



'I can...' statements for: P.E.

I can...	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games	<p>I can throw and catch a ball.</p> <p>I can travel with a ball close to body maintaining some control.</p>	<p>I can receive a ball by stopping it and sending it to another player</p> <p>I can make simple decisions about when /where to move in a game to receive a ball</p>	<p>I can show a number of sending and receiving techniques with increased accuracy.</p> <p>I can find where a space is and try to move into it</p>	<p>I can throw and catch balls from different directions/distances using one or both hands</p> <p>I can change direction and speed when dribbling a ball.</p>	<p>I can use basic tactics in order to maintain possession in small-sided games.</p> <p>I can create space during a game and use it effectively for a team advantage</p>	<p>I can perform a range of passes with fluency and increased speed.</p> <p>I can creatively use space when attacking and defending</p>
Dance	<p>I can perform dance moves of my own</p>	<p>I can create a simple sequence by linking moves together in short dance</p>	<p>I can repeat, remember and perform phrases in a dance</p>	<p>I can practise and refine movements and sequences</p>	<p>I can compose imaginative dance sequences using a specific stimuli</p>	<p>I can combine flexibility and movement to create a fluid sequence</p>
Gymnastics	<p>I can balance when travelling in a range of ways along bench, spots, mat etc.</p> <p>I can roll in stretched/curled positions e.g. 'log' and 'egg rolls'.</p>	<p>I can explore and develop a range of balances using large and small body parts.</p> <p>I can roll in stretched/curled positions e.g. 'log' and 'egg rolls'. To explore and develop rocking and rolling actions</p>	<p>I can link different balances, moving in and out of positions of stillness into a range of actions.</p> <p>I can move smoothly into and out of rolling actions, introducing the straddle roll.</p>	<p>I can perform balances in all core shapes.</p> <p>I can perform different rolls introducing a shoulder roll with improved accuracy and consistency.</p>	<p>I can develop strength through inverted balances e.g. shoulder stand, bridge, front support and back support.</p> <p>I can perform synchronised rolling actions with a partner.</p>	<p>I can develop counter balance and counter tension.</p> <p>I can develop skills involving weight on hands, including handstand and cartwheel progressions.</p>