



PE Progression

Topic	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics		<p>I can throw towards a target.</p> <p>I am beginning to shoe balance and co-ordination when changing direction.</p> <p>I am developing overarm throwing.</p> <p>I can recognise changes in my body when I do exercise.</p>	<p>I show balance and co-ordination when running at different speeds.</p> <p>I can jump and land with control.</p> <p>I can use an overarm throw to help me to throw for distance.</p> <p>I can work with others, taking</p>	<p>I am developing jumping for distance.</p> <p>I can identify when I was successful.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I can throw a variety of objects, changing my action for</p>	<p>I can demonstrate the difference in sprinting and jogging techniques.</p> <p>I can explain what happens in my body when I warm up.</p> <p>I can identify when I was successful and what I need to do to improve.</p>		<p>I can compete within the rules showing fair play and honesty.</p> <p>I can help others to improve their technique using key teaching points.</p> <p>I can identify my own and others' strengths and areas for development and can suggest</p>

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		<p>I can run at different speeds.</p> <p>I can work with others and make safe choices.</p> <p>I try my best.</p> <p>I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>	<p>turns and sharing ideas.</p> <p>I can identify good technique.</p> <p>I can describe how my body feels during exercise.</p> <p>I try my best.</p>	<p>accuracy and distance.</p> <p>I can use different take off and landings when jumping.</p> <p>I can use key points to help me improve my sprinting technique.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I show determination to achieve my personal best.</p>	<p>I can jump for distance with balance and control.</p> <p>I can throw with some accuracy and power to a target area.</p> <p>I show determination to improve my personal best.</p> <p>I can support and encourage others to work to their best.</p>	<p>ways to improve.</p> <p>I can perform jumps for distance using good technique.</p> <p>I can select and apply the best pace for a running event.</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I understand that there are different areas of fitness and how this helps</p>
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							me in different activities. I use different strategies to persevere to achieve my personal best.
Ball Skills (progression into KS2 is netball, handball, cricket, rounders, tennis)	Unit 1 and 2 I can negotiate space safely with consideration for myself and others. I use ball skills with developing competence and accuracy. I play co-operatively and take turns with others.	I am beginning to catch with two hands. I am beginning to dribble a ball with my hands and feet. I am beginning to understand simple tactics. I can roll and throw with some	I am beginning to provide feedback using key words. I am beginning to understand and use simple tactics. I can dribble a ball with my hands and feet with some control.				

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	<p>I can make independent choices.</p> <p>I persevere when trying new challenges.</p> <p>I play ball games with consideration of the rules.</p> <p>I can follow instructions involving several ideas or actions.</p>	<p>accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>	<p>I can roll and throw a ball to hit a target.</p> <p>I can send and receive a ball using both kicking and throwing and catching skills.</p> <p>I can track a ball and collect it.</p> <p>I can work co-operatively with a partner and a small group.</p>				
Cricket				I am able to bowl a ball with			I can select the appropriate

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				<p>some accuracy and consistency.</p> <p>I am beginning to strike a bowled ball after a bounce.</p> <p>I can strike a bowled ball after a bounce.</p> <p>I am developing an understanding of tactics and I am beginning to use them in game situations.</p> <p>I am learning the rules of the game and I am beginning to</p>		<p>action for the situation.</p> <p>I can strike a bowled ball with increasing consistency and accuracy.</p> <p>I can use overarm and underarm throwing and catching skills with increasing accuracy.</p> <p>I can use a wider range of fielding skills with increasing control under pressure.</p>
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				<p>use them honestly.</p> <p>I can persevere when learning a new skill.</p> <p>I can provide feedback using key words. I can use overarm and underarm throwing and catching skills.</p>		<p>I can use the rules of the game consistently to play fairly.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I can recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand and can apply some tactics in the game as a</p>
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							batter, bowler and fielder.
Dance	<p>Unit 1 and 2</p> <p>I can navigate space safely with consideration for myself and others.</p> <p>I am confident to try new challenges and perform in front of others.</p> <p>I can use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I can follow instruction</p>	<p>I am beginning to use counts.</p> <p>I can copy, remember and repeat actions.</p> <p>I can move confidently and safely.</p> <p>I can use different parts of the body in isolation and together.</p> <p>I can work with others to share ideas and select actions.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember, repeat and create dance phrases.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show a character and idea through the actions and dynamics I choose.</p>	<p>I am respectful of others when watching them perform.</p> <p>I can provide feedback using key words.</p> <p>I can repeat remember and perform a dance phrase.</p> <p>I can use counts to keep in time with a partner and group.</p> <p>I can use dynamic and expressive qualities in</p>	<p>I can choose actions and dynamics to convey a character of idea.</p> <p>I can copy and remember set choreography.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can respond imaginatively to a range of stimuli relating</p>	<p>I can accurately copy and repeat set choreography.</p> <p>I can choreograph phrases individually and with others considering actions and dynamics.</p> <p>I can confidently perform different styles of styles of dance, clearly and fluently</p> <p>I can lead a group through</p>	

