelings and can regulate my behaviour.<br><br>**Gymnastics**<br>I can negotiate space safely with consideration for myself and others.<br>I can confidently and safely use a range of large and small apparatus.<br>I can combine movements, selecting actions in response to the task and apparatus. |




I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.
I follow instructions involving several ideas or actions.
I work co-operatively with others and take turns.
I am confident to try new challenges.

**Games**
I can negotiate space safely with consideration for myself and others.
I follow instructions involving several ideas or actions.
I play co-operatively, take turns and encourage others.
I use ball skills with developing competence and accuracy.
I use movement skills with developing balance and co-ordination.
I play games honestly with consideration of the rules.
I show an understanding of my feelings and can regulate my behaviour.

Year 1

**Fundamentals**
I can change direction when moving at speed.
I can recognise changes in my body when I do exercise.
I can run at different speeds.
I can select my own actions in response to a task.
I can show hopping and jumping movements.
I can work co-operatively with others to complete tasks.
I show balance and co-ordination when static and moving at a slow speed.

**Ball Skills**
I am beginning to catch with two hands.
I am beginning to dribble a ball with my hands and feet.
I am beginning to understand simple tactics.
I can roll and throw with some accuracy towards a target.
I can say when someone was successful.
I can track a ball that is coming towards me.
I can work co-operatively with a partner.

**Gymnastics**
I am confident to perform in front of others.
I can link simple actions together to create a sequence.
I can make my body tense, relaxed, stretched and curled.
I can recognise changes in my body when I do exercise.
I can remember and repeat actions and shapes.
I can say what I liked about someone else's performance.
I can use apparatus safely and wait for my turn.

**Sending and Receiving**
I am beginning to send and receive a ball with my feet.
I can catch a ball with some success.
I can recognise changes in my body when I do exercise.
I can roll a ball towards a target.
I can throw a ball to a partner.
I can track a ball that is coming towards me.




I can work co-operatively with a partner.

**Dance**

I am beginning to use counts.
I can copy, remember and repeat actions.
I can move confidently and safely.
I can use different parts of the body in isolation and together.
I can work with others to share ideas and select actions.
I choose appropriate movements for different dance ideas.
I say what I liked about someone else's performance.
I show some sense of dynamic and expressive qualities in my dance.

**Target Games**

I can recognise changes in my body when I do exercise.
I can use an overarm throw aiming towards a target.
I can roll a ball towards a target.
I can use an underarm throw aiming towards a target.
I can work co-operatively with a partner.
I understand what good technique looks like.

**Invasion Games**

I am beginning to dribble a ball with my hands and feet.
I can change direction to move away from a defender.
I can recognise space when playing games.
I can send and receive a ball with hands and feet.
I can use simple rules to play fairly.
I move to stay with another player when defending.
I recognise changes in my body when I do exercise.
I understand when I am a defender and when I am an attacker.

**Mindful Movement (Yoga)**

I can recognise how yoga makes me both feel physically and mentally.
I can remember and repeat actions, linking poses together.
I can say what I liked about someone else's flow.
I can show an awareness of space when travelling.
I can work with others to create poses.

**Athletics**

I am able to throw towards a target.
I am beginning to show balance and co-ordination when changing direction.
I am developing overarm throwing.
I can recognise changes in my body when I do exercise.
I can run at different speeds.
I can work with others and make safe choices.
I try my best.
I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

**Team Building**

I can communicate simple instructions.

I can follow instructions.
I can follow path and lead others.
I can listen to others' ideas.
I can suggest ideas to solve tasks.
I can work with a partner and a small group.
I understand the rules of the game.

**Striking and Fielding**
I can catch a beanbag and a medium-sized ball.
I can roll a ball towards a target.
I can strike a ball using my hand.
I can track a ball that is coming towards me.
I know how to score points.
I understand the rules and I am beginning to use these to play honestly and fairly.
I understand when I am successful.

Year 2

**Ball Skills**
I am beginning to provide feedback using key words.
I am beginning to understand and use simple tactics.
I can dribble a ball with my hands and feet with some control.
I can roll and throw a ball to hit a target.
I can send and receive a ball using both kicking and throwing and catching skills.
I can track a ball and collect it.
I can work co-operatively with a partner and a small group.

