

# ATHLETICS

## What level are you?

### Skills



### Tactics



### Evaluate



### Fitness



## OLYMPIC

I can use the start and finishing technique

I can pace my jump and take-off my strong foot

I can demonstrate a range of throwing actions using a variety of objects and grips

I can use pace to outwit opponents

I can alter the shape of my body in flight to improve my performance

I can evaluate my own and others strengths and weaknesses in different athletics events

I can perform in different events and show awareness of how to adapt skills

I know which areas of fitness each athletics event is testing

## GOLD

I can run at pace appropriate to the distance I am running

I can take a running jump

I can demonstrate a range of throwing actions with power

I can link skills together in events with fluency

I can watch a successful performance and comment on success/ techniques used.

I can explain what needs to be practised and improved but still needs guidance

I can recognise a change in heart rate, temperature and breathing rate

## SILVER

I can change speed & direction whilst running

I can jump for height and distance from a standing position

I can accurately throw an object with one hand

I can link skills together in events

I can identify and describe elements of performance and technique which are effective.

I can recognise a change in temperature & heart rate during exercise

## BRONZE

I can choose whether to use underarm/overarm throw

I can perform skills in isolation

I can adjust technique depending on the specific event

I can choose underarm/overarm throw depending on accuracy/power

I can suggest improvements to my own and others performances.

I can recognise changes in the body during exercise

## FIRST STEP

I can run safely on the balls of my feet

I can jump and land bending my knees

I can throw with power

I can choose whether to use underarm/overarm throw

I can perform skills in isolation

I can describe the performance of my partner

I can comment on the changes that happen to my body when I exercise.

# GYMNASTICS

## What level are you?

### Skills



### Composition



### Evaluate



### Fitness



## OLYMPIC

I can perform a range of rolls with entrances and exits.

I can use levels, speeds and directions

I can use actions, shapes and balances with body tension and extension

I can design and structure a sequence using symmetrical & asymmetrical shapes.

I can refine sequence to show technical improvement.

I can discuss and evaluate technical aspects of sequence.

I can consider personal skill.

I can practise and perfect performance.

I can use mobility, whole body and static exercises that are relevant to gymnastics

I can explain that exercise helps to keep me fit and makes me feel good.

## GOLD

I can show changes of direction and level – aim for control.

I can perform a range of rolls

I can perform with fluency and clarity of movement.

I can link together 8-10 actions showing variety and control with a partner or in a small group.

I can perform to an audience showing variations in speed, direction and level.

I can evaluate aspects of sequence eg body position, flow.

I can discuss to suggest positive ways to improve quality.

I can explain how I get ready to exercise by increasing intensity

I can show a selection of appropriate stretching exercises before I practise my skills.

## SILVER

I can repeat accurately sequences of gymnastic actions.

I can move smoothly from a position of stillness to another phase

I can link 6-8 actions together

I can link movements and pathways

I can use combinations of floor, mats and apparatus

I can compare and discuss my actions and those of others

I can use ideas from observation and discussion in my work

I know that it is important to warm up the muscles before starting vigorous activity to get my heart pumping faster.

I know that gymnastics can improve strength and flexibility

## BRONZE

I can explore skills eg balance, take off and landing and rolling.

I can repeat and move smoothly from one action to another.

I can link together 4 actions with a start and finish position.

I can travel in different ways

I can adapt the sequence to include apparatus or a partner.

I can describe my own shapes and those I have observed

I can pick out best shapes and give suggestions eg leg straighter, toes pointed

I can describe how tired I feel after running quickly compared with sometimes moving more slowly.

I know why I must not rush about too close to one other people, walls, or equipment

## FIRST STEP

I can travel, stop, make a shape or action. I can copy a partner

I can perform basic gymnastic actions like traveling, rolling and jumping.

I can link 2 actions together and repeat them eg bunny hop, monkey walk.

I can follow a path linking beginning to end in a gymnastic way eg jumps, rolls, hands and feet

I can describe my own movement/shape, help partner to perform it

I can talk about the quality of what I am doing

I can explain how to move without bumping into others.

I can describe how my heart pumps faster when they are running about

# DANCE

## What level are you?

### Skills



### Composition



### Evaluate



### Fitness



## OLYMPIC

I can create a sequence of movements showing motif development

I can perform a variety of dance styles

I can improvise freely

I can select and structure dance motifs in relation to chosen ideas.

