



# Being Physically literate at Escomb Primary School



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Acquiring and Developing Skills</b>	<p><b>Gymnastics</b> I can explore ways to travel, jump, roll and balance.</p> <p><b>Dance / Movement</b> I can use different actions including walking, jumping, landing, hopping, skipping, stretch, twisting, turning</p> <p><b>Games</b> I can roll, throw, catch and carry equipment with control</p> <p><b>Athletics</b> I can run, jump, hop and stop I throw a variety of equipment in different ways</p>	<p><b>Gymnastics</b> I can make my body curled, tense stretched and relaxed</p> <p>I can control my body when travelling and balancing</p> <p><b>Dance/movement</b> I can move to music I can copy dance moves I can move safely in a space</p> <p><b>Games</b> I can throw underarm I can hit a ball with a bat I can move and stop safely I can throw &amp; catch with both hands I can throw and kick in different ways</p> <p><b>Athletics</b> I can run for 1 minute and change speeds when I need to</p> <p><b>OAA</b> I can take part in activities that have competition. I can work with others.</p> <p><b>General</b> I can copy actions I can move with control &amp; care I can use equipment safely</p>	<p><b>Gymnastics</b> I can work on my own and with a partner</p> <p><b>Dance/movement</b> I can change rhythm, speed, level and direction in my dance I can dance with control and co-ordination I can use dance to show a mood or a feeling</p> <p><b>Games</b> I can use hitting, kicking and/or rolling in a game</p> <p><b>General</b> I can copy actions I can move with control &amp; care I can use equipment safely</p> <p><b>Athletics</b> I can use my arms legs and head position to improve my movement</p> <p><b>OAA</b> I can take part in activities that are competitive. I can work cooperatively with my classmates</p>	<p><b>Gymnastics</b> I can adopt sequences to suit different types of apparatus and criteria</p> <p><b>Dance/movement</b> I can share and create phases with a partner and small group</p> <p><b>Games</b> I can throw and catch with control</p> <p><b>Athletics</b> 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</p> <p><b>OAA</b> I can take part in activities that are challenging to me individually and as part of a team</p>	<p><b>Gymnastics</b> I can work in a controlled way I can include change of speed and direction I can include a range of shapes</p> <p><b>Dance/movement</b> I can use dance to communicate an idea</p> <p><b>Games</b> I can catch with one hand I can throw and catch accurately I can hit a ball accurately with control</p> <p><b>Athletics</b> I can run over a long distance I can sprint over a short distance I can throw in different ways I can hit a target I can jump in different ways</p> <p><b>OAA</b> I can take part in activities that are challenging to me individually and as part of a team</p>	<p><b>Gymnastics</b> I can make complex extended sequences I can combine action, balance and shape</p> <p><b>Dance/movement</b> I can perform to an accompaniment My dance shows clarity, fluency, accuracy and consistency</p> <p><b>Games</b> I can use forehand &amp; backhand with a racket I can field I can choose a tactic for defending &amp; attacking I can use a number of techniques to pass, dribble and shoot</p> <p><b>Athletics</b> I am controlled when taking off and landing I can throw with accuracy</p> <p><b>OAA</b> I can take part in competitive games. I can communicate, collaborate and compete with my peers.</p>	<p><b>Gymnastics</b> I can combine my work with that of others I can link sequences to specific timings</p> <p><b>Dance/movement</b> I can choose my own music and style</p> <p><b>Games</b> I can explain rules I can umpire</p> <p><b>Athletics</b> I can demonstrate stamina</p> <p><b>OAA</b> I can take part in competitive games. I can communicate, collaborate and compete with my peers.</p>

<p><b>Applying skills and using tactics</b></p>	<p><b>Gymnastics</b> I can make a gymnastic story by joining some actions.</p> <p><b>Dance and movement</b> I can use different actions to move to music</p> <p><b>Games</b> I can control equipment using different parts of my body e.g. throw, kick, to send them where I want to.</p>	<p><b>Gymnastics</b> I can copy sequences and repeat them I can roll, curl, travel and balance in different ways</p> <p><b>Dance/movement</b> I can perform my own dance moves I can make up a short dance General I can repeat actions &amp; skills</p> <p><b>Games</b> I can follow simple rules I can move to a new space in my game I can use one tactic in a game</p> <p><b>General</b> I can copy and remember 2 actions</p>	<p><b>Gymnastics</b> I can plan and perform a sequence of movements I can think of more than one way to create a sequence which follows some rules</p> <p><b>Dance/movement</b> I can make a sequence by linking sections together</p> <p><b>Games</b> I can follow rules I can decide the best space to be in during a game I can use one tactic in a game</p> <p><b>General</b> I can copy and remember more than 3 actions</p>	<p><b>Gymnastics</b> I can create, repeat and improve a sequence with at least three phases</p> <p><b>Dance/movement</b> I can improvise freely and translate ideas from a stimulus into movement I can repeat, remember and perform phrases</p> <p><b>Games</b> I know and use rules fairly I am aware of space and use it to support team-mates and to cause problems for the opposition</p> <p><b>Athletics</b> I can change speed to save energy</p>	<p><b>Gymnastics</b> I can work with a partner to create, repeat and improve a sequence with at least three phases</p> <p><b>Dance/movement</b> I can take the lead when working with a partner or group</p> <p><b>Games</b> I can vary tactics and adapt skills depending on what is happening in a game I can keep possession of the ball</p> <p><b>Athletics</b> I can pace myself to save energy</p>	<p><b>Gymnastics</b> I can perform consistently to different audiences'</p> <p><b>Dance/movement</b> I can compose my own dances in a creative way</p> <p><b>Games</b> I can gain possession by working as a team I can pass in different ways</p> <p><b>Athletics</b> I can combine running and jumping</p>	<p><b>Games</b> I can play to agreed rules I can make a team and communicate a plan I can transfer skills and movements across a range of activities and sports I can lead others in a game situation</p> <p><b>Dance/movement</b> I can develop sequences in a specific style</p> <p><b>Athletics</b> I can link together actions so that they flow in running, jumping and throwing activities</p>
<p><b>Evaluating and improving performance</b></p>	<p>I can sequence and remember a short performance I can play on my own and with others, keeping myself safe I can take turns</p>	<p>I can talk about my own and others actions</p>	<p>I can talk about what is different from what I did and what someone else did</p>	<p>I can compare and contrast the performance of myself and others and suggest an improvement</p>	<p>I can talk about skills and techniques applied in my own and others' work and use this understanding to improve my performance.</p>	<p>I can Identify different levels of performance and use subject specific vocabulary. I can suggest ways to improve</p>	<p>I can analyse, modify and refine skills and techniques and suggest how these are applied. I can consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy</p>
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