

Ready to Progress Criteria

Subject: PE



	Knowledge	Skills
EYFS	<ul style="list-style-type: none"> I know how to keep myself safe when participating in PE and other physical activities. 	<ul style="list-style-type: none"> I can negotiate space and obstacles safely. I can balance and move in a variety of different ways with a good level of coordination.
Year 1	<ul style="list-style-type: none"> I know how to follow instructions and rules. I know that winning is not the most important part of an activity. 	<ul style="list-style-type: none"> I can demonstrate the fundamental skills including: balancing, running, jumping, catching, hopping, throwing, hitting, skipping, leaping and kicking. I can assess my own risk and develop trust in myself and my peers.
Year 2	<ul style="list-style-type: none"> I know how my body changes when I am exercising. I understand that exercise keeps my body healthy. 	<ul style="list-style-type: none"> I can demonstrate the fundamental skills including: balancing, running, jumping, catching, hopping, throwing, hitting, skipping, leaping and kicking in a range of activities. I can catch and throw a range of PE equipment accurately whilst moving. I can move effectively, whilst adapting to my environment, (levels, speed, direction).
Year 3	<ul style="list-style-type: none"> I can describe what happens to my heart, breathing and temperature during different types of athletic activity. I understand the rules about the games I have been taught. I can apply my knowledge to support my own and others performance through feedback. 	<ul style="list-style-type: none"> I can select the most appropriate ways of travelling for an activity and execute it appropriately, (e.g, running, walking, hopping and skipping). I can use these movement skills with control and consistency and apply these into sport specific situations. I can choose the appropriate skills and equipment to meet the challenges that are set.
Year 4	<ul style="list-style-type: none"> I know how to use different attacking and defending strategies and apply to different game situations. I can use my understanding to make informed decisions for my own and others performance enhancement. I understand why exercise is good for my fitness, health and wellbeing. 	<ul style="list-style-type: none"> I can describe and evaluate the effectiveness of performance and recognise aspects that need improving. I can evaluate how successful my tactics have been, use appropriate language to describe performance and identify what I do that makes things difficult for their opponents. I can control actions and combine them fluently.
Year 5	<ul style="list-style-type: none"> I know the importance of playing as part of a team and apply my knowledge of attacking and defending skills into a game situation. I know how to use feedback to enhance my own and others performance effectively. I understand the value of exercise outside of the school day. 	<ul style="list-style-type: none"> I can work as a group and share roles fairly. I can explore, improvise and combine movement ideas fluently and effectively. I can effectively others with their learning to improve an outcome.
Year 6	<ul style="list-style-type: none"> I can effectively play as part of team adapting my skills to meet the requirements of the sport. I can understand and explain the rules in Sports. I know how different activities promote stamina, power, control and wellbeing. 	<ul style="list-style-type: none"> I can apply my knowledge of health and fitness to meet the demands of an activity. I can play to agreed rules and demonstrate sportsmanship. I can link together actions so that they flow across all areas of the PE curriculum. I can consistently perform skills accurately to achieve a desired outcome.



- I can consistently support myself and others with sport specific feedback to ensure a desired outcome.

