



The Eliot Bank and Gordonbrock Schools Federation



Physical Education (PE) Overview

Curriculum Expectations

| | Knowledge and understanding of fitness and health | Acquiring and developing skills | Evaluating and improving performance | Dance |
|-----------|---|---|--|---|
| Reception | <ul style="list-style-type: none"> I can describe how their body feels before, during and after an activity. | <ul style="list-style-type: none"> I can copy actions I can repeat actions and skills | <ul style="list-style-type: none"> I can talk about what other people have done I can talk about what other people did | <ul style="list-style-type: none"> I can move to music I can copy dance moves I can move around the space safely |
| Year 1 | <ul style="list-style-type: none"> I can describe how my body feels before, during and after activity I can show how to exercise safely | <ul style="list-style-type: none"> I can move with control and care I can copy and remember actions | <ul style="list-style-type: none"> I can describe what other people did I can say how I could improve | <ul style="list-style-type: none"> I can copy dance moves I can make up a short dance |
| Year 2 | <ul style="list-style-type: none"> I can show how to exercise safely I can describe how my body feels during different activities I can explain what my body needs to keep healthy | <ul style="list-style-type: none"> I can copy and remember actions with control and coordination I can repeat and control actions with control and coordination I can be aware of space and use it to support team mates | <ul style="list-style-type: none"> I can talk about what is different between what I did and what someone else did I can say how I could improve | <ul style="list-style-type: none"> I can change rhythm, level, speed and direction I can dance with control and coordination I can make a sequence by linking sections together I can link some movements to show a mood or feeling |
| Year 3 | <ul style="list-style-type: none"> I can explain why it is important to warm up and cool down | <ul style="list-style-type: none"> I can select and use the most appropriate skills, actions or ideas I can move and use actions with coordination and control | <ul style="list-style-type: none"> With help, I can recognise how performances can be improved | <ul style="list-style-type: none"> I can improvise freely, translating ideas from a stimulus into movement I can create and share phrases with a partner and in small groups I can repeat, remember and |

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|---------------|---|--|---|---|
| | | | | perform these phrases in a dance |
| Year 4 | <ul style="list-style-type: none"> I can identify some muscle groups used in warm-up activities I can explain why it is important to warm up and cool down | <ul style="list-style-type: none"> I can move and use actions with coordination and control I can show good control in movements | <ul style="list-style-type: none"> I can explain how my work is similar and different to that of others I can use observations to improve my work | <ul style="list-style-type: none"> I can use dance to communicate an idea I can compose dances in a creative and imaginative way I can use controlled movements |
| Year 5 | <ul style="list-style-type: none"> I can explain some important safety issues when getting ready for exercise I can explain why exercise is important I can choose appropriate warm ups and cool downs | <ul style="list-style-type: none"> I can link skills, techniques and ideas and apply them accurately and appropriately I can show good control in movement | <ul style="list-style-type: none"> I can compare and comment on skill, techniques and ideas that I and others have used I can modify use of skills or techniques to improve my work | <ul style="list-style-type: none"> I can perform to an accompaniment, expressively and imaginatively I can use controlled movements I can show clarity, accuracy, fluency and consistency in my dances |
| Year 6 | <ul style="list-style-type: none"> I can explain how a body reacts to different forms of exercise I can explain why we need regular exercise | <ul style="list-style-type: none"> I can apply skills and techniques consistently I can show precision, control and fluency | <ul style="list-style-type: none"> I can analyse and explain why I used specific skills and techniques I can create my own success criteria for evaluating | <ul style="list-style-type: none"> I can develop imaginative dances in a specific style I can choose my own movement style |