**Fundamentals**
I am beginning to provide feedback using key words.
I am beginning to turn and jump in an individual skipping rope.
I can describe how my body feels during exercise.
I can show balance when changing direction.
I can show hopping, skipping and jumping movements with some balance and control.
I can work co-operatively with a partner and a small group.
I show balance and co-ordination when running at different speeds.

**Gymnastics**
I am beginning to provide feedback using key words.
I am proud of my work and confident to perform in front of others.
I can perform the basic gymnastic actions with some control and balance.
I can plan and repeat simple sequences of actions.
I can use directions and levels to make my work look interesting.
I can use shapes when performing other skills.
I can work safely with others and apparatus.

**Sending and Receiving**
I am beginning to provide feedback using key words.
I am beginning to trap and cushion a ball that is coming towards me.
I can accurately throw and kick a ball to a partner.
I can catch a ball passed to me, with and without a bounce.




I can roll a ball to hit a target.
I can track a ball and stop it using my hands and feet.
I can work co-operatively with a partner and a small group.
I can work safely to send a ball towards a partner using a piece of equipment.

**Dance**
I am beginning to provide feedback using key words.
I can copy, remember, repeat and create dance phrases.
I can describe how my body feels during exercise.
I can show a character and idea through the actions and dynamics I choose.
I can use counts to stay in time with the music.
I can work with a partner using mirroring and unison in our actions.
I show confidence to perform.

**Fitness**
I can describe how my body feels during exercise.
I can show hopping and jumping movements with some balance and control.
I persevere with new challenges.
I show determination to continue working over a longer period of time.
I understand that running at a slower speed will allow me to run for a longer period of time.
I work with others to turn a rope and encourage others to jump at the right time.

**Net and Wall Games**
I can defend space on my court using the ready position.
I can describe how my body feels during exercise.
I can hit a ball over the net and into the court area.
I can throw accurately to a partner.
I can use simple tactics to make it difficult for an opponent.
I know how to score points and can remember the score.
I show good sportsmanship when playing against an opponent.

**Mindful Movement (Yoga)**
I am beginning to provide feedback using key words.
I can copy, remember and repeat yoga flows.
I can describe how my body feels during exercise.
I can move from one pose to another, thinking about my breath.
I can use clear shapes when performing poses.
I can work with others to create simple flows showing some control.

**Athletics**
I show balance and co-ordination when running at different speeds.
I can jump and land with control.
I can use an over arm throw to help me to throw for distance.
I can work with others, taking turns and sharing ideas.
I can identify good technique.
I can describe how my body feels during exercise.
I try my best.

**Team Building**
I can follow instructions carefully.




I can say when I was successful at solving challenges.
I can share my ideas and help to solve tasks.
I can work co-operatively with a partner and a small group.
I show honesty and can play fairly.
I understand how to use, follow and create a simple diagram/map.

**Striking and Fielding**
I am beginning to provide feedback using key words.
I am developing underarm and overarm throwing skills.
I can hit a ball using equipment with some consistency.
I can track a ball and collect it.
I can use simple tactics.
I know how to score points and can remember the score.
I understand the rules of the game and can use these to play fairly in a small group.

Year 3

**Fundamentals**
I am able to jump and turn a skipping rope.
I can change direction quickly.
I can identify when I was successful.
I can link hopping and jumping actions.
I demonstrate balance when performing other fundamental skills.
I understand how the body moves differently at different speeds.
I understand why it is important to warm up.

**Football**
I am beginning to use simple tactics.
I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
I can dribble, pass, receive and shoot the ball with some control.
I can find space away from others and near to my goal.
I can provide feedback using key words.
I can track an opponent to slow them down.
I understand my role as an attacker and as a defender.
I work co-operatively with my group to self-manage games.

**Dance**
I am respectful of others when watching them perform.
I can provide feedback using key words.
I can repeat, remember and perform a dance phrase.
I can use counts to keep in time with a partner and group.
I can use dynamic and expressive qualities in relation to an idea.
I can work with a partner and in a small group, sharing ideas.
I create short dance phrases that communicate the idea.

