



PE in a Nutshell



EYFS – Sparrows

Both Years	Autumn	Spring	Summer
EYFS	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 		
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> • I know how to follow instructions. • I know how to play successfully with others. • I know why it is important to have a healthy body. • I know my body changes when I exercise. 		
Never forgets Skills Disciplinary knowledge	<ul style="list-style-type: none"> • I can negotiate space and obstacles safely, with consideration for themselves and others. • I can demonstrate strength, balance and coordination when playing. • I can move in a range of ways such as running, jumping, dancing, hopping, skipping and climbing. 		
Vocabulary	instructions, safety, listen, take turns, health, exercise, heart, jump, dance, hop, skip, climb, high, low, slow, fast		



PE in a Nutshell



Key Stage 1 – Skylarks and Willows

Odd Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Personal Unit 1 – Year 1 Real PE Multi-skills B	Creative Unit 4 – Year 1 Real PE Dance	Social Unit 2 – Year 1 Real PE Gymnastics	Physical Unit 5 - Year 1 Real PE Throwing and catching skills	Cognitive Unit 3 – Year 1 Real PE Batting skills	Health & Fitness Unit 6 – Year 1 - Real PE Athletics/Sports Day Skills
Concept	Individual/Competitive	Individual/creative	Individual	Competitive	Competitive	Individual
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know why it is important to use equipment safely. I know why we need to learn different skills. I know I can use different skills for different tasks. 	<ul style="list-style-type: none"> I know why and how my skills may look different to others. I know how to link movements. I know how to control my body. I know what a sequence is. 	<ul style="list-style-type: none"> I know what it means to work sensibly. I know why it is important to behaviour in a safe manner. I know what a sequence is. 	<ul style="list-style-type: none"> I know how to change different movements. I know why we need to perform skills with control. I know how to position my body. I know why we need to watch the ball. I know what a good throw is. 	<ul style="list-style-type: none"> I know when a performance is or isn't working. I know how to hold a racket. I know different ways to hit a ball. 	<ul style="list-style-type: none"> I know why exercise is important for good health. I know why a warmup and cool down are important. I know how I can change the speed of how I run. I know how to be safe. I know how to evaluate others' performances.



PE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can preserve. I can follow instructions. I can try to demonstrate a variety of skills. I can travel with control. I can participate in small group activities. 	<ul style="list-style-type: none"> I can explore and describe different movements. I can link movements together for a purpose. I can copy and explore movements. I can respond to music. I can remember basic movements and patterns. 	<ul style="list-style-type: none"> I can help and encourage others. I can take turns and share the equipment. I can copy and explore movements with some control and co-ordination. I can demonstrate different body shapes. I can balance on different body parts. I can link 2 simple movements. 	<ul style="list-style-type: none"> I can perform a small range of skills and link 2 movements together. I can perform a sequence of movements with some changes in levels, direction or speed. I can throw a ball with some accuracy. I can develop my hand-eye co-ordination through catching. I can understand the importance of following rules. 	<ul style="list-style-type: none"> I can begin to order movements and skills. I can name some things that I am good at. I can control a ball using a racket or pad. I can participate in small games. I can begin to apply and combine a variety of skills to different tasks. 	<ul style="list-style-type: none"> I can say how my body feels during and after exercise. I can move and use equipment safely. I can suggest ways for my own or others' performances to be improved. I can jump from a standing position. I can throw with basic control.
<p>Vocabulary</p>	<p>Try, preserve, instructions, safely.</p> <p>Hop, skip, jump, balance, co-ordination, control, target, aim, agility.</p>	<p>Movement, skill, control, compare, describe, explore.</p> <p>Travel, still, space, levels, direction, beginning, rhythm.</p>	<p>Praise, encourage, help, sensible, rules, share, listen.</p> <p>Spring, travel, slow, tall, low, zig-zag, shape, jump, stretch, smooth, sequence, height, high, low, land, jump, under, over, safely.</p>	<p>Control, skills, sequence, level, direction, speed, movements, link.</p> <p>Co-ordination, catch, throw, aim, target, accuracy, control.</p>	<p>Instructions, movements, similarities, differences, rules, successful.</p> <p>Bat, aim, target, control, accurate, technique.</p>	<p>Heartbeat, pulse, sweat, hot, exercise, health.</p> <p>Throw, jump, aim, fast, slow, safely, leap, landing, evaluate.</p>



