

Our Sporting Values

- I can work in a team
- I can be a good winner and loser
- I can problem solve
- I can show fairness
- I can show respect
- I never give up
- I can challenge myself
- I can work together and communicate to improve.

Below are the skills expected of children in PE when they leave Key Stage 1, Lower Key Stage 2, and Upper Key Stage 2.

The skills have been split into the main sporting areas of Games, Gymnastics, Dance, Athletics, Swimming, and Outdoor & Adventure.

Where possible, skills have been split into those that should be achieved by the end of each key stage.

Swimming skills have been split according to starting level rather than key stage due to the varying nature of children's swimming backgrounds.

Outdoor & Adventure will be taught as one-off activities or days by every year group and so has general whole-school aims.

Sport	End of Year 2	End of Year 4	End of Year 6
Games	<p>I can throw, roll and catch a ball.</p> <p>I can hit a ball using equipment.</p> <p>I can kick a ball.</p> <p>I can follow rules for a game.</p> <p>I begin to think about tactics for a game.</p> <p>I begin to attack and defend.</p>	<p>I can throw and catch a ball with control and accuracy.</p> <p>I can strike and field a ball with control.</p> <p>I can keep possession of a ball.</p> <p>I can follow rules in a game.</p> <p>I can choose some appropriate tactics.</p> <p>I can attack and defend.</p> <p>I can compete in a game.</p>	<p>I can use a variety of techniques to pass.</p> <p>I can strike a moving ball.</p> <p>I can work as a team to field successfully.</p> <p>I can use forehand and backhand when playing racket games.</p> <p>I can choose the most appropriate tactics in a game.</p> <p>I can attack and defend successfully.</p> <p>I can compete in a game.</p>
Dance	<p>I can link movements.</p> <p>I can remember a sequence of at least three dance movements.</p> <p>I can repeat shapes and simple movements.</p> <p>I can follow a simple rhythm.</p> <p>I can move my body to convey a simple emotion e.g. happy/sad/excited.</p> <p>I can perform my dance actions with control and co-ordination.</p>	<p>I can refine my movements into sequences.</p> <p>I can demonstrate clear and fluent movements.</p> <p>I can experiment with new ideas and adapt my movements.</p> <p>I can dance to a variety of rhythms.</p> <p>I can dance in role with emotion.</p> <p>I can perform a sequence.</p>	<p>I can compose my own dance using sequences, expression and a variety of rhythms.</p> <p>I can move with controlled and refined movements.</p> <p>I can create a role and perform it consistently to an audience.</p>

<p>Gymnastics</p>	<p>I can balance on different parts of my body. I can show contrasts such as small/tall, straight/curvy. I can jump and land safely. I can begin to safely use equipment. I can plan sequences of movements. I can move with control.</p>	<p>I can hold a balance for at least three seconds. I can make shapes that are controlled. I can improve my strength and flexibility by practising stretches and shapes. I can safely use equipment to aid balances and shapes. I can plan and repeat sequences. I can perform sequences that include changes in speed and level.</p>	<p>I can use equipment to develop a sequence. I can compare my performances with previous ones and show improvement. I can make complex sequences that include changes in direction, level and speed. I can combine actions, shapes and balances. I can demonstrate movements that are clear, accurate and consistent.</p>
<p>Athletics (Multi-skills for KS1)</p>	<p>I can balance an object whilst moving. I can skip with and without a rope. I can run to a target. I can begin to run over longer distances. I can throw overarm and underarm. I can jump forward from standing.</p>	<p>I can accurately balance an object whilst moving. I can skip with a rope. I can sprint over a short distance. I can run over a longer distance, conserving energy. I can demonstrate a range of throwing techniques. I can throw with accuracy and with distance to hit a target. I can jump in a number of ways, sometimes using a short run-up.</p>	<p>I can select the best pace for running. I can accurately throw to distance. I can combine running with jumping or throwing successfully. I can take off and land a jump with control.</p>

<p>Swimming</p>	<p>Beginners</p> <ul style="list-style-type: none"> • I can lift my feet off the bottom and float. • I can use a float to make through the water. • I can put my face in the water. • I can begin to learn a basic stroke. 	<p>Improvers</p> <ul style="list-style-type: none"> • I can swim a width of the pool without putting my feet down. • I can begin to use a variety of strokes. • I can coordinate the movement of my arms and legs. 	<p>Advanced</p> <ul style="list-style-type: none"> • I can coordinate my breathing with the stroke I am using. • I can use at least 3 different strokes. • I can swim 2 lengths of the pool without stopping. • I can swim under water.
	<p>Outdoor and Adventure Activities</p> <ul style="list-style-type: none"> • I can use a map and understand diagrams. • I can work as a team. • I can follow instructions and clues. • I can solve a problem. • I can work and behave safely. 		