**Ball Skills**
I can catch different sized objects with increasing consistency with two hands.
I can dribble a ball with control.
I can persevere when learning a new skill.
I can provide feedback using key words.




I can show a variety of throwing techniques.
I can throw with accuracy and increasing consistency to a target.
I can track the path of a ball that is not sent directly to me.

**Gymnastics**
I can adapt sequences to suit different types of apparatus.
I can choose actions that flow well into one another.
I can choose and plan sequences of contrasting actions.
I can complete actions with increasing balance and control.
I can move in unison with a partner.
I can provide feedback using key words.
I use a greater number of my own ideas for movements in response to a task.
With help, I can recognise how performances could be improved.

**Swimming**
I can perform a tuck jump entry into the water
I can perform a kneeling dive into deep water.
I can perform a forward roll entry into deep water.
I can tread water for 30 seconds.
I can tread water with an aid for 1 minute
I can perform a handstand in shallow water.
I can perform a front somersault in water.
I can swim underwater for 5 metres.
I can wave for attention with a change of direction.
I can swim front crawl and back crawl for at least 10 – 15 metres each.
I can perform a breast stroke type kick on front with an aid.
I can complete an endurance swim of at least 25 – 50 metres.

**Dodgeball**
I am learning the rules of the game and I am beginning to use them to play fairly.
I can provide feedback using key words.
I can throw with some accuracy and I am beginning to catch with some consistency.
I understand the aim of the game.
I work co-operatively with my group to self-manage games.

**OAA (Outdoor and Adventurous Activities)**
I am developing map reading skills.
I can follow and give instructions.
I can listen to and am accepting of others' ideas.
I can plan and attempt to apply strategies to solve problems.
I can reflect on when and why I was successful at solving challenges and am beginning to understand why.
I can work collaboratively with a partner and a small group.

**Fitness**
I can collect and record my scores, recognising my strengths.
I can complete exercises with control.
I can persevere when I find a challenge hard.
I can provide feedback using key words.
I can use key points to help me to improve my sprinting technique.

I can work safely with others.
I show balance when changing direction.
I understand that there are different areas of fitness.

**Athletics**
I am developing jumping for distance.
I can identify when I was successful.
I can take part in a relay activity, remembering when to run and what to do.
I can throw a variety of objects, changing my action for accuracy and distance.
I can use different take off and landings when jumping.
I can use key points to help me to improve my sprinting technique.
I can work with a partner and in a small group, sharing ideas.
I show determination to achieve my personal best.

Year 4

**Fundamentals**
I can change direction quickly under pressure.
I can explain what happens when I exercise.
I can identify when I was successful and what I need to do to improve.
I can link hopping and jumping actions with other fundamental skills.
I can work with others to complete skipping challenges.
I demonstrate good balance and control when performing other fundamental skills.
I understand and can demonstrate how and when to speed up and slow down when running.

**Football**
I understand the rules of the game and I can use them often and honestly.
I can delay an opponent and help to prevent the other team from scoring.
I can dribble, pass, receive and shoot the ball with increasing control.
I can move to space to help my team to keep possession and score goals.
I can provide feedback using key terminology and understand what I need to do to improve.
I can use simple tactics to help my team score or gain possession.
I share ideas and work with others to manage our game.

**Dance**
I can choose actions and dynamics to convey a character or idea.
I can copy and remember set choreography.
I can provide feedback using appropriate language relating to the lesson.
I can respond imaginatively to a range of stimuli relating to character and narrative.
I can use changes in timing and spacing to develop a dance.
I can use counts to keep in time with others and the music.
I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.
I show respect for others when working as a group and watching others perform.

**Netball**
I can use simple tactics to help my team score or gain possession.
I understand the rules of the game and I can use them often and honestly.




I can defend one on one and know when to win the ball.
I can explain what happens to my body when I exercise and how this helps to make me healthy.
I can move to space to help my team to keep possession and score goals.
I can pass, receive and shoot the ball with increasing control.
I can provide feedback using key terminology and understand what I need to do to improve.
I share ideas and work with others to manage our game.

