

# Physical Education - Year 3 – Skills map

## Fundamental Movement Skills

PE01	I am <b>able</b> to jump and turn a skipping rope.	
PE02	I can <b>perform</b> changes in direction quickly.	
PE03	I can <b>link</b> hopping and jumping actions.	
PE04	I can <b>demonstrate</b> balance when performing other fundamental skills.	
PE05	I <b>understand</b> how the body moves differently at different speeds.	

## Dance

PE06	I can repeat, remember and <b>perform</b> a dance phrase.	
PE07	I can <b>use</b> counts to keep in time with a partner and group.	
PE08	I can <b>apply</b> dynamic and expressive qualities in relation to an idea.	
PE09	I can <b>demonstrate</b> working with a partner and in a small group, sharing ideas.	
PE10	I can <b>create</b> short dance phrases that communicate a theme or idea.	

## Gymnastics

PE 11	I can <b>adapt</b> sequences to suit different types of apparatus.	
PE12	I can <b>choose</b> actions that flow well into one another.	
PE13	I can <b>demonstrate</b> actions with increasing balance and control.	
PE14	I can <b>use</b> matching and contrasting actions in a partner sequence.	

## Striking & Fielding Games

PE20	I can <b>show</b> how to bowl a ball towards a target.	
PE21	I can <b>demonstrate</b> striking a bowled ball.	
PE22	I can <b>use</b> underarm and overarm throwing and catching skills.	
PE23	I am developing a range of tactics and can <b>choose</b> when to use them.	

## Target Games

PE15	I can <b>demonstrate</b> catch different sized objects with increased consistency using two hands.	
PE16	I can dribble a ball with control.	
PE17	I can <b>show</b> a variety of throwing techniques.	
PE18	I can <b>perform</b> throwing with accuracy and increasing consistency to a target.	
PE19	I can <b>show</b> how to track the path of a ball that is not sent directly back to me.	



# Physical Education- Games - Year 3 – Skills map

## Net Games

GA1	I can <b>explore</b> returning a ball using backhand and forehand shots.	
GA2	I can <b>perform</b> an under arm serve to a target area.	
GA3	I can <b>apply</b> learnt shots to a rally.	
GA4	I can consistently <b>demonstrate</b> a return to the ready position between shots.	

## Striking & Fielding Games

GA15	I can <b>demonstrate</b> striking a bowled ball using different equipment.	
GA16	I can <b>develop</b> bowling to a target with some consistency.	
GA17	I can <b>use</b> overarm and underarm throwing techniques with increased consistency in game situations.	
GA18	I can <b>perform</b> a range of catching techniques with increased consistency in game situations.	

## Invasion Games

GA5	I can <b>explore</b> sending & receiving, abiding by the rules of the game.	
GA6	I can <b>demonstrate</b> dribbling the ball in a game situation under pressure.	
GA7	I can <b>show</b> a range of movement skills when attacking to lose a defender.	
GA8	I can <b>perform</b> shooting actions in a range of games.	
GA9	I can <b>apply</b> defensive strategies to track opponents to limit their scoring opportunities.	
GA10	I can <b>use</b> space to develop moving with a ball towards a goal with some control.	

## Athletics

GA19	I can <b>develop</b> sprinting technique and apply it to relay events.	
GA20	I can <b>show</b> fluency and rhythm when running over obstacles.	
GA21	I can <b>perform</b> jumping techniques using a range of approaches and take off positions.	
GA22	I can <b>develop</b> jumping for height and safety on landing.	
GA23	I can <b>demonstrate</b> a pull throw using a range of objects.	

## Outdoor Adventurous Activities

GA11	I can <b>plan</b> a strategy to help solve a problem.	
GA12	I can <b>read</b> simple maps to navigate to a location.	
GA13	I can <b>communicate</b> instructions and listen to other people's ideas.	
GA14	I can <b>reflect</b> on, when and why I am successful when solving challenges.	