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	<p>involving several ideas or actions.</p> <p>I can combine movements, selecting actions in response to the task.</p> <p>I can show respect towards others when providing feedback.</p>	<p>I can choose appropriate movements for different dance ideas.</p> <p>I can say when I liked about someone else's performance.</p> <p>I can show some sense of dynamic and expressive qualities in my dance.</p>	<p>I can use counts to stay in time with the music.</p> <p>I can work with a partner using mirroring and unison in our actions.</p> <p>I can show confidence to perform.</p>	<p>relation to an idea.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I can create short dance phrases that communicate an idea.</p>	<p>to character and narrative.</p> <p>I can use changes in timing and spacing to develop a dance.</p> <p>I can use counts to keep in time with others and the music.</p> <p>I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.</p>	<p>short warm-up routines.</p> <p>I can refine the way I use actions, dynamics, relationships and space in my dance in response to stimulus.</p> <p>I can suggest ways to improve my own and other peoples work using key vocabulary.</p> <p>I can use counts when choreographing to stay in time</p>	
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					I can show respect for others when working as a group and watching others perform.	with others and the music. I can use feedback provided to improve my work.	
Fitness		<p>I can recognise changes in my body when I do exercise.</p> <p>I can share my ideas with other people in the class.</p> <p>I can talk about what exercise does to my body.</p>	<p>I can describe how my body feels during exercise.</p> <p>I can show hopping and jumping movements with some balance and control.</p>	<p>I can collect and record my scores, recognising my strengths. I can complete exercises with control.</p> <p>I can persevere when I find a challenge hard.</p>	<p>I can collect and record my scores and identify areas I need to improve.</p> <p>I can use key points to help me to improve my sprinting technique.</p>		

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		<p>I recognise how exercise makes me feel.</p> <p>I try my best in the challenges I am set.</p> <p>I understand why it is important to warm up.</p>	<p>I can persevere with new challenges.</p> <p>I can show determination to continue working over a longer period of time.</p> <p>I understand that running at a slower speed will allow me to run for a longer period of time.</p> <p>I work with others to turn a rope and encourage others to jump at the right time.</p>	<p>I can provide feedback using key words.</p> <p>I can use key points to help me to improve my sprinting technique.</p> <p>I can work safely with others. I show balance when changing direction.</p> <p>I understand that there are different areas of fitness.</p>	<p>I can share ideas and work with others to manage activities.</p> <p>I can show balance when changing direction at speed.</p> <p>I can show control when completing activities to improve balance.</p> <p>I can show determination to continue working over a period of time.</p> <p>I understand there are</p>		
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					different areas of fitness and that each area challenges my body differently.		
Football				<p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from</p>	<p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p>		