**Gymnastics**
I can explain what happens to my body when I exercise and how this helps to make me healthy.
I can identify some muscle groups used in gymnastic activities.
I can plan and perform sequences with a partner that includes a change of level and shape.
I can provide feedback using appropriate language relating to the lesson.
I can safely perform balances individually and with a partner.
I can watch, describe and suggest possible improvements to others' performances and my own.
I understand how body tension can improve the control and quality of my movements.

**OAA (Outdoor and Adventurous Activities)**
I can accurately follow and give instructions.
I can confidently communicate ideas and listen to others.
I can identify key symbols on a map and use a key to help navigate around a grid.
I can plan and apply strategies to solve problems.
I can reflect on when and why I was successful at solving challenges.
I can work collaboratively and effectively with a partner and a small group.

**Tennis**
I understand the rules of the game and I can use them often and honestly.
I can communicate with my teammates to apply simple tactics.
I can explain what happens to my body when I exercise and how this helps to make me healthy.
I can provide feedback using key terminology and understand what I need to do to improve.
I can return to the ready position to defend my own court.
I can sometimes play a continuous game.
I can use a range of basic racket skills.
I share ideas and work with others to manage our game.

**Dodgeball**
I understand the rules of the game and I can use them often and honestly.
I can catch with increasing consistency.
I can communicate with my teammates to apply simple tactics.
I can provide feedback using key terminology and understand what I need to do to improve.
I can return to the ready position to defend myself.
I can throw with some accuracy at a target.
I share ideas and work with others to manage our game.

**Athletics**
I can demonstrate the difference in sprinting and jogging techniques.
I can explain what happens in my body when I warm up.
I can identify when I was successful and what I need to do to improve.




I can jump for distance with balance and control.
I can throw with some accuracy and power to a target area.
I show determination to improve my personal best.
I support and encourage others to work to their best.

**Fitness**

I can collect and record my scores and identify areas I need to improve.
I can use key points to help me to improve my sprinting technique.
I share ideas and work with others to manage activities.
I show balance when changing direction at speed.
I show control when completing activities to improve balance.
I show determination to continue working over a period of time.
I understand there are different areas of fitness and that each area challenges my body differently.

**Cricket**

I am able to bowl a ball with some accuracy and consistency.
I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
I can communicate with my teammates to apply simple tactics.
I can persevere when learning a new skill.
I can provide feedback using key terminology and understand what I need to do to improve.
I can strike a bowled ball after a bounce.
I can use overarm and underarm throwing, and catching skills with increasing accuracy.
I share ideas and work with others to manage our game.

Year 5

**Dance**

I can accurately copy and repeat set choreography.
I can choreograph phrases individually and with others considering actions and dynamics.
I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing.
I can lead a group through short warm-up routines.
I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.
I can suggest ways to improve my own and other people's work using key terminology.
I can use counts when choreographing to stay in time with others and the music.
I can use feedback provided to improve my work.

**Tag Rugby**

I can communicate with my team and move into space to keep possession and score.
I can identify when I was successful and what I need to do to improve.
I can pass and receive the ball with some control under pressure.
I can tag opponents and close down space.
I know what position I am playing in and how to contribute when attacking and defending.
I understand the need for tactics and can identify when to use them in different situations.
I understand the rules of the game and I can apply them honestly most of the time.
I understand there are different skills for different situations and I am beginning to apply this.




**Gymnastics**

I can create and perform sequences using apparatus, individually and with a partner.
I can lead a partner through short warm-up routines.
I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.
I can use feedback provided to improve my work.
I can use set criteria to make simple judgments about performances and suggest ways they could be improved.
I can use strength and flexibility to improve the quality of a performance.
I can work safely when learning a new skill to keep myself and others safe.

**Netball**

I can communicate with my team and move into space to keep possession and score.
I can identify when I was successful and what I need to do to improve.
I can pass, receive and shoot the ball with some control under pressure.
I can stay with an opponent and I confident to attempt to intercept.
I know what position I am playing in and how to contribute when attacking and defending.
I understand the need for tactics and can identify when to use them in different situations.
I understand the rules of the game and I can apply them honestly most of the time.
I understand there are different skills for different situations and I am beginning to apply this.