PE in a Nutshell



Key Stage 1 – Skylarks and Willows

Even Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Personal Unit 1 – Year 2 Real PE Multi-skills A	Creative Unit 4 – Year 2 Real PE Dance	Physical Unit 5 - Year 2 Real PE Gymnastics	Social Unit 2 – Year 2 Real PE Ball Skills	Cognitive Unit 3 –Year 2 Real PE Mini Tennis	Health & Fitness Unit 6 – Year 2 Real PE Athletics/Sports Day Skills
Concept	Individual/Competitive	Individual/creative	Individual	Competitive	Competitive	Individual
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know why it is important to use equipment safely. I know where I am with my learning. I know why we need to learn different skills. I know I can use different skills for different tasks. 	<ul style="list-style-type: none"> I know why and how my skills may look different to others. I know and recognise similarities and differences in movements. I know how to link movements. I know how to control my body. I know what a sequence is. 	<ul style="list-style-type: none"> I know how to change different movements. I know why we need to perform skills with control. I know why it is important to behaviour in a safe manner. I know what a sequence is. 	<ul style="list-style-type: none"> I know what it means to work sensibly. I know the important of listen to others and sharing ideas. I know how to position my body. I know why we need to watch the ball. I know what a good throw looks like. 	<ul style="list-style-type: none"> I know when a performance is or isn't working. I know the difference between attacking and defending. I know how to hold a racket. I know different ways to hit a ball. I know the importance of following the rules. 	<ul style="list-style-type: none"> I know why exercise is important for good health. I know how I can change the speed of how I run. I know how to be safe. I know how to evaluate others' performances.



PE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can preserve. I can follow instructions. I can begin to challenge myself. I can begin to be successful independently. I can try to demonstrate a variety of skills. I can travel with control. I can use equipment with some control. 	<ul style="list-style-type: none"> I can explore and describe different movements. I can link movements together for a purpose. I can respond to music. I can copy and explore movements. I can respond to music. I can remember basic movements and patterns. 	<ul style="list-style-type: none"> I can perform a small range of skills and link 2 movements together. I can perform a sequence of movements with some changes in levels, direction or speed. I can select and apply a range of skills with some control and consistency. I can copy and explore movements with some control and co-ordination. I can demonstrate different body shapes. I can link 2 simple movements. 	<ul style="list-style-type: none"> I can help and encourage others. I can take turns and share the equipment. I can show some patience and support towards others. I can throw and roll a ball with some accuracy. I can develop my hand-eye co-ordination through catching. I can understand the importance of following rules. 	<ul style="list-style-type: none"> I can begin to order movements and skills. I can name some things that I am good at. I can understand simple tactics of attacking and defending. I can control a ball using a racket or hand pads. I can participate in small games. I can begin to apply and combine a variety of skills to different tasks. 	<ul style="list-style-type: none"> I can say how my body feels during and after exercise. I can suggest ways for my own or others performances to be improved. I can jump from a standing position. I can perform a range of throws and jumps with control and co-ordination.
<p>Vocabulary</p>	<p>Try, preserve, instructions, safely, independent, challenge.</p> <p>Hop, skip, jump, balance, co-ordination, control, target, aim, agility.</p>	<p>Movement, skill, control, compare, describe, explore.</p> <p>Travel, still, space, levels, direction, beginning, rhythm.</p>	<p>Control, skills, sequence, level, direction, speed, movements, link.</p> <p>Spring, travel, slow, tall, low, zig-zag, shape, jump, stretch, smooth, sequence, height, high, low, land, jump, under, over, safely.</p>	<p>Praise, encourage, help, sensible, rules, share, listen, support.</p> <p>Co-ordination, catch, throw, aim, target, accuracy, control, push, pass, roll.</p>	<p>Instructions, movements, similarities, differences, rules, successful.</p> <p>Aim, target, control, accurate, technique, racket.</p>	<p>Heartbeat, pulse, sweat, hot, exercise, health.</p> <p>Throw, jump, aim, fast, slow, safely, leap, landing, evaluate.</p>