# Physical Education - Year 4 – Skills map

Ball Skills		
PE01	I can accurately <b>use</b> a range of throwing techniques to throw to a target.	
PE02	I can <b>explore</b> catching different sized objects with increasing consistency with one and two hands.	
PE03	I can <b>demonstrate</b> tracking the path of a ball that is not sent directly to me.	
PE04	I can <b>demonstrate</b> dribbling a ball with increasing control and co-ordination.	

Dance		
PE05	I can <b>choose</b> actions and dynamics to convey a character or idea.	
PE06	I can repeat and <b>perform</b> set choreography.	
PE07	I can <b>respond</b> imaginatively to a range of stimuli relating to character and narrative.	
PE08	I can <b>use</b> changes in timing and spacing to develop a dance.	
PE09	I can <b>perform</b> simple movement patterns to structure dance phrases on my own, with a partner and in a group.	

Swimming		
PE14	I can <b>demonstrate</b> swimming 25m on a single stroke confidently and competently	
PE15	I can <b>use</b> a range of strokes effectively such as front crawl, backstroke and breaststroke.	
PE16	I can <b>perform</b> safe self rescue in different water-based situations.	
PE 17	I can <b>demonstrate</b> an awareness of water safety and float on my front and back.	

Gymnastics		
PE10	I can <b>plan</b> and <b>perform</b> sequences with a partner that include a change of level and shape.	
PE11	I can safely <b>perform</b> balances individually and with a partner.	
PE12	I can watch, <b>describe</b> and <b>suggest</b> possible improvements to others' performances and my own.	
PE13	I <b>recognise</b> how body tension can improve the control and quality of my movements.	



# Physical Education - Games - Year 4 – Skills map

## Net Games

GA1	I can <b>demonstrate</b> increased technique when using shots both co-operatively and competitively.	
GA2	I can <b>develop</b> technique when serving underarm with increased consistency.	
GA3	I can <b>apply</b> forehand and backhand shots in a rally with increased technique.	
GA4	I can begin to <b>use</b> appropriate footwork patterns to move around the court.	

## Striking & Fielding Games

GA14	I can <b>select</b> a range of shots when batting in a game situation.	
GA15	I can <b>demonstrate</b> bowling accurately and consistently, abiding by the rules of the game.	
GA16	I can <b>use</b> overarm and underarm throwing with increased consistency in game situations.	
GA17	I can <b>perform</b> one and two handed catches with some consistency in game situations.	

## Invasion Games

GA5	I can <b>develop</b> passing to a teammate using a variety of techniques appropriate to the game.	
GA6	I can <b>demonstrate</b> dribbling the ball whilst under pressure.	
GA7	I can <b>select</b> the appropriate pass or shot when under pressure in a game situation.	
GA8	I can <b>select</b> appropriate techniques to defend in 1 v 1 situations.	
GA9	I can <b>identify</b> when to move into a space to offer support play and retain possession and score goals.	

## Outdoor Adventurous Activities

GA10	I can <b>plan</b> independently and in small groups, implanting a strategy to solve a problem.	
GA11	I can <b>identify</b> key symbols on a map and use a key to navigate around an orienteering course.	
GA12	I can <b>communicate</b> my ideas confidently and listen to others.	
GA13	I can <b>reflect</b> on when and why I was successful and solving challenges.	



## Athletics

GA18	I can <b>develop</b> an understanding of speed and pace when running in relation to distance.	
GA19	I can <b>show</b> power and speed in the sprinting technique.	
GA20	I can begin to <b>demonstrate</b> correct technique when jumping for distance.	
GA21	I can <b>explore</b> fluency and technique when jumping for height.	
GA22	I can <b>develop</b> power and technique when throwing using a pull throw.	

## Physical Education - Year 5 – Skills map

Fitness		
PE01	I can <b>analyse</b> my fitness scores to identify areas for improvement.	
PE02	I can <b>choose</b> the best pace for a running event and maintain speed.	
PE03	I can <b>identify</b> how different activities can benefit my physical health.	
PE04	I <b>understand</b> the different components of fitness and how to test them.	
PE05	I <b>understand</b> what my maximum effort looks and feels like and I am determined to achieve it.	

