




Key Stage 1

- Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching).
- Become increasingly competent & confident & access a broad range of opportunities.
- Develop agility, balance and coordination, individually & with others.
- Perform dances using simple movement patterns.

Lower Key Stage 2

- Should continue to apply and develop a broader range of skills (specifically running, jumping, throwing and catching in isolation and combination).
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.

Upper Key Stage 2

- Should continue to apply and develop a broader range of skills (specifically running, jumping, throwing and catching in isolation and combination).
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.

Physical Development	Health & Fitness Development
Level 6 I can effectively transfer skills & movements across a range of activities & sports. I can perform a variety of skills consistently & effectively in challenging or competitive situations.	Level 6 I can explain how individuals need different types & levels of fitness to be more effective in their activity/role/event. I can plan & follow my own basic fitness programme.
Level 5 I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently & accurately in practice situations.	Level 5 I can self select & perform appropriate warm up & cool down activities. I can identify possible dangers when planning an activity.
Level 4 I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently & accurately in practice situations.	Level 4 I can describe how & why my body changes during & after exercise. I can explain why we need to warm up & cool down.
Level 3 I can perform & repeat longer sequences with clear shapes & controlled movement. I can select & apply a range of skills with good control and consistency.	Level 3 I can describe how & why my body changes during & after exercise. I can explain why we need to warm up & cool down.
Level 2 I can perform a range of skills with some control & consistency. I can perform a sequence of movements with some changes in level, direction or speed.	Level 2 I can say how my body feels before, during & after exercise. I use equipment appropriately & move & land safely.
Level 1 I can perform a single skill or movement with some control. I can perform a small range of skills & link two movements together.	Level 1 I am aware of why exercise is important for good health.
Foundation Stage I can move confidently in different ways.	Foundation Stage I am aware of the changes to the way I feel when I exercise.




Key Stage 1

- Able to engage in competitive (against self and others) & cooperative physical activities in a range of increasingly challenging situations.
- Work individually and with others.
- Develop competence.
- Develop confidence.
- Keen to participate in activities and clubs both in school and in the wider community.

Lower Key Stage 2

- Should enjoy communicating, collaborating and competing with each other.
- Keen to continue participating in activities and clubs both in school and in the wider community.

Upper Key Stage 2

- Should enjoy communicating, collaborating and competing with each other.
- Keen to continue participating in activities and clubs both in school and in the wider community.
- Understand and apply the long-term health benefits of physical activity.
- Build Trust
- Develop skills to solve problems.

Personal Development	Social Development
Level 6 I can create my own learning plan & revise that plan when necessary. I can accept critical feedback & make changes.	Level 6 I can involve others & motivate those around me to perform better.
Level 5 I see all new challenges as opportunities to learn & develop. I recognise my strengths & weaknesses & can set myself appropriate targets.	Level 5 I can give & receive sensitive feedback to improve myself & others. I can negotiate & collaborate appropriately.
Level 4 I cope well & react positively when things become difficult. I can persevere with a task & improve my performance through regular practice.	Level 4 I cooperate well with others & give helpful feedback. I help organise roles & responsibilities & I can guide a small group through a task.
Level 3 I know where I am with my learning & I have begun to challenge myself.	Level 3 I show patience & support others, listening carefully to them about our work. I am happy to show & tell them about my ideas.
Level 2 I try several times if at first. I don't succeed & I ask for help when appropriate.	Level 2 I can help, praise and encourage others in their learning.
Level 1 I can follow instructions, practise safely & work on simple tasks by myself.	Level 1 I can work sensibly with others, taking turns & sharing.
Foundation Stage I enjoy working on simple tasks with help.	Foundation Stage I can play with others and take turns and share with help.




Key Stage 1

- Apply Skills.
- Develop simple tactics for attacking and defending.
- Develop competence & confidence.
- Able to make simple decisions and be aware of what they need to do to improve.
- Be creative when using and developing skills and tactics in simple sequences and activities.

Lower Key Stage 2

- Learn how to use a broad range of skills in different ways and to link them to make actions and sequences of movement.
- Should develop an understanding of how to improve in different physical activities and sport.
- Learn how to evaluate and recognise their own success.

Upper Key Stage 2

- Learn how to use a broad range of skills in different ways and to link them to make actions and sequences of movement.
- Should develop an understanding of how to improve in different physical activities and sport.
- Learn how to evaluate and recognise their own success.
- Compare and improve performances with previous ones.
- Apply basic principles suitable for attacking and defending.

Cognitive Development	Creative Development
Level 6 I can review, analyse & evaluate my own & others' strengths & weaknesses & I can read & react to different game situations as they develop.	Level 6 I can effectively disguise what I am about to do next. I can use variety & creativity to engage an audience.
Level 5 I have a clear idea of how to develop my own & others' work. I can recognise & suggest patterns of play which will increase chances of success & I can develop methods to outwit opponents.	Level 5 I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others.
Level 4 I can understand ways to judge performance & I can identify specific parts to continue to work upon. I can use my awareness of space & others to make good decisions.	Level 4 I can link actions & develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.
Level 3 I can understand the simple tactics of attacking & defending. I can explain what I am doing well & I have begun to identify areas for improvement.	Level 3 I can make up my own rules & versions of activities. I can respond differently to a variety of tasks or music & I can recognise similarities & differences in movements & expression.
Level 2 I can begin to order instructions, movements & skills. With help, I can recognise similarities & differences in performance & explain why someone is working or performing well.	Level 2 I can begin to compare my movements & skills with those of others. I can select & link movements together to fit a theme.
Level 1 I can understand and follow simple rules. I can name some things I am good at.	Level 1 I can explore & describe different movements.
Foundation Stage I can follow simple instructions.	Foundation Stage I can observe and copy others.