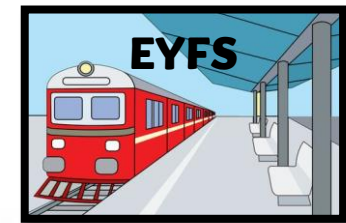


Subject: PE
Cycle: A



Health and fitness
Aware of why exercise is important for good health. **Ball chasing and floor work**

Creative
Explore and describe different movements. **Ball skills, counter balance with a partner.**

Cognitive
Name some things I am good at. Understand and follow simple rules. **Balance on a line. Static balance, stance.**

Personal
Practice safely, follow instructions and work on simple tasks by myself. **Footwork and balance on one leg.**

Social
Show patience and support others listening carefully to them about our work. I am happy to show and tell others about my ideas. **Jumping and landing. Static balance, seated.**

Personal
Follow instructions, work on simple tasks by myself and practice safely. **Footwork and one leg balance**

Physical
Perform a small range of skills and link two movements together. Perform a single skill or movement with some control. **Sending and receiving. Reaction/ response**

Social
Work sensibly with others, take turns and share. **Jumping and landing. Seated static balance**

Cognitive
Explain what I am doing well and begin to identify areas for improvement. **Balance on a line and ball skills.**

Social
Help, praise and encourage others. **Jumping and landing. Static balance, seated.**

Cognitive
Name some things I am good at and follow simple rules. **Balance on a line. Static balance, stance.**

Physical
Perform a small range of skills and link two movements together. Perform a single skill or movement with some control. **Sending and receiving. Reaction/ response**

Personal
I know where I am with my learning and I have begun to challenge myself. **Footwork and static balance on one leg.**

Physical through basket ball
Link actions together so they flow. Perform a variety of movements and skills with good body tension. **Jumping and landing. Static balance on one leg.**

Creative through football
Change tactics, rules or tasks to make activities more fun or challenging. Develop sequences that express my own ideas. **Floor work. Static balance, seated**

Creative
Explore and describe different movements. **Ball skills and counter balance with a partner.**

Health and fitness
Aware of why exercise is important for good health. **Ball chasing and floor work**

Creative
Respond differently to a variety of tasks. Make up my own rules and versions of activities. **Sending and receiving. Counter balance with a partner.**

Physical
Select and apply a range of skills with good control and consistency. Perform and repeat longer sequences with clear shapes and controlled movement. **Reaction/ response. Floors work.**

Health and fitness through cricket
Record and monitor how hard I am working. Explain how often and how long I should exercise to be healthy. Describe the basic fitness components. **Static balance, stance. Footwork.**

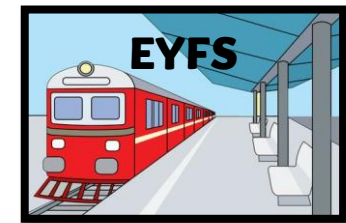
Cognitive
Understand ways to judge performance and use awareness of space and others to make good decisions. **Ball skills. Reaction/ response**

Social
Help organise roles and responsibilities and guide a small group through a task. Cooperate well with others and give feedback. **Balance on a line. Counter balance with a partner.**

Personal
Persevere with a task and improve on my performance through practice. Cope well and react positively when things become difficult. **Sending/ receiving/. Ball chasing**

Health and fitness
Explain why we need to warm up and cool down. Explain why and how my body changes during and after exercise. **Ball chasing. Static balance, stance.**

Subject: PE
Cycle: B



Health and fitness
Aware of why exercise is important for good health. **Ball chasing and floor work**

Creative
Explore and describe different movements. **Ball skills, counter balance with a partner.**

Cognitive
Name some things I am good at. Understand and follow simple rules. **Balance on a line. Static balance, stance.**

Personal
Practice safely, follow instructions and work on simple tasks by myself. **Footwork and balance on one leg.**

Social
Show patience and support others listening carefully to them about our work. I am happy to show and tell others about my ideas. **Jumping and landing. Static balance, seated.**

Personal
Try several times if at first I don't succeed and ask for help when appropriate. **Footwork and one leg balance**

Physical
Perform a small range of skills and link two movements together. Perform a single skill or movement with some control. **Sending and receiving. Reaction/ response**

Social
Work sensibly with others, take turns and share. **Jumping and landing. Seated static balance**

Cognitive
Explain what I am doing well and begin to identify areas for improvement. **Balance on a line and ball skills.**

Social
Help, praise and encourage others in their learning. **Jumping and landing. Static balance, seated.**

Cognitive
With help recognise similarities and differences in performance. Explain why someone is working or performing well. **Balance on a line. Static balance, stance.**

Physical
Perform a sequence of movements with some changes in level/direction/speed. Perform a single skill or movement with some control and consistency. **Sending and receiving. Reaction/ response**

Personal
I know where I am with my learning and I have begun to challenge myself. **Footwork and static balance on one leg.**

Physical through basket ball
Link actions together so they flow. Perform a variety of movements and skills with good body tension. **Jumping and landing. Static balance on one leg.**

Creative through football
Change tactics, rules or tasks to make activities more fun or challenging. Develop sequences that express my own ideas. **Floor work. Static balance, seated**

Creative
Select and link movements together to fit a theme. Begin to compare my movements and skills with those of others. **Ball skills and counter balance with a partner.**

Health and fitness
Use equipment appropriately, move and land safely. Say how my body feels before, during and after exercise. **Ball chasing and floor work**

Creative
Recognise similarities and differences in movements and expression. Make up my own rules and versions of activities. **Sending and receiving. Counter balance with a partner.**

Physical
Select and apply a range of skills with good control and consistency. **Reaction/ response. Floors work.**

Health and fitness through cricket
Record and monitor how hard I am working. Explain how often and how long I should exercise to be healthy. Describe the basic fitness components. **Static balance, stance. Footwork.**

Cognitive
Understand ways to judge performance and use awareness of space and others to make good decisions. **Ball skills. Reaction/ response**

Social
Help organise roles and responsibilities and guide a small group through a task. Cooperate well with others and give feedback **Balance on a line. Counter balance with a partner.**

Personal
Persevere with a task and improve on my performance through practice. Cope well and react positively when things become difficult. **Sending/ receiving/. Ball chasing**

Health and fitness
Explain why we need to warm up and cool down. Explain why and how my body changes during and after exercise. **Ball chasing. Static balance, stance.**