Target Games: Golf		
PE15	I can <b>demonstrate</b> correct grip depending on the shot I am using.	
PE16	I can <b>identify</b> different areas of the golf course.	
PE17	I can <b>show</b> control of distance when chipping and putting.	
PE18	I <b>understand</b> there are different skills for different situations and I am beginning to use these.	
PE19	I can <b>use</b> the rules of the game consistently to play honestly and fairly.	

Dance		
PE06	I can accurately <b>copy</b> and repeat set choreography.	
PE07	I can <b>choreograph</b> phrases individually and with others considering actions and dynamics.	
PE08	I can confidently <b>perform</b> different styles of dance, clearly and fluently, showing a good sense of timing.	
PE09	I can <b>refine</b> the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.	
PE10	I can <b>use</b> counts when choreographing to stay in time with others and the music.	

Striking & Fielding Games: Rounders		
PE20	I am beginning to strike a ball with a rounders bat.	
PE21	I am <b>developing</b> a wider range of fielding skills and I am beginning to use these under some pressure.	
PE22	I can <b>demonstrate</b> bowling to a batter with accuracy.	
PE23	I can <b>use</b> the rules of the game consistently to play fairly.	
PE24	I <b>understand</b> and can <b>apply</b> some tactics in the game as a batter, bowler and fielder.	

Gymnastics		
PE11	I can <b>create</b> and <b>perform</b> sequences using apparatus, individually and with a partner.	
PE12	I can <b>use</b> canon, synchronization, matching and mirroring when performing with a partner or group and <b>identify</b> its affect.	
PE13	I can <b>use</b> feedback provided to improve my work.	
PE14	I can <b>use</b> strength and flexibility to improve the quality of a performance.	





# Physical Education - Games - Year 5 – Skills map

Net Games		
GA1	I can <b>select</b> shots appropriately in a variety of net games.	
GA2	I can <b>develop</b> the appropriate serving techniques for a range of net games.	
GA3	I can <b>apply</b> a range of shots to maintain a continuous rally.	
GA4	I can <b>demonstrate</b> appropriate footwork patterns to move around the court.	

Striking & Fielding Games		
GA14	I can <b>explore</b> defensive and driving hitting techniques and directional batting.	
GA15	I can <b>demonstrate</b> over and under arm bowling techniques with increased accuracy	
GA16	I can <b>use</b> overarm and underarm throwing techniques to accurately throw to a target area or player in game situations.	
GA17	I can <b>perform</b> close /deep catches including fielding as a wicket keeper / back stop in game situations.	

Invasion Games		
GA5	I can <b>demonstrate</b> ball control when sending and receiving under pressure from an opponent.	
GA6	I can <b>choose</b> from a variety of dribbling techniques in game situations.	
GA7	I can <b>explore</b> creating tactics with others and apply them to game situations.	
GA8	I can <b>demonstrate</b> a variety of tracking and marking techniques when defending.	
GA9	I can <b>use</b> space to help support my team and retain possession of a ball.	

Athletics		
GA18	I can <b>apply</b> fluency and co-ordination when running for speed in relay changeovers.	
GA19	I can <b>identify</b> the appropriate level of speed for a range of distances and running events.	
GA20	I can <b>develop</b> power, control and consistency in jumping for distance.	
GA21	I can <b>explore</b> technique and rhythm in the triple jump.	
GA22	I can <b>produce</b> power when demonstrating a range of throwing techniques.	

Outdoor Adventurous Activities		
GA10	I can <b>explore</b> tactical planning within a team to overcome increasingly challenging tasks.	
GA11	I can <b>develop</b> navigational skills and map reading in increasingly challenging tasks including map orientation.	
GA12	I can <b>explore</b> a variety of communication methods with increasing success.	
GA13	I can <b>reflect</b> on when and why I was successful at solving challenges and <b>identify</b> ways I might improve.	



