

P.E Outcomes for Year 1

1. Throw and catch displaying a degree of competency, in isolation and in varied environments
2. Demonstrate changes of direction, level & speed
3. Show an awareness of how the body functions/changes during exercise
4. Repeat and Perform sequences of movements
5. Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team
7. With guidance participate displaying respect, fair play and working well with others

P.E Outcomes for Year 2

1. Throw and catch displaying competency, in isolation and in varied environments
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
- 3 Show an awareness of how the body changes/functions during exercise
4. Perform and repeat sequences of movements
5. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to employ simple tactics in varied environments
7. With guidance participate displaying respect, fair play and working well with others

P.E Outcomes for Year 3

1. Throw and catch displaying with accuracy, in isolation and varied environments
2. Demonstrate changes of direction, speed & level in competitive environments or during performances
3. Demonstrates a clear understanding of how the body changes/functions during exercise
4. Moves in a fluent and expressive manner
5. Plan, perform and repeat sequences of movements in a group
6. Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)
7. Use FUNdamentals of movement to employ simple tactics in competitive environment
8. Displays an understanding of fair play, respect and working well with others

P.E Outcomes for Year 4

1. Utilise changes of direction, speed & level during performances/competition to succeed
2. Select and utilise appropriate tactics and techniques to cause problems for opponents
3. Demonstrates a developed understanding of how the body changes/functions during exercise
4. Create movements that convey a clear stimulus, refining these movements into sequences
5. Displays an understanding of fair play, working well with others and leading a small group
6. Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements
7. Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)
8. Change running styles according to distance, with the intention of beating personal best's

P.E Outcomes for Year 5

1. Uses knowledge of the relationship between the body and exercise to improve various fitness components
2. Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a medium sized group
5. Field, defend and attack tactically by anticipating the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run

P.E Outcomes for Year 6

1. Uses knowledge of the relationship between the body and exercise to improve all fitness components
2. Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex, demanding and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a large group
5. Field, defend and attack tactically by anticipating and reacting to the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)