I can improve the technical and expressive content and focus on the intention of the dance

I can watch a professional piece of work and recognise skills and techniques

I can refine my work to include an entrance and exit into the space

I can warm up and cool down using whole body and isolated movements

I can explain how dance can contribute to a more healthy active lifestyle,

## GOLD

I can use a range of actions and begin to combine movement phrases and patterns..

I can begin to respond within a small group of partnership, to speed and level.

I can use unison & canon  
I can begin to design my own movement phrases.

I can use safe balances on different points of contact

I can identify when eyes focus on, either a point in space or a body part.

I can evaluate others work to improve my own performance.

I can perform silently with increased focus.

I can explain why warming up the feet and knees is important before jumping,

I can describe how dance generates warmth in the muscles and sweating .

## SILVER

I can explore ideas, moods and feelings by experimenting with actions, dynamics, directions and levels

I use stimuli as the starting point for creating dance phrases and short dances

I can use a beginning, middle and end.  
I can perform skills with co-ordination and control.

I can develop a phrase of movement with linking movements.

I can watch my own/others performances and comment on how unpolished actions can affect performance.

I can rehearse and improve using evaluation points.

I can explain why it is important to warm up, particularly feet for dance activity.

I can explain why dance is good for developing strength, flexibility and suppleness

## BRONZE

I can create a short sequence of movements

I can include stretch, rolls, turns, making shapes or action with bodies to show feeling/mood of music.

I vary skills, actions and ideas.

I can movements at different levels

I can make strong/soft movements

I feedback differences between own and others performances.

I can describe shape and moods in performances.

I understand that moving silently is important to a good performance.

I can describe how my muscles feel after holding a still shape.

I am aware of spaces and others working around them.

## FIRST STEP

I can copy the movement my partner makes.

I can adapt movements when performing to quick/slow music.

I can link skills and actions together.

My dances have a clear start and finish.

I can describe how my body could move if it were changing from a feet in some activities

sharp shape to a soft melting shape.

I can comment on a shape when moving quickly. which is- strong, soft etc.

I can describe how their hearts beat faster

when moving quickly.

I know why it is important to warm up.

# INVASION

## What level are you?

Skills



Tactics



Evaluate



Fitness



### OLYMPIC

I can utilise scoring situations

I can receive and send ball to keep possession

I can use both sides of my body with equal confidence

I can organise myself and others into formations- attack/defence zones.

I can evaluate my own and others strengths and weaknesses in different positions in a team game.

I can play in different positions and show awareness of how to adapt skills to fulfil the role.

I can warm up and cool down, and I understand how different activities benefit different elements of fitness.

I understand the benefits of physical activity for emotional and physical health.

### GOLD

I show precision and accuracy when sending and receiving

I can travel with a ball showing changes of speed and directions using either foot or hand.

I understand and use the roles of attackers and defenders

I can beat an opponent by feinting in one direction and passing in another and by marking opponents tightly

I can watch a successful team and comment on success/ tactics used. I can show awareness of team members and opponents position.

I understand the importance of warming up the muscles and starting to think about sport specific movements/effects on body.

### SILVER

I can send and receive a ball from one direction to another.

I can travel with a ball showing increasing control using both hands and feet.

I can pass a ball to beat a defender/ gain better position to score.

I can move into space in order to receive a pass.

I try to keep possession of the ball for my team

I can discuss how my team worked tactically to defend/ score a goal, or can comment how other teams worked effectively to score/defend.

I can discuss how the heart pumps faster when running about, and can comment on why an activity might be good for them.

### BRONZE

I can send a ball accurately and control a ball on receiving it.

I can travel with a ball showing increasing control using both hands and feet.

I can pass a ball to a point and shoot to a target

I show awareness of keeping possession

I can choose good places to stand when receiving

I can discuss the importance of stopping and controlling a ball before trying to kick/strike/throw/score

I can talk about how to move in space safely.

### FIRST STEP

I can control and pass a ball on command over a variety of distances

I can make simple decisions about when and where to run

I can choose the best way of moving a ball quickly and accurately; I can choose where best to stand to score/ defend scoring.

I can describe the game to my partner and comment on what I am going to do.

I can comment on the changes that happen to my body when I exercise.

# NET & WALL

## What level are you?

### Skills



### Tactics



### Evaluate



### Fitness



## OLYMPIC

I can play shots on both sides of the body and above my head when the opportunity arises in a game.