# Physical Education - Year 6 – Skills map

Yoga		
PE01	I am confident to <b>lead</b> others, demonstrating poses and teaching them my flow.	
PE02	I can <b>use</b> my breath to transition from one pose to another with control.	
PE03	I can <b>use</b> yoga poses to improve my flexibility, strength and balance.	
PE04	I <b>choose</b> poses which link easily from one to the other to help my sequence flow.	

Net Games: Badminton		
PE 13	I can <b>develop</b> footwork and the forehand and backhand grip.	
PE 14	I can <b>perform</b> a serve to a target zone with consistency.	
PE15	To <b>develop</b> a range of shots to keep a rally going.	
PE16	I can <b>select</b> and <b>apply</b> the appropriate skill to a game situation.	
PE17	I can <b>show</b> respect, honesty and fair play when competing against an opponent.	

Dance		
PE05	I can <b>choreograph</b> a dance and work safely using a prop.	
PE06	I can <b>perform</b> dances confidently and fluently with accuracy and good timing.	
PE07	I can <b>refine</b> the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.	
PE08	I can work creatively and imaginatively on my own, with a partner and in a group to <b>choreograph</b> and structure dances.	

Invasion Games: Netball		
PE18	I can <b>create</b> and use space to help my team.	
PE19	I can pass, receive and shoot the ball with increasing control under pressure.	
PE20	I can <b>select</b> the appropriate action for the situation and make this decision quickly.	
PE21	I can <b>use</b> marking, and/or interception to improve my defence.	

Gymnastics		
PE09	I can <b>combine</b> and perform gymnastic actions, shapes and balances with control and fluency.	
PE10	I can <b>create</b> and perform sequences using compositional devices to improve the quality.	
PE11	I can <b>collaborate</b> with others to create a sequence.	
PE12	I can <b>show</b> examples of counter balance and counter tension with a partner.	



# Physical Education - Games - Year 6 – Skills map

## Net Games

GA1	I can <b>demonstrate</b> increased success and technique in selecting and applying the appropriate shot in a game situation.	
GA2	I can <b>apply</b> tactical thinking when using a range of serving techniques.	
GA3	I can successfully <b>apply</b> a variety of shots to maintain a continuous rally.	
GA4	I can <b>demonstrate</b> appropriate footwork patterns relevant to the game I am playing. E.g. Split step and a chasse.	

## Striking & Fielding Games

GA14	I can <b>strike</b> a bowled ball with increasing accuracy and consistency.	
GA15	I can consistently <b>select</b> and <b>apply</b> the appropriate fielding action for a situation.	
GA16	I can <b>apply</b> good decision-making when identifying who and when to pass to in order to get batters out.	
GA17	I can consistently <b>demonstrate</b> good technique in catching skills under pressure.	

## Invasion Games

GA5	I can <b>demonstrate</b> quick decision making when thinking about when, how and who to pass to.	
GA6	I can <b>select</b> appropriate dribbling techniques which demonstrate increasing control under pressure.	
GA7	I can <b>explore</b> creating attacking tactics with others and apply them in response to a game.	
GA8	I can <b>explore</b> creating and applying defending tactics with others in response to a game situation.	
GA9	I can <b>identify</b> when to move to the correct space when transitioning from attack to defence.	

## Athletics

GA18	I can <b>demonstrate</b> an understanding of pace and use it to develop my own sprinting technique.	
GA19	I can <b>perform</b> a hurdling technique over low obstacles.	
GA20	I can <b>demonstrate</b> an effective take off position when jumping for height.	
GA21	I can <b>develop</b> power, control and technique when performing triple jump and stick jumping.	
GA22	I can <b>produce</b> powerful throws when using pull, push and sling techniques.	

## Outdoor Adventurous Activities

GA10	I can <b>discuss</b> ideas within a group, selecting and applying the best method to solve a problem.	
GA11	I can <b>apply</b> learnt skills to orientate a map effectively to navigate around a course.	
GA12	I can <b>communicate</b> inclusively with others, share job roles and lead when necessary.	
GA13	With increasing accuracy, I can <b>reflect</b> on when and how I was successful at solving challenges and <b>identify</b> methods to improve.	

