



**PE**

National Curriculum  
Numbers refer to NC numbered document  
General Games Gymnastics Dance Athletics Outdoor and Adventurous

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PE1 I can throw underarm. (2)	PE1. I can use hitting, kicking and/or rolling in a game (2,3)	PE1. I can throw and catch with control. (6)	PE1. I can catch with one hand. (6)	PE1. I can gain possession by working as a team. (5,7)	PE1. I can play to agreed rules. (7)
PE2 I can hit a ball with a bat. (3)	PE2. I can decide the best space to be in during a game (1,3)	PE2. I am aware of space and use it to support team-mates and to cause problems for the opposition. (7)	PE2. I can throw and catch accurately. (6)	PE2. I can pass in different ways. (6,7)	PE2. I can explain rules. (7)
PE3 I can move and stop safely. (1)	PE3. I can use one tactic in a game (3)	PE3. I know and use rules fairly. (7)	PE3. I can hit a ball accurately with control. (7)	PE3. I can use forehand and backhand with a racket. (7)	PE3. I can umpire. (7)
PE4 I can throw and catch with both hands. (2)	PE4. I can follow rules. (3)	PE4. I can adapt sequences to suit different types of apparatus and criteria. (8)	PE4. I can keep possession of the ball. (7)	PE4. I can field. (7)	PE4. I can make a team and communicate plan. (7)
PE5 I can throw and kick in different ways. (3)	PE5. I can plan and perform a sequence of movements. (4)	PE5. I can explain how strength and suppleness affect performance. (8)	PE5. I can vary tactics and adapt skills depending on what is happening in a game. (5,7)	PE5. I can choose a tactic for defending and attacking. (5,7)	PE5. I can lead others in a game situation. (5,7)
PE6 I can make my body curled, tense, stretched and relaxed. (4)	PE6. I can improve my sequence based on feedback (4)	PE6. I can compare and contrast gymnastic sequences. (8)	PE6. I can work in a controlled way. (8)	PE6. I can use a number of techniques to pass, dribble and shoot. (7)	PE6. I can combine my own work with that of others. (5,8)
PE7 I can control my body when travelling and balancing.(1,4)	PE7. I can think of more than one way to create a sequence that follows 'rules'. (4)	PE7. I can improvise freely and translate ideas from a stimulus into movement. (9)	PE7. I can include change of speed and direction. (8)	PE7. I can make complex extended sequences. (8)	PE7. I can link sequences to specific timings. (8)
PE8 I can copy sequences and repeat them. (4)	PE8. I can work on my own and with a partner. (1)	PE8. I can share and create phases with a partner and small group. (9)	PE8. I can include a range of shapes. (8)	PE8. I can combine action, balance and shape. (8)	PE8. I can develop sequences in a specific style. (9)
PE9 I can roll, curl, travel and balance in different ways. (1)	PE9. I can change rhythm, speed, level and direction in my dance. (4)	PE9. I can repeat, remember and perform phases. (9)	PE9. I can work with a partner to create, repeat and improve a sequence with at least three phases. (8,11)	PE9. I can compose my own dances in a creative way. (9)	PE9. I can choose my own music and style. (9)
PE10 I can move to music. (4)	PE10. I can dance with control and co-ordination. (4)	PE10. I can run at fast, medium and slow speeds; changing speed and direction. (6)	PE10. I can take the lead when working with a partner or group. (5,9)	PE10. I can perform to an accompaniment. (9)	PE10. I can demonstrate stamina. (8)
PE11 I can copy dance moves. (4)	PE11. I can make a sequence by linking things together. (4)	PE11. I can take part in a relay, remembering when to run and what to do. (6)	PE11. I can use dance to communicate an idea. (5,9)	PE11. I can show clarity, fluency, accuracy and consistency in my dance. (9)	PE11. I can follow a map in a familiar context individually. (10)
PE12 I can perform my own dance moves. (4)	PE12. I can copy and remember actions.	PE12. I can follow a map in a familiar context. (10)	PE12. I can run over a long distance. (6)	PE12. I can control when taking off and landing. (8)	PE12. I can plan a route and a series of clues for someone else. (10)
PE13 I can make up a short dance.(4)	PE13. I can talk about something that is different from what I did and what someone else did.	PE13. I can use clues to follow a route. (10)	PE13. I can sprint over a short distance. (6)	PE13. I can throw with accuracy. (6)	PE13. I can plan with others taking account of safety and danger. (10)
PE14 I can move safely in a space. (1)		PE14. I can follow a route safely as a team. (10)	PE14. I can throw in different ways. (6)	PE14. I can combine running and jumping. (6,8)	PE14. I can compare my performance with a previous one and demonstrate improvement to achieve their personal best. (10)

PE15 I can copy actions.			PE15. I can hit a target. (6)	PE15. I can follow a map in a (more demanding) familiar context individually. (10)	
PE16 I can repeat actions and skills.			PE16. I can jump in different ways. (6)	PE16. I can follow a route within a time limit. (10)	
PE17 I can move with control and care.			PE17. I can follow a map in a (more demanding) familiar context as a team. (10)	PE17. I can use clues and a compass to navigate a route. (10)	
PE18 I can use equipment safely.			PE18. I can follow a route within a time limit. (10)	PE18. I can compare my performance with a previous one and demonstrate improvement to achieve their personal best. (10)	
			PE19. I can (with support) compare my performance with a previous one and demonstrate improvement to achieve their personal best. (10)		