

PE Content and Concepts

Lower Key Stage 2		Upper Key Stage 2	
<p>Unit 1- Personal Co-ordination and Footwork</p>	<p>I know where I am with my learning and can begin to challenge myself.</p> <p>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice.</p>	<p>Unit 1 – Cognitive Co-ordination and Agility</p>	<p>I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work on. I can use my awareness of space and others to make good decisions.</p> <p>I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play, which will increase chances of success. I can develop methods to outwit opponents.</p>
<p>Unit 2- Social Dynamic balance to agility</p>	<p>I show patience and support others listening well to them about our work. I am happy to show and tell them about my ideas.</p> <p>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.</p>	<p>Unit 2- Creative Dynamic Balance</p>	<p>I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.</p> <p>I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others.</p>
<p>Unit 3- Cognitive Dynamic Balance</p>	<p>I can understand the simple tactics of attacking and defending.</p>	<p>Unit 3- Social Static Balance</p>	<p>I cooperate well with others and give helpful feedback. I help organise</p>

	<p>I can explain what I am doing well and I have begun to identify areas for improvement.</p> <p>I can understand ways to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions.</p>		<p>roles and responsibilities and I can guide a small group through a task.</p> <p>I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately.</p>
<p>Unit 4 Creative Co-ordination- Sending and receiving.</p>	<p>I can make up my own rules and version of activities.</p> <p>I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression.</p> <p>I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.</p>	<p>Unit 4- Applying Physical Dynamic Balance to Agility.</p>	<p>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.</p> <p>I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations</p>
<p>Unit 5 Physical Agility</p>	<p>I can perform and repeat longer sequences with clear shapes and controlled movement.</p> <p>I can select and apply a range of skills with good control and consistency.</p> <p>I can perform a variety of movements and skills with good body tension.</p>	<p>Unit 5- Health and Fitness Co-ordination (footwork)</p>	<p>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.</p> <p>I can self-select and perform appropriate warm up and cool down</p>

	I can link actions together so that they flow in running, jumping and throwing activities		activities. I can identify possible dangers when planning an activity u
Unit 6 Fitness Agility (ball chasing)	<p>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down.</p> <p>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.</p>	Unit 6- Personal Co-ordination (sending and receiving)	<p>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice.</p> <p>I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets.</p>

Key:

Expected Year 3

Expected Year 4

Expected Year 5

Expected Year 6