

## PE Expectations

	Reception	Year1	Year 2	End Of Key Stage Expectations
<b>Knowledge &amp; understanding of fitness &amp; health</b>	Children will be able to describe how their body feels before, during and after an activity.	Children will be able to: <ul style="list-style-type: none"> <li>• Describe how my body feels before, during and after an activity.</li> <li>• Show how to exercise safely.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Show how to exercise safely.</li> <li>• Describe how their body feels during different activities.</li> <li>• Explain what their body needs to keep healthy</li> </ul>	
<b>Acquiring &amp; developing skills.</b>	Children will be able to: <ul style="list-style-type: none"> <li>• Copy actions.</li> <li>• Repeat actions and skills.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Move with control and care.</li> <li>• Copy and remember actions.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Repeat and explore actions with control and coordination.</li> <li>• Be aware of space &amp; use it to support team mates</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils should be taught to master basic movements such as running, jumping, throwing, and catching.</li> <li>• They will also develop balance, agility and coordination and begin to apply these in a range of activities.</li> </ul>
<b>Evaluating &amp; improving performance</b>	Children will be able to: <ul style="list-style-type: none"> <li>• Talk about what other people have done.</li> <li>• Talk about what other people did.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Describe what other people did.</li> <li>• Say how I could improve.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Talk about what is different between what they did and what someone else did.</li> <li>• Say how they could improve.</li> </ul>	
<b>Dance</b>	Children will be able to: <ul style="list-style-type: none"> <li>• Move to music.</li> <li>• Copy dance moves.</li> <li>• Move around the space safely.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Copy dance moves.</li> <li>• Make up a short dance.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Change rhythm, level, speed and direction.</li> <li>• Dance with control and coordination.</li> <li>• Make a sequence by linking sections together.</li> <li>• Link some movements to show a mood or feeling.</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils should be taught to perform dances using different movement patterns.</li> <li>• Use movements imaginatively, responding to stimuli including music and performing basic skills.</li> <li>• Change rhythm, speed, level and direction of their movements.</li> <li>• Create and perform dances using different movement patterns including from different times and cultures.</li> <li>• Express ideas and feelings.</li> </ul>

## PE Expectations

	Year 3	Year 4	Year 5	Year 6	End Of Key Stage Expectations
<b>Knowledge &amp; understanding of fitness and health</b>	Children will be able to explain why it is important to warm up and cool down.	Children will be able to: <ul style="list-style-type: none"> <li>Identify some muscle groups used in warm up activities.</li> <li>Explain why it is important to warm up and cool down.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Explain some important safety issues when getting ready for exercise.</li> <li>Explain why exercise is important.</li> <li>Choose appropriate warm ups and cool downs.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Explain how a body reacts to different forms of exercise.</li> <li>Explain why we need regular exercise.</li> </ul>	
<b>Acquiring &amp; developing skills</b>	Children will be able to: <ul style="list-style-type: none"> <li>Select and use the most appropriate skills, actions or ideas.</li> <li>Move and use actions with coordination and control.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Move and use actions with coordination and control.</li> <li>Show good control in movements.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Link skills, techniques and ideas and apply them accurately and appropriately.</li> <li>Show good control in movements.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Apply skills and techniques consistently.</li> <li>Show precision, control and fluency.</li> </ul>	Pupils should be taught use running, jumping, throwing, catching in isolation and in combination.
<b>Evaluating &amp; improving performance</b>	With help children will be able to recognise how performances can be improved.	Children will be able to: <ul style="list-style-type: none"> <li>Explain how their work is similar and different to that of others.</li> <li>Use observations to improve their work.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Compare and comment on skill, techniques and ideas that they and others have used.</li> <li>Modify use of skills or techniques to improve their work.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Analyse and explain why they used specific skills and techniques.</li> <li>Create their own success criteria for evaluating.</li> </ul>	Pupils should be taught to compare their performances with previous ones and achieve their personal best.
<b>Dance</b>	Children will be able to: <ul style="list-style-type: none"> <li>Improvise freely, translating ideas from a stimulus into movement.</li> <li>Create and share phrases with a partner and in small groups.</li> <li>Repeat, remember and perform these phrases in a dance.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Use dance to communicate an idea.</li> <li>Compose dances in a creative and imaginative way.</li> <li>Use controlled movements.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Perform to an accompaniment</li> <li>Expressively and imaginatively.</li> <li>Use controlled movements.</li> <li>Show clarity, accuracy, fluency and consistency in their dances.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Develop imaginative dances in a specific style.</li> <li>Choose their own movement style.</li> </ul>	Pupils should be taught to <ul style="list-style-type: none"> <li>Create dances using different movement patterns. Including those from different times and cultures.</li> <li>Respond to a range of stimuli and accompaniment.</li> <li>Develop flexibility, strength, technique control and balance.</li> <li>Perform dances using a range of different movement patterns.</li> </ul>