PE in a Nutshell



Lower Key Stage 2 – Swifts & Sycamores

Odd Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Social Unit 2 (Real PE) Football/Mat Ball	Creative Unit 4 (Real PE) Dance: The Haka	Physical Unit 5 (Real PE) Gym	Health/Fitness Unit 6 (Real PE) Multi-skills	Cognitive Unit 3 (Real PE) Rounders	Personal Unit 1 (Real PE) Athletics
Concept	Competitive Games	Individual	Individual	Individual	Competitive Games	Individual
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know how to work sensibly with my peers. I know what it means to work co-operatively. I know how to encourage others. I know how to use basic tactics to change the game play. I know the importance of playing by the rules. I know the difference between attacking and defending. 	<ul style="list-style-type: none"> I know how to observe and copy others. I know how to change challenges. I know how to improvise both independently and with a partner. I know how self-evaluate. 	<ul style="list-style-type: none"> I know the importance of linking movements together. I know why it is important to perform skills with control. I know how to create sequences. I know how to work safely as an individual and in a group. I know the differences/similarities between sequences. 	<ul style="list-style-type: none"> I know why exercise is important to lead a healthy lifestyle. I know why my body changes when I exercise. I know how long I need to exercise for the be healthy. I know how to use equipment safely. I know what skills are used for different sports. I know why different skills are important for different activities/tasks. 	<ul style="list-style-type: none"> I know simple tactics. I know how to use my awareness of space and others to make decisions. I know how to give feedback, aiming to give both strengths and weaknesses. I know how to use basic tactics to change the game play. I know the difference between attacking and defending. I know how to respond to others in a competitive situation. 	<ul style="list-style-type: none"> I know where I am with my learning and I have begun to challenge myself. I know that if at first I don't succeed that I can keep trying and ask for help. I know how to improve my performance. I know how to use equipment safely. I know what skills are used for different athletic events. I know why different skills are important for different activities/tasks.



PE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can organise a small group in a task. I can take on the role as leader. I can lead a warmup in a small group. I can show confidence when using ball skills in various ways e.g. dribbling, passing, catching. I can demonstrate basic attacking and defending skills. I can begin to demonstrate skills with co-ordination and control. 	<ul style="list-style-type: none"> I can explore, compare and describe different movements. I can link actions. I can respond to different music/stimulus/tasks I can create a simple dance. I can compare and give feedback. I can develop motifs and actions. 	<ul style="list-style-type: none"> I can select skills a range of skills with control. I can demonstrate body control most of the time. I can perform and repeat simple sequences. I can use turns whilst traveling in a variety of ways. I can hold a balance with control. I can begin to show flexibility in my movements. 	<ul style="list-style-type: none"> I can record and monitor how hard I am working. I can describe how my body feels during exercise. I can apply learnt skills to different contexts. I can begin to perform actions with control. I can develop my fundamental skills. 	<ul style="list-style-type: none"> I can judge performances. I can begin to order instructions, movements and skills. I can explain why something is or isn't working. I can show confidence when batting or fielding. I can throw with accuracy. I can begin to demonstrate skills with co-ordination and control. 	<ul style="list-style-type: none"> I can react positively to challenges. I can improve my performance through regular practice and perseverance. I can perform jumps and throws with some accuracy and control. I can change my running technique to suit different distances. I can describe a successful athletic performance.
<p>Vocabulary</p>	<p>Co-operate, feedback, organise, communicate, listen, share.</p> <p>Possession, scoring, pass, send, receive, dribble, support, movement, points, goals, rules, tactics.</p>	<p>Explore, describe, movements, task, challenges.</p> <p>Space, repeat, improvisation, gesture, Haka, New Zealand, Māori, tribe, power, action/reaction.</p>	<p>Sequences, control, tension, muscles, **triceps, biceps, hamstring.</p> <p>Flow, improve, stretch, refine, pathway, inverted, jump, balance, rotation, tucked, twist, turn.</p>	<p>Healthy, lifestyle, fitness, heart-beat, sweat, pulse.</p> <p>Co-ordination, control, skills, balance, jumping, running, accuracy.</p>	<p>Awareness, space, instructions, movements, skills, link.</p> <p>Scoring, over arm, underarm, accurate, bases, bowler, backstop, fielder, batter, rounder, backstop.</p>	<p>Perseverance, improvement, challenges, targets, practice.</p> <p>Sling, pull, distance, sprint, pace, measure, metres, jogging, control, stamina, speed, stance.</p>