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				<p>others and near to my goal.</p> <p>I can provide feedback using key words.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I can work co-operatively with my group to self-manage games</p>	<p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I can share ideas and work with others to manage our game.</p>		
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<p>Fundamentals</p>	<p>Unit 1 and 2</p> <p>I can navigate space safely with considering for myself and others.</p> <p>I am confident to try new challenges, deciding on the skills I use to complete the task.</p> <p>I can use movement skills with developing balance and co-ordination.</p> <p>I can follow instructions involving several ideas or actions.</p>	<p>I can change direction when moving at speed.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can select my own actions in response to a task.</p> <p>I can show hopping and jumping movements.</p> <p>I can work co-operatively with</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am beginning to turn and jump in an individual skipping rope.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show balance when changing direction.</p> <p>I can show hopping, skipping and jumping</p>				
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	<p>I can play co-operatively, take turns and congratulate others.</p> <p>I can play games honestly with consideration of the rules.</p> <p>I can show an understanding of my feelings and can regulate my behaviour.</p>	<p>others to complete tasks.</p> <p>I can show balance and co-ordination and co-ordination when static and moving at show speed.</p>	<p>movements with some balance and control.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I can show balance and co-ordination when running at different speeds.</p>				
<p>Games</p> <p>Reception (progression into KS1 Net and Wall)</p>	<p>Games Unit 1 and 2</p> <p>I use movement skills with developing</p>	<p>Net and Wall/Tennis</p> <p>I can hit a ball using a racket.</p>	<p>Tennis</p> <p>I can defend space on my court using the ready position.</p>	<p>Tennis</p> <p>I am learning the rules of the game and I am beginning to</p>	<p>Tennis</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>Tennis</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>Tennis</p> <p>I can select the appropriate action for the situation and make this</p>

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<p>Net and Wall/Tennis Years 1 and 2 (progression into KS2 Tennis)</p> <p>Tennis Years 3, 4, 5 and 6</p>	<p>balance and co-ordination.</p> <p>I can use ball skills with developing competence and accuracy.</p> <p>I can negotiate space safely with consideration for myself and others. I can play co-operatively, take turns and encourage others.</p> <p>I can follow instructions involving several ideas or actions.</p> <p>I can play games honestly with</p>	<p>I can throw a ball to land over the net and into the court area.</p> <p>I can track balls and other equipment sent to me.</p> <p>I can use a ready position to move the ball.</p> <p>I know how to score points.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I show honesty and fair play</p>	<p>I can describe how my body feels during exercise.</p> <p>I can hit a ball over the net into the court area.</p> <p>I can throw accurately to a partner.</p> <p>I can use simple tactics to make it difficult for an opponent.</p> <p>I know how to score points and can remember the score.</p>	<p>use them to play fairly.</p> <p>I can provide feedback using key words. I can return a ball to a partner.</p> <p>I can use basic racket skills.</p> <p>I understand the aim of the game.</p> <p>I understand the benefits of exercise.</p> <p>I can work cooperatively with my group</p>	<p>I can communicate with my teammates to apply simple tactics.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can return to the ready position to</p>	<p>I can communicate with my teammates to apply simple tactics.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can return to the ready</p>	<p>decision quickly.</p> <p>I can use a wider range of skills with increasing control under pressure.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p>
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	<p>consideration of the rules.</p> <p>I can show an understanding of my feelings and can regulate my behaviour.</p>	<p>when playing against an opponent.</p>	<p>I show good sportsmanship when playing against an opponent.</p>	<p>to self-manage games.</p>	<p>defend my own court.</p> <p>I can sometimes play a continuous game.</p> <p>I can use a range of basic racket skills.</p> <p>I can share ideas and work with others to manage our game.</p>	<p>position to defend my own court.</p> <p>I can sometimes play a continuous game.</p> <p>I can use a range of basic racket skills.</p> <p>I can share ideas and work with others to manage our game.</p>	<p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand that there are</p>
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							different areas of fitness and how this helps me in different activities.
Gymnastics	<p>I can navigate space safely with consideration for myself and others.</p> <p>I can confidently and safely use a range of larger and small apparatus.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p>	<p>I am confident to perform in front of others.</p> <p>I can link simple actions together to create a sequence.</p> <p>I can make my body tense, relaxed, stretched and curled.</p> <p>I can recognise changes in my body when I do exercise.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am proud of my work and confident to perform in front other others.</p> <p>I can perform the basis gymnastic actions with some control and balance.</p>	<p>I can adapt sequences to suit different types of apparatus.</p> <p>I can choose actions that flow well into one another.</p> <p>I can choose and plan sequences of contrasting actions.</p> <p>I can complete actions with</p>	<p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can identify some muscle groups used in gymnastic activities.</p> <p>I can plan and perform sequences with a partner that include a</p>	<p>I can create and perform sequences using apparatus, individually and with a partner.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I can lead a partner through short warm-up routines.</p>	

