



Porters Grange Primary School

Physical Education

Fundamentals

Early Years	<p>Confident to try new activities. I ask for help if needed. Handle equipment effectively. Move confidently in a range of ways. Safely negotiate space. Show good control and co-ordination in small and large movements. Talk about ways to keep healthy and safe. Know the importance for good health and physical exercise. Sensitive to others' feelings. Play co-operatively, taking turns. Talk about my own ideas and use them in response to a task. Understand and follow rules.</p>
Year 1	<p>Show hopping and jumping movements. Change direction. Run at different speeds. Select my own actions in response to a task. Use co-ordination to turn a skipping rope. Work co-operatively with others to complete tasks. Recognise changes in my body when I do exercise.</p>
Year 2	<p>Show balance when changing direction. I can show hopping, skipping and jumping movements with some balance and control. Show balance and co-ordination when running at different speeds. Begin to turn and jump in an individual skipping rope. Begin to provide feedback using key words. Work co-operatively with a partner and a small group. Describe how my body feels during exercise.</p>
Year 3	<p>Able to jump and turn a skipping rope. Change direction quickly. Identify when I was successful. Link hopping and jumping actions.</p>

	<p>Understand how the body moves differently at different speeds Understand why it is important to warm up. Demonstrate balance when performing other fundamental skills.</p>
Year 4	<p>Change direction quickly under pressure. Explain what happens when I exercise. Identify when I was successful and what I need to do to improve. Link hopping and jumping actions with other fundamental skills. Work with others to complete skipping challenges. Understand and can demonstrate how and when to speed up and slow down when running. Demonstrate good balance and control when performing other fundamental skills.</p>
Year 5	<p>Fundamental skills are used and applied to a variety of sports across the two years.</p>
Year 6	