** Name of muscles to be referred to throughout the pupils PE lessons, not just in the one half term.



PE in a Nutshell



Lower Key Stage 2 – Swifts & Sycamores

Even Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Cognitive Unit 3 (RealPE) Basketball	Creative Unit 4 (Real PE) Health and Fitness	Physical Unit 5 (Real PE) Gym	Social Unit 2 (RealPE) OAA	Health & Fitness Unit 6 (Real PE) Mini Tennis	Personal Unit 1 (RealPE) Kwik Cricket
Concept	Competitive	Individual	Individual	Individual/competitive	Competitive	Competitive
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know simple tactics. I know how to use my awareness of space and others to make decisions. I know how to give feedback, aiming to give both strengths and weaknesses. I know how to use basic tactics to change the game play. I know the difference between attacking and defending. I know how to respond to others in a competitive situation. 	<ul style="list-style-type: none"> I know how to observe and copy others. I know how to change challenges. I know why it is important to stay healthy. I know how to stay healthy. I know different exercises I can do to help keep myself and family healthy. 	<ul style="list-style-type: none"> I know the importance of linking movements together. I know why it is important to perform skills with control. I know how to create sequences. I know how to work safely as an individual and in a group. I know the differences/similarities between sequences. 	<ul style="list-style-type: none"> I know how to work sensibly with my peers. I know what it means to work co-operatively. I know how to encourage others. I know all how to read a basic map. I know the 4 compass points. I know how to navigate myself safely around the school grounds. 	<ul style="list-style-type: none"> I know why exercise is important to lead a healthy lifestyle. I know why my body changes when I exercise. I know how long I need to exercise for to be healthy. I know how to use basic tactics to change the game play. I know the importance of playing by the rules. I can play different stokes with some control. 	<ul style="list-style-type: none"> I know where I am with my learning and I have begun to challenge myself. I know that if at first I don't succeed that I can keep trying and ask for help. I know how to improve my performance. I can show confidence when batting or fielding. I can throw and bowl with accuracy. I can begin to demonstrate skills with co-ordination.



PE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can judge performances. I can begin to order instructions, movements and skills. I can explain why something is or isn't working. I can show confidence when using ball skills in various ways e.g. dribbling, passing, catching. I can demonstrate basic attacking and defending skills. I can begin to demonstrate skills with co-ordination and control. 	<ul style="list-style-type: none"> I can explore, compare and describe different movements. I can link actions. I can respond to different music/stimulus/task I can perform different activities. I can explain what happens to my body during exercise. 	<ul style="list-style-type: none"> I can select skills a range of skills with control. I can perform a variety of skills. I can demonstrate body control most of the time. I can perform and repeat simple sequences. I can use traveling in a variety of interesting ways. I can perform most skills with control. I can hold a balance with control. I can demonstrate different jumps and rolls. 	<ul style="list-style-type: none"> I can organise a small group in a task. I can take on the role as leader. I can lead a warm up in a small group. I can work individually or as a small group. I can use a compass. I can respond to changing situations. I can begin to communicate effectively with partners or small groups. 	<ul style="list-style-type: none"> I can record and monitor how hard I am working. I can describe how my body feels during exercise. I can demonstrate different strokes. I can aim with accuracy. I can begin to demonstrate skills with co-ordination and control. I can demonstrate the correct stance for tennis shots. 	<ul style="list-style-type: none"> I can react positively to challenges. I can improve my performance through regular practice and perseverance. I can show confidence when batting or fielding. I can throw with accuracy. I can begin to demonstrate skills with co-ordination and control.
<p>Vocabulary</p>	<p>Awareness, space, instructions, movements, skills, link.</p> <p>Possession, scoring, pass, send, receive, dribble, support, movement, points, baskets, rules, tactics.</p>	<p>Explore, describe, movements, task, challenges.</p> <p>Heat, beat, pulse, blood, oxygen, health, exercise, lifestyle.</p>	<p>Sequences, control, tension, muscles, **triceps, biceps, hamstring.</p> <p>Flow, improve, stretch, refine, pathway, inverted, jump, balance, rotation, tucked, twist, turn, forward, backwards, pencil, tuck, straddle.</p>	<p>Co-operate, feedback, organise, communicate, listen, share.</p> <p>North, south, east, west, map, compass, points, navigate, co-operation, communication.</p>	<p>Healthy, lifestyle, fitness, heart-beat, sweat, pulse.</p> <p>Forehand, backhand, shots, volley, rally, control, accuracy, scoring, force.</p>	<p>Perseverance, improvement, challenges, targets, practice.</p> <p>Scoring, over arm, underarm, accurate, stumps, bowler, wicket keeper, fielder, batter, runs.</p>