**Football**

I can communicate with my team and move into space to keep possession and score.
I can dribble, pass, receive and shoot the ball with some control under pressure.
I can identify when I was successful and what I need to do to improve.
I can often make the correct decision of who to pass to and when.
I can use tracking and intercepting when playing in defence.
I understand the need for tactics and can identify when to use them in different situations.
I understand the rules of the game and I can use them most of the time to play honestly and fairly.
I understand there are different skills for different situations and I am beginning to apply this.

**Mindful Movement (Yoga)**

I am confident to lead others through poses and flows.
I can create a yoga flow working safely with a partner.
I can identify how different activities can benefit my physical health.
I can move with control from one pose to another demonstrating good balance.
I can provide feedback to others using key terminology.
I can use feedback provided to improve my work.
I can use my breath to move from pose to pose.
I show strength and flexibility whilst holding yoga poses.

**Cricket**

I am developing a wider range of fielding skills and I am beginning to use these under some pressure.
I can identify when I was successful and what I need to do to improve.
I can strike a bowled ball with increasing consistency.
I can work co-operatively with others to manage our game.
I understand the need for tactics and can identify when to use them in different situations.
I understand the rules of the game and I can apply them honestly most of the time.




I understand there are different skills for different situations and I am beginning to use this.

**Volleyball**

I am developing a wider range of skills and I am beginning to use these under some pressure.
I can identify when I was successful and what I need to do to improve.
I can use feedback provided to improve my work.
I can use the rules to referee a game.
I can work co-operatively with others to manage our game.
I understand the need for tactics and can identify when to use them in different situations.
I understand the rules of the game and I can apply them honestly most of the time.
I understand there are different skills for different situations and I am beginning to use these.

**Fitness**

I can analyse my fitness scores to identify areas for improvement.
I can choose the best pace for a running event and maintain speed.
I can encourage and motivate others to work to their personal best.
I can identify how different activities can benefit my physical health.
I can work with others to manage activities.
I understand the different components of fitness and how to test them.
I understand what my maximum effort looks and feels like and I am determined to achieve it.

**Athletics**

I can choose the best pace for a running event.
I can identify good athletic performance and explain why it is good.
I can perform a range of jumps showing some technique.
I can show control at take-off and landing in jumping activities.
I can take on the role of coach, official and timer when working in a group.
I can use feedback to improve my sprinting technique.
I persevere to achieve my personal best.
I show accuracy and power when throwing for distance.

**Handball**

I can lead others and contribute my ideas to group work.
I use feedback provided to improve my work.
I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.
I can dribble, pass, receive and shoot the ball with some control under pressure.
I communicate with my team and move into space to help to maintain possession.
I understand the need for tactics and can identify when to use them in different situations.
I understand the rules and can apply them honestly most of the time including when refereeing.

**Rounders**

I can learn and understand the rules of rounders
I can strike a bowled ball with some consistency.
I can use a wider range of skills with increasing control under pressure.
I can use the rules of the game consistently to play fairly.




I can work collaboratively with others to get batters out.
I can work in collaboration with others so that games run smoothly.
I recognise my own and others strengths and areas for development and can suggest ways to improve.
I understand and can apply some tactics in the game as a batter, bowler and fielder.

Year 6

**Dance**

I can choreograph a dance and work safely using a prop.
I can lead a small group through a short warm-up routine.
I can perform dances confidently and fluently with accuracy and good timing.
I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.
I can use appropriate language to evaluate and refine my own and others' work.
I can use feedback provided to improve the quality of my work.
I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.

**Tag Rugby**

I can create and use space to help my team.
I can pass and receive the ball with increasing control under pressure.
I can select the appropriate action for the situation and make this decision quickly.
I can tag opponents individually and when working within a unit.
I can use the rules of the game consistently to play honestly and fairly.
I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
I can work in collaboration with others so that games run smoothly.
I recognise my own and others strengths and areas for development and can suggest ways to improve.

