

Physical Education

Games

I can throw and catch with control.

I am aware of space and use it to support team-mates and to cause problems for the opposition.

I know and use rules fairly.

Gymnastics

I can adapt sequences to suit different types of apparatus and criteria.

I can explain how strength and suppleness affect performance.

I can compare and contrast gymnastic sequences.

Dance

I can improvise freely and translate ideas from a stimulus into movement.

I can share and create phrases with a partner and small group.

I can repeat, remember and perform phrases.

Athletics

I can run at fast, medium and slow speeds; changing speed and direction.

I can take part in a relay, remembering when to run and what to do.

Outdoor and Adventurous

I can follow a map in a familiar context.

I can use clues to follow a route.

I can follow a route safely.