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	<p>I can use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I can follow instructions involving several ideas or actions.</p> <p>I can work co-operatively with others and take turns.</p> <p>I am confident to try new challenges.</p>	<p>I can remember and repeat actions and shapes.</p> <p>I can say what I liked about someone else's performance.</p> <p>I can use apparatus safely and wait for my turn.</p>	<p>I can plan and repeat simple sequences of actions.</p> <p>I can use directions and levels to make my work look interesting.</p> <p>I can use shapes when performing other skills.</p> <p>I can work safely with others and apparatus.</p>	<p>increasing balance and control.</p> <p>I can move in unison with a partner.</p> <p>I can provide feedback using key words.</p> <p>I can use a greater number of my own ideas for movements in response to a task.</p> <p>With help, I can recognise how performances could be improved.</p>	<p>change of level and shape.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can safely perform balances individually and with a partner.</p> <p>I can watch, describe and suggest possible improvements to others' performances and my own.</p>	<p>I can use canon and synchronisation , and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use feedback provided to improve my work.</p> <p>I can use set criteria to make simple judgments about performances and suggest</p>	
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					<p>I understand how body tension can improve the control and quality of my movements.</p>	<p>ways they could be improved.</p> <p>I can use strength and flexibility to improve the quality of a performance.</p> <p>I can work safely when learning a new skill to keep myself and others safe.</p>	
Handball						<p>I can lead others and contribute my ideas to group work.</p>	<p>I am confident to lead others and can contribute appropriate ideas to group work.</p>

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						<p>I can use feedback provided to improve my work.</p> <p>I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can communicate with my team and move into</p>	<p>I can confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals.</p> <p>I can create and use space to help my team to maintain possession and create scoring opportunities.</p> <p>I can perform a range of skills with control and can select the appropriate action for the</p>
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						<p>space to help to maintain possession.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules and can apply them honestly most of the time including when refereeing.</p>	<p>situation under pressure.</p> <p>I can work in collaboration with others to self-manage games so that they run smoothly.</p> <p>I can recognise my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>I can use the rules of the game honestly and consistently</p>
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							when playing and refereeing.
Hockey				<p>I can use simple tactics.</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my goal.</p>			

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				<p>I can provide feedback using key words.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I can work co-operatively with my group to self-manage games.</p>			
Introduction to PE	<p>Unit 1</p> <p>I can use movement skills with developing balance and co-ordination.</p>						

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	<p>I can make independent choices.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I can demonstrate balance.</p> <p>I can play co-operatively and take turns with others.</p>						
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	I understand the rules and can explain why it is important to follow them.						
<p>Invasion Games</p> <p>Years 1 and 2 (progression into KS2 Tag Rugby)</p> <p>Tag Rugby</p> <p>Years 3, 4, 5 and 6</p>		<p>Invasion Games</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I can change direction to move away from a defender.</p> <p>I can recognise space when playing games.</p> <p>I can send and receive a ball with hands and feet.</p>	<p>Invasion Games</p> <p>I can describe how my body feels during exercise.</p> <p>I can dodge and find space away from the other team.</p> <p>I can move with a ball towards goal.</p> <p>I can sometimes dribble a ball with my hands and feet.</p>	<p>Tag Rugby</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly.</p> <p>I can communicate with my team and move into space to help them.</p> <p>I can defend an opponent and attempt to tag them.</p> <p>I can move with a ball towards</p>	<p>Tag Rugby</p> <p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can delay an opponent and help prevent the other team from scoring.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p>	<p>Tag Rugby</p> <p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can pass and receive the ball with some control under pressure.</p>	<p>Tag Rugby</p> <p>I can create and use space to help my team.</p> <p>I can pass and receive the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can tag opponents individually and</p>