**Gymnastics**

I can combine and perform gymnastic actions, shapes and balances with control and fluency.
I can create and perform sequences using compositional devices to improve the quality.
I can lead a small group through a short warm-up routine.
I can use appropriate language to evaluate and refine my own and others' work.
I can work collaboratively with others to create a sequence.
I understand how to work safely when learning a new skill.
I understand what counter balance and counter tension is and can show examples with a partner.

**Netball**

I can communicate with my team and move into space to keep possession and score.
I can identify when I was successful and what I need to do to improve.
I can pass, receive and shoot the ball with some control under pressure.
I can stay with an opponent and I confident to attempt to intercept.
I know what position I am playing in and how to contribute when attacking and defending.
I understand the need for tactics and can identify when to use them in different situations.
I understand the rules of the game and I can apply them honestly most of the time.
I understand there are different skills for different situations and I am beginning to apply this.




**Basketball**

I can create and use space to help my team.
I can dribble, pass, receive and shoot the ball with increasing control under pressure.
I can select the appropriate action for the situation and make this decision quickly.
I can use the rules of the game honestly and consistently.
I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
I can work in collaboration with others so that games run smoothly.
I recognise my own and others strengths and areas for development and can suggest ways to improve.
I understand when to use different styles of defence in game situations.

**Mindful Movement (Yoga)**

I am confident to lead others, demonstrating poses and teaching them my flow.
I can use feedback provided to improve the quality of my work.
I can use my breath to transition from one pose to another with control.
I can use yoga poses to improve my flexibility, strength and balance.
I choose poses which link easily from one to the other to help my sequence flow.
I recognise my own and others strengths and areas for development and can suggest ways to improve.
I understand that there are different areas of fitness and how this helps me in different activities.

**Volleyball**

I am confident to make decisions when refereeing.
I can select the appropriate action for the situation and make this decision quickly.
I can use a wider range of skills with increasing control under pressure.
I can use feedback provided to improve the quality of my work.
I can use the rules of the game consistently to play honestly and fairly.
I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
I can work in collaboration with others so that games run smoothly.
I recognise my own and others strengths and areas for development and can suggest ways to improve.

**Football**

I can create and use space to help my team.
I can dribble, pass, receive and shoot the ball with increasing control under pressure.
I can select the appropriate action for the situation and make this decision quickly.
I can use marking, tackling and/or interception to improve my defence.
I can use the rules of the game consistently to play honestly and fairly.
I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
I recognise my own and others strengths and areas for development and can suggest ways to improve.

**Fitness**

I can change my running technique to adapt to different distances.




I can collect, record and analyse scores to identify areas where I have made the most improvement.
I can work with others to organise, manage and record information at a station.
I encourage and motivate others to work to their best.
I understand that there are different areas of fitness and how this helps me in different activities.
I understand the different components of fitness and ways to test and develop them.
I work to my maximum consistently when presented with challenges.

**Athletics**

I can compete within the rules showing fair play and honesty.
I can help others to improve their technique using key teaching points.
I can identify my own and others' strengths and areas for development and can suggest ways to improve.
I can perform jumps for distance using good technique.
I can select and apply the best pace for a running event.
I can show accuracy and good technique when throwing for distance.
I understand that there are different areas of fitness and how this helps me in different activities.
I use different strategies to persevere to achieve my personal best.

**Tennis**

I can select the appropriate action for the situation and make this decision quickly.
I can use a wider range of skills with increasing control under pressure.
I can use feedback provided to improve the quality of my work.
I can use the rules of the game consistently to play honestly and fairly.
I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
I can work in collaboration with others so that games run smoothly.
I recognise my own and others strengths and areas for development and can suggest ways to improve.
I understand that there are different areas of fitness and how this helps me in different activities.

**Rounders**

I can strike a bowled ball with increasing consistency.
I can use a wider range of skills with increasing control under pressure.
I can use the rules of the game consistently to play fairly.
I can work collaboratively with others to get batters out.
I can work in collaboration with others so that games run smoothly.
I recognise my own and others strengths and areas for development and can suggest ways to improve.
I understand and can apply some tactics in the game as a batter, bowler and fielder.