

Information for Parents/Carers: Targets in Physical Education
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Physical Education Targets - A Year 3 Sports Person

Games

I can throw and catch with control.

I am aware of space and use it to support team-mates and to cause problems for the opposition.

I know and use rules fairly.

Gymnastics

I can adapt sequences to suit different types of apparatus and criteria.

I can explain how strength and suppleness affect performance.

I can compare and contrast gymnastic sequences.

Dance

I can improvise freely and translate ideas from a stimulus into movement.

I can share and create phrases with a partner and small group.

I can repeat, remember and perform phrases.

Athletics

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.

Outdoor and adventurous

I can follow a map in a familiar context.

I can use clues to follow a route.

I can follow a route safely.

Physical Education Targets - A Year 4 Sports Person

Games

I can catch with one hand.

I can throw and catch accurately.

I can hit a ball accurately with control.

I can keep possession of the ball.

I can vary tactics and adapt skills depending on what is happening in a game.

Gymnastics

I can work in a controlled way.

I can include change of speed and direction.

I can include a range of shapes.

I can work with a partner to create, repeat and improve a sequence with at least three phases.

Dance

I can take the lead when working with a partner or group.

I can use dance to communicate an idea.

Athletics

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.

Outdoor and adventurous

I can follow a map in a (more demanding) familiar context.

I can follow a route within a time limit.

Physical Education Targets - A Year 5 Sports Person

Games

I can gain possession by working a team.

I can pass in different ways.

I can use forehand and backhand with a racket.

I can field.

I can choose a tactic for defending and attacking.

I can use a number of techniques to pass, dribble and shoot.

Gymnastics

I can make complex extended sequences.

I can combine action, balance and shape.

I can perform consistently to different audiences.

Dance

I can compose my own dances in a creative way.

I can perform to an accompaniment.

My dance shows clarity, fluency, accuracy and consistency.

Athletics

I can be controlled when taking off and landing.

I can throw with accuracy.

I can combine running and jumping.

Outdoor and adventurous

I can follow a map in an unknown location.

I can use clues and a compass to navigate a route.

I can change my route to overcome a problem.

I can use new information to change my route.

Physical Education Targets - A Year 6 Sports Person

Games

I can play to agreed rules.

I can explain rules.

I can umpire.

I can make a team and communicate plan.

I can lead others in a game situation.

Gymnastics

I can combine my own work with that of others.

I can link sequences to specific timings.

Dance

I can develop sequences in a specific style.

I can choose my own music and style.

Athletics

I can demonstrate stamina.

Outdoor and adventurous

I can plan a route and a series of clues for someone else.

I can plan with others taking account of safety and danger.