PE in a Nutshell



Upper Key Stage 2 – Swallows & Oaks

Odd Year	Autumn		Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Swimming	Sports Leader	Creative Unit 2 (Real PE) Dance	Health/Fitness Unit 5 (Real PE) Tag Rugby/Hockey	OAA Rounders	Mini Tennis Sports Day Activities
Concept	Individual	Teamwork	Individual/creative	Competitive	Competitive Games	Competitive Games
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know a range of swimming strokes. I know how to be safe in the water. I know how to help rescue others in the water. 	<ul style="list-style-type: none"> I know different activities. I know rules of different activities. I know how to create and adapt different games. I know how to set up activities that are suitable for different ages. I know what is needed to be a successful leader. 	<ul style="list-style-type: none"> I know how to engage the audience. I know how to move with control and fluidity. I know different styles of dance. I know what effect different pace and timings can have on a dance. I know what improvements are needed to up level a performance. 	<ul style="list-style-type: none"> I know how to plan and follow a basic fitness plan. I know how to record and monitor how hard I am working. I know different tactics. I know how to modify competitive games. I know what skills are needed for a team to be successful. 	<ul style="list-style-type: none"> I know how to read a map and compass. I know how to communicate and listen to my team, in order to succeed. I know how to apply rules and tactics. I know how to modify competitive games. I know what skills are needed for a team to be successful. 	<ul style="list-style-type: none"> I know the scoring system for tennis. I know what skills are needed for a partnership to be successful. I know how to adapt my game play for competitive situations. I know how to follow instructions. I know that different skills can transfer into other sports/activity.



PE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can perform a range of swimming strokes, competently, confidently and proficiently over a distance of 25 metres. Use a range of strokes effectively. 	<ul style="list-style-type: none"> I can set up activities for different groups. I can communicate effectively. I can organise others. I can use positive vocabulary. I can identify possible dangers when planning my activity. 	<ul style="list-style-type: none"> I can respond imaginatively to different situations. I can link actions and develop sequences. I can apply learnt skills to other contexts. I can perform dances using a range of movements and motifs. I can give feedback and suggest improvements. I can dance with fluency. 	<ul style="list-style-type: none"> I can explain different types and levels of fitness. I can lead a warm-up. I can react to the ball movement. I can watch and evaluate team performances. I can use ball skills in various ways, and can link these together effectively, e.g. dribbling, throwing, catching I can keep possession of balls during games situations. <p>I can use skills with coordination, control and fluency.</p>	<ul style="list-style-type: none"> I can name all of the 8 compass points. I can complete challenges both individually and within a team. I can lead a warm-up. I can vary skills and actions to outwit my opponents. I can watch and evaluate team performances. I can vary skills, actions and ideas and link these in ways that suit the games activity. 	<ul style="list-style-type: none"> I can lead and warm-up. I can vary skills, actions and ideas and link these in ways that suit the games activity. I can use racket skills to control the ball. I can perform a variety of shots consistently and with control. I can apply skills with confidence to different contexts. I can encourage my team to succeed.
<p>Vocabulary</p>	<p>Strokes, breaststrokes, front crawl, backstroke, butterfly, water safety, depth, distance, metres, stamina.</p>	<p>Space, task, equipment, people, groups, co-operation, organisation, leader, communication, leadership, safety, responsibility.</p>	<p>Creativity, audience, situation, balance, static, adaptive, sequences.</p> <p>Motif, movement patterns, style, technique, formation, rhythm, improvisation, unison, cannon, interpret, explore.</p>	<p>Fitness, cardio, aerobic, anaerobic, strength, muscles, **quadriceps, triceps, biceps, gastrocnemius.</p> <p>Tag, rugby, possession, attack, defend, dribbling, tactics, width, support, communication, skills, opponent.</p>	<p>North-west, north-east, south-west, south-east, communication, orientation.</p> <p>Fielding, throwing, catching, batting, bowler, base, rounder, backstop, support, innings.</p>	<p>Racket, nets, scoring, depth, court, overhead, singles, doubles, rally, stance, volley, forehand, backhand, serve.</p> <p>Team-work, skills, apply, consistent, encourage, accuracy.</p>