- Forearm, backhand etc.

I can serve a ball accurately.

I can play a version of a net game showing tactical awareness and knowledge of rules and scoring.

I can hit the ball from both sides of body with varying the speed, height and direction

I can evaluate my own and others strength and weaknesses in different positions in a team game

I can adapt to play in singles and doubles style matches.

I can warm up and cool down, and I understand how different activities benefit different elements of fitness.

I understand the benefits of physical activity for emotional and physical health.

## GOLD

I can hit accurately at speed. Score points by hitting into opponents court so it bounces x2

I can play short tennis doubles and singles using basic rules on full court.

I can beat an opponent by feinting in one direction and hitting in another.

I can comment on success of performance.

I can discuss how to restart a game after a point has been scored.

I can describe how exercise effects my body such as increased heart rate and sweating

I use appropriate stretching exercises before practicing my skills.

## SILVER

I can catch and feed ball appropriately.

I can adopt ready position when receiving a shot

I can feed the ball accurately to hit over the net.

I am are aware of positioning myself to catch ball.

I can compare tactically how I stopped someone scoring in my game and teach others.

I can discuss how I need to change my type of throw/hit to aim different targets.

I know that it is important to warm up the muscles before playing & to get the heart pumping faster.

I can identify activities that improve strength and flexibility

## BRONZE

I can feed ball to partner or target; receive with control.

I can use the correct grip

I watch ball carefully as it comes over the net and move feet appropriately.

I can keep the ball away from my opponents in a net game and send it to the best places to score a point.

I can discuss the game.

I can discuss how I can improve my performance by working together.

I can describe how warm & tired I feel after running quickly compared with moving more slowly.

I can say why I must not rush about too close to one another or a wall.

## FIRST STEP

I move fluently, changing direction and speed easily and avoiding collisions.

I can use hand eye co-ordination to strike a ball over a net.

I can watch the ball carefully and move to block/stop the motion.

I can recognise the difference between soft and hard shots and can predict where a ball might land on court.

I can discuss the basic aim of the game.

I can comment on how the game went.

I can describe basic effects my body.

I am aware of basic safety rules when using equipment such as racquets.

# STRIKE & FIELD

## What level are you?

### Skills



### Tactics



### Evaluate



### Fitness



## OLYMPIC

I adapt my body position to bat the ball to different sides of a field.  
I receive the ball from one direction and pass to another at speed  
I use different skills to field a ball  
I tactically decide how to run

I understand how to beat an opponent by working/communicating as a team, positioning teammates so that they work as effectively as possible.

I can evaluate my own and others strengths and weaknesses in different positions.

I can describe the effects of exercise and how the body will respond in different ways to different types of exercise

## GOLD

I can hit a ball well enough to score a point.  
I can discuss and perform the best throw to field the ball  
I know to keep the ball away from opponents  
I can decide whether to take a run

I can discuss tactics about best ways to score a point/ stop a person from scoring.

I understand how to beat an opponent by working/communicating as a team.

I can discuss how to improve with comments on using and applying skills and tactics.

I can comment on success and improvements to help the team, I can use this to teach others

I can comment on why it is important to warm up/ cool down

I can suggest activities that would help warm up muscles used in the sport and explain why this is important.

## SILVER

I can strike a ball, with a small bat  
I can throw/pass a ball to a target  
I can move body position to catch large to medium balls  
I can make tactical decisions about running between bases

I can comment on the game and how best to score points.

I can discuss ways of improving performance by working as a team.

I know that it is important to warm up the muscles before playing & to get the heart pumping faster.

I can identify activities that improve strength and flexibility

## BRONZE

I can strike a medium ball with a tennis racket  
I can throw a bean bag to a marked area.  
I can catch a large ball using both hands.  
I can decide the best place to stand when fielding

I can describe my game to a friend and help them to play.

I can discuss ways to score more points/ improve performance.

I can describe how warm & tired I feel after running quickly compared with moving more slowly.

I can say why I must not rush about too close to one another or a wall.

## FIRST STEP

I can handle a range of equipment with increasing control.  
I can focus on the ball and move my body in line to stop it  
I can run staying outside the bases.

I show awareness of space around myself and others.

I can comment on what was good about a game and how to make it better.

I can describe basic effects my body.

I am aware of basic safety rules when using equipment such as racquets.