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		<p>I can use simple rules to play fairly.</p> <p>I can move to stay with another player when defending.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I understand when I am a defender and when I am an attacker.</p>	<p>I can stay with another player to try and win the ball.</p> <p>I know how to score points and can remember the score.</p> <p>I know who is on my team and I can attempt to send the ball to them.</p>	<p>goal with increasing control.</p> <p>I can pass and receive the ball with some control.</p> <p>I can provide feedback using key words.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I work cooperatively with my group to self-manage games.</p>	<p>I can help my team keep possession and score tries when I play in attack.</p> <p>I can pass and receive the ball with increasing control.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p>	<p>I can tag opponents and close down space.</p> <p>I know what position I am playing in and how to contribute when attacking and defending.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them</p>	<p>when working within a unit.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p>
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					I can share ideas and work with others to manage our game.	<p>honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	I recognise my own and others strengths and areas for development and can suggest ways to improve.
Play Leadership							<p>I understand qualities that make a good leader or role model</p> <p>I understand how to lead a game using the 'introduce, demonstrate, play' method</p>

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							<p>I understand how to use the 'STEP' principle to adapt games.</p> <p>I understand what a personal challenge is and create a calendar of challenges.</p> <p>I can design a playground game</p> <p>I can lead a playground game to a group of younger children.</p>
Netball						I can use simple tactics to help my team score	

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					<p>or gain possession.</p> <p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can defend one on one and know when to win the ball.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can move to space to help my team to</p>		
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					<p>keep possession and score goals.</p> <p>I can pass, receive and shoot the ball with some control.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can share ideas and work with others to manage our game.</p>	
Rounders					I am able to bowl a ball with some accuracy,	I can strike a bowled ball

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					<p>and consistency.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p>	<p>with increasing consistency.</p> <p>I can use a wider range of skills with increasing control under pressure.</p> <p>I can use the rules of the game consistently to play fairly.</p> <p>I can work collaboratively with others to get batters out.</p> <p>I can work in collaboration with others so</p>
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					<p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can strike a bowled ball with adapted equipment.</p> <p>I can use overarm and underarm throwing and catching skills with increasing accuracy.</p> <p>I can share ideas and work with others to</p>	<p>that games run smoothly.</p> <p>I can recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p>
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					manage our game.		
Sending and Receiving			<p>I am beginning to provide feedback using key words.</p> <p>I am beginning to trap and cushion a ball that is coming towards me.</p> <p>I can accurately throw and kick a ball to a partner.</p> <p>I can catch a ball passed to me, with and without a bounce.</p> <p>I can roll a ball to hit a target. I</p>				

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			<p>can track a ball and stop it using my hands and feet.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I can work safely to send a ball towards a partner using a piece of equipment.</p>			
Striking and Fielding		<p>I can catch a beanbag and a medium-sized ball.</p> <p>I can roll a ball towards a target.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am developing underarm and</p>			

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		<p>I can strike a ball using my hand.</p> <p>I can track a ball that is coming towards me.</p> <p>I know how to score points.</p> <p>I understand the rules and I am beginning to use these to play honestly and fairly.</p> <p>I understand when I am successful.</p>	<p>overarm throwing skills.</p> <p>I can hit a ball using equipment with some consistency.</p> <p>I can track a ball and collect it.</p> <p>I can use simple tactics.</p> <p>I know how to score points and can remember the score.</p> <p>I understand the rules of the game and can</p>			
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			use these to play fairly in a small group.			
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 front crawl, backstroke and breaststroke).</p> <p>I can perform safe self-rescue in the different water-based situations.</p>

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