

PE – Key Stage 2

Progressive statements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	Games	Dance	Gymnastics	Athletics	Swimming	Outdoor and adventurous activities
Year 5	<ul style="list-style-type: none"> I can choose and combine techniques in games (eg: running, throwing, catching, passing, jumping and kicking) I can work alone or with team mates in order to gain points or possession I can strike a bowled or volleyed ball with some accuracy I uphold the spirit of fair play and respect in all competitive situations I can accurately throw overarm I can aim where I want to hit the ball I can bowl underarm in a game I can catch a high ball I can organise fielders effectively to catch a batter out I can perform attacking and defending shots when batting I can choose appropriate tactics for a game and pass these ideas to others I attack and defend at speed and with real purpose applying my skills to help benefit the team I can keep a ball bouncing on my racquet for an 	<ul style="list-style-type: none"> I can compose creative and imaginative dance sequences I can express an idea in original and imaginative ways My choreography fits the mood and speed of the music and changes style when appropriate 	<ul style="list-style-type: none"> I can create complex and well executed sequences that include a range of movements: travelling, balances, swinging, bending, stretching, twisting, gestures, linking shapes I can link sequences of movements effectively I can practice and refine gymnastic techniques I can perform a forwards roll, backwards roll, headstand and cartwheel competently I can perform a handstand with support I can perform a straddle jump from low level apparatus I can perform jumps with half and full turns from the ground and off platforms I can create complex and well executed sequences that include a range of movement <ul style="list-style-type: none"> - Travelling - Balances - Swinging - Bending - Stretching - Twisting - Gestures - Linking shapes I can link sequences of movement effectively I can practice and refine 	<ul style="list-style-type: none"> I can combine sprinting with low hurdles over 60m I can throw accurately and refine performance by analysing technique and body shape I can compete with others and keep track of personal best performances, setting targets for improvement I can use power in my arms and legs to sprint as fast as possible I can sprint over hurdles using the correct technique I can pace myself for different events and know which events I am good at I can take off and land safely when performing long jump 	<ul style="list-style-type: none"> I can select appropriate equipment for OAA I can identify possible risks and think of ways to manage them I ask for and listen to expert advice I embrace leadership and team roles I can gain the commitment and respect of my team I remain positive even in the most challenging of circumstance 	

	<ul style="list-style-type: none"> unlimited period of time I can hit a forehand with topspin and power I can rally with a partner over a net I can play a two handed backhand I can return a thrown ball on both my forehand and backhand side and adjust my feet position accordingly 		<ul style="list-style-type: none"> gymnastics techniques I demonstrate good kinaesthetic awareness 			
Year 6	<ul style="list-style-type: none"> I can strike a bowled or volleyed ball with increasing accuracy I can use forehand and backhand strokes in racket games I can field, defend and attack tactically by anticipating the direction of play. I can lead others when called upon. I am a good role model to others When batting, I can hit the ball consistently and aim for gaps I can bowl accurately and with speed I can know which position to field in I can direct other to likely hitting areas I can catch the ball when behind the batsman I can umpire and keep score for a cricket match I can dribble, pass and receive competently and so I think more about anticipating the next phase of the game I can apply my skills at 	<ul style="list-style-type: none"> I can perform expressively and hold a precise and strong body posture I can create and perform complex sequences I can perform with high energy, slow grace or other themes and maintain this throughout a performance I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: cartwheels and handstands) 	<ul style="list-style-type: none"> I can use equipment to vault and to swing, remaining upright I can create complex and well executed sequences that include a range of movement: <ul style="list-style-type: none"> - Springing - Flight - Vaults - Inversions - Rotations - Hold shapes that are strong, fluent and expressive I can vary speed, direction, level and body rotation during floor performances I can perform a forwards and backwards roll, a headstand, cartwheel, handstand and attempt a round off I can practice and refine the gymnastics techniques listed above 	<ul style="list-style-type: none"> I can choose the best place for running over a variety of distances I show control in take-off and landing when jumping I compete with others and keep track of personal best performances, setting challenging targets for improvement I am aware and can run with the correct technique for short distance running events I am aware and can run with the correct technique for long distance running events I am aware and can throw with the correct technique for javelin and weighted ball events. 	<ul style="list-style-type: none"> I can use breaststroke, front crawl and backstroke, ensuring that breathing is correct. I am aware of water safety techniques and can keep myself safe 	<ul style="list-style-type: none"> I show empathy towards others and offer support without being asked. I seek support from the team and experts if in any doubt I can use a range of devices in order to orientate myself I quickly assess changing conditions and adapt plans to ensure safety comes first.

speed, in a full scale game to help me outwit opponents

- I can volley a ball accurately
- I am fully involved at all times, aware of my role even when play isn't close to me
- I want to win and understand how I can best help achieve the team goal
- I can help and coach others where I feel it useful
- I understand the rules and can play a game of mini tennis and apply tactics to help me win
- I can perform a volley
- I can use footwork and body position to perform consistent forehands and back hands
- I can target an area of the court with a forehand
- My technique allows me to hit the ball over the net but land within the boundaries of the court
- I can umpire keep score for a tennis match

- I am aware and can jump with the correct technique for triple jump, long jump and high jump events.