



PE End of Year Expectations for Children in Year One

Sending/Receiving	Control/Balance/Technique	Rhythm/Sequence/Performance	Speed/Distance/Accuracy
<p>I understand how to negotiate space when racing and chasing, adjusting speed or changing direction to avoid obstacles.</p> <p>I can demonstrate patting, throwing, kicking, stopping and sometimes catching a ball or bean bag.</p>	<p>I can jump with both feet from standing.</p> <p>I understand how to perform basic sequences, using space safely and recognising simple technical words (e.g. roll, travel and balance).</p>	<p>I can create simple movement patterns, showing awareness of rhythm.</p> <p>I can accurately shadow a partner's movements.</p> <p>I know how to perform simple movements using different body parts or dance work, sometimes with a partner.</p>	<p>I can run a short distance with some control.</p> <p>I show control and coordination when moving or standing still.</p> <p>I can throw a projectile in a given direction.</p>

PE End of Year Expectations for Children in Year Two

Sending/Receiving	Control/Balance/Technique	Rhythm/Sequence/Performance	Speed/Distance/Accuracy
<p>I can consistently catch and stop a ball or bean bag.</p> <p>I can demonstrate kicking, striking and rolling a ball with confidence.</p> <p>I can apply my skills to simple games and begin to follow the rules.</p>	<p>I can show control when travelling and standing still.</p> <p>I can perform a short sequenced performance with a clear start, middle and end.</p>	<p>I can link different body actions with some control and coordination.</p> <p>I can perform short dances with coordination and expression.</p>	<p>I can run at fast, medium and slow speeds whilst changing direction.</p> <p>I can throw a variety of objects, adapting the action for distance and accuracy.</p> <p>I can link running and jumping with some fluency and consistency.</p>

PE End of Year Expectations for Children in Year Three

Invasion/Competition	Control/Balance/Technique	Rhythm/Sequence/Performance	Striking/Fielding	Speed/Distance/Accuracy
<p>I can pass and receive a ball to keep possession.</p> <p>I can score a goal when under limited pressure.</p> <p>I can tag an attacker when moving.</p> <p>I can start to catch while moving.</p> <p>I can play games in small or large groups and follow the rules.</p>	<p>I can show some level of control when travelling, rolling, jumping and balancing.</p> <p>I can transition between gymnastic actions with some quality.</p> <p>I can perform a routine with a clear start, middle and end.</p>	<p>I can remember, repeat and perform rhythmic sequences.</p> <p>I can show good control and expression in movements.</p>	<p>I can strike a moving ball.</p> <p>I can retrieve and throw a ball under arm and over arm.</p> <p>I can play competitive games using simple rules.</p>	<p>I can start to understand the difference between sprinting and running for sustained periods.</p> <p>I can start to demonstrate a range of throwing techniques.</p> <p>I can throw with some accuracy and power into a targeted area.</p> <p>I can perform a range of jumps, sometimes with a short run up.</p>

PE End of Year Expectations for Children in Year Four

Invasion/Competition	Control/Balance/Technique	Rhythm/Sequence/Performance	Striking/Fielding	Speed/Distance/Accuracy
<p>I can use a range of simple tactics for attacking, defending, keeping possession and scoring a goal.</p> <p>I can run with a ball.</p> <p>I can consistently catch and pass when static.</p> <p>I can start to adapt rules in games to make them safe and fair.</p>	<p>I can copy gymnastic actions with quality some of the time.</p> <p>I can repeat sequences with accuracy and include smooth transitions.</p> <p>I can perform a longer sequence of movements with a clear start, middle and end.</p>	<p>I can use simple movement patterns to structure a dance routine.</p> <p>I can perform dances clearly and fluently.</p> <p>I can start to show a good level of rhythm when performing.</p>	<p>I can throw, strike, stop and intercept a ball with some control and accuracy.</p> <p>I can hit a bowled ball with some intent and force.</p>	<p>I can understand the difference between sprinting and running for sustained periods.</p> <p>I can demonstrate a range of throwing techniques with more confidence.</p> <p>I can perform a range of jumps with a short run up.</p>

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Invasion/Competition	Control/Balance/Technique	Rhythm/Sequence/Performance	Striking/Fielding	Speed/Distance/Accuracy
<p>I can pass and shoot with control in games.</p> <p>I can mark an opponent to help my team in defence.</p> <p>I can pass, receive and move a ball, holding the stick correctly.</p> <p>I can shoot using the correct technique in games to score a goal.</p> <p>I can start to play matches with confidence.</p>	<p>I can perform a range of gymnastic actions such as a forward/backward roll, cartwheel and group balance.</p> <p>I can start to vault.</p> <p>I can consistently repeat sequences with accuracy and transitions.</p> <p>I can demonstrate good timing when moving with a partner.</p>	<p>I can perform different styles of dance fluently.</p> <p>I can take part in group dances.</p> <p>I can start to show expression in dances based on the different music choices.</p>	<p>I can start to strike a bowled ball in a specific direction.</p> <p>I can use a range of fielding techniques (catching, throwing, bowling, intercepting) with growing confidence.</p> <p>I can start to lead warm up activities and games in small groups.</p>	<p>I can sustain a pace for a short period of time.</p> <p>I can show control and accuracy for different throwing techniques.</p> <p>I can show control at take-off when jumping.</p>

PE End of Year Expectations for Children in Year Six

Invasion/Competition	Control/Balance/Technique	Rhythm/Sequence/Performance	Striking/Fielding	Speed/Distance/Accuracy
<p>I can use different techniques to pass, control and shoot in games.</p> <p>I can play in a number of different positions and adapt my play to suit.</p>	<p>I can vault.</p> <p>I can demonstrate good timing of movement with a partner during canon, unison and mirroring.</p>	<p>I can perform to different styles of music expressively and sensitively.</p> <p>I can perform dances accurately, fluently and with control.</p>	<p>I can strike a bowled ball in a specific direction.</p> <p>I can use a range of fielding techniques (catching, throwing, bowling, intercepting) with confidence.</p>	<p>I can show good control, speed and stamina when running, jumping and throwing.</p> <p>I can adapt pace of running based on distance.</p>

<p>I can mark and intercept play to defend.</p> <p>I can use different dribbling techniques in games.</p> <p>I can play different types of matches with confidence.</p>	<p>I can transition with confidence, fluency and appropriate pace.</p> <p>I can perform longer, more complex sequences.</p>		<p>I can bowl a ball with appropriate power and accuracy.</p> <p>I can lead warm up activities and games in small groups.</p>	
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Swimming End of Key Stage 2 Expectations for Children

Swimming
<p>I can swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</p> <p>I can perform safe self-rescue in different water-based situations.</p>