** Name of muscles to be referred to throughout the pupils PE lessons, not just in the one half term.



PE in a Nutshell



Upper Key Stage 2 – Swallows & Oaks

Even Year	Autumn		Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Swimming	Sports Leader	Social Unit 3 (RealPE) Gymnastics	Cognitive Unit 1 (Real PE) Netball/dodgeball	Personal Unit 6 (Real PE) Kwik Cricket	Physical Unit 4 (Real PE) Athletics
Concept	Individual	Teamwork	Individual/Creative	Competitive	Individual/competitive	Individual
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know a range of swimming strokes. I know how to be safe in the water. I know how to help rescue others in the water. 	<ul style="list-style-type: none"> I know different activities. I know rules of different activities. I know how to create and adapt different games. 	<ul style="list-style-type: none"> I know how to give and receive feedback. I know how to guide a small group. I know how to select and combine skills. I know how to link skills to create a complex sequence. I know what body control means. 	<ul style="list-style-type: none"> I know how to evaluate my own and others' performances. I know how to use my awareness of space and others to make good decisions. I know different tactics. I know how to modify competitive games. I know what skills are needed for a team to be successful. 	<ul style="list-style-type: none"> I know how to set myself targets. I know to improve I need to carry out regular practice. I know how to apply rules and tactics. I know how to modify competitive games. I know what skills are needed for a team to be successful. 	<ul style="list-style-type: none"> I know how to link actions together so they flow in running, jumping and throwing activities. I know what body tension is and use it to perform skills with control. I know how to pace myself. I know different athletic events. I know how to use equipment safely and with control. I know how to give feedback.
Never forgets Skills Disciplinary knowledge	<ul style="list-style-type: none"> I can perform a range of swimming strokes, competently, confidently and proficiently over a distance of 25 metres. 	<ul style="list-style-type: none"> I can set up activities for different groups. I can communicate effectively. I can organise others. I can use positive vocabulary. 	<ul style="list-style-type: none"> I can involve others, I can negotiate and collaborate appropriately. I can give helpful feedback. 	<ul style="list-style-type: none"> I can read and react to different game situations. I can recognise and suggest changes to help the team be successful. I can vary skills, actions and ideas and link 	<ul style="list-style-type: none"> I can accept feedback and make changes. I can respond in a positive manner to difficult situations. I can persevere with a challenge. 	<ul style="list-style-type: none"> I can successfully transfer skills across a range of activities. I can use a combination of skills confidently in different contexts. I can lead a warm-up.



PE in a Nutshell



	<ul style="list-style-type: none"> Use a range of strokes effectively. 	<ul style="list-style-type: none"> I know how to set up activities that are suitable for different ages. I know what is needed to be a successful leader. 	<ul style="list-style-type: none"> I can balance, roll and travel with control. I can adapt sequences. I can analyse and offer feedback after watching performances. I can link ideas together to demonstrate fluency, control, varying levels, direction and speed. 	<p>these in ways that suit the games activity.</p> <ul style="list-style-type: none"> I can lead a warm-up. I can use ball skills in various ways, and can link these together effectively, e.g. throwing, catching I can keep possession of balls during games situations. I can apply different ways to dodge. I can use skills with co-ordination, control and fluency. 	<ul style="list-style-type: none"> I can vary skills and actions to outwit my opponents. I can lead a warm-up. I can watch and evaluate team performances. I can vary skills, actions and ideas and link these in ways that suit the games activity. I can bowl overarm. 	<ul style="list-style-type: none"> I can throw, jump and run with control. I can link actions (Standing triple jump). I can evaluate others' performances.
Vocabulary	Strokes, breaststrokes, front crawl, backstroke, water safety, depth, distance, metres.	Space, task, equipment, people, groups, co-operation, organisation, leader, communication, leadership, safety, responsibility.	Performance, feedback, motivate, responsibility. Control, criteria, tension, improvement, direction, speed, travel, cannon, unison, flexibility, aesthetically, counter-balance, symmetry.	Review, analyse, evaluate, respond, awareness, success. Netball, dodgeball, dodge, position, marking, possession, attack, defend, movement, tactics, support, communication, outwit, opponent.	Critic, challenges, strengths, movement, tension, skills, perseverance. Fielding, throwing, catching, batting, bowler, wicket, runs, wicker keeper, support, innings, overs.	Develop, targets, weaknesses/strengths, performance. Sprint, distance, pacing, speed, accuracy, stamina, trajectory, distance, measure, height.