



END OF UNIT OUTCOMES IN PE – YEAR B

	TERM	YEAR 3	YEAR 4	YEAR 5	YEAR 6
YEAR B	Autumn	<p>Topic Name: Dance (Machines and Carnival)</p> <ul style="list-style-type: none"> I can repeat, remember and perform a dance phrase. I can use counts to keep in time with a partner and/or a group. I can create short dance phrases that communicate an idea, using dynamic and expressive qualities. I can work with a partner and/or small group, sharing ideas. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can complete actions with increasing balance and control, including balances. I can use matching and contrasting actions in a partner sequence, choosing actions that flow well into one another. I can use a greater number of my own ideas for movements in response to a task. I can adapt sequences to suit different types of apparatus. <p>Topic Name: Invasion Games (Unihoc)</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the puck with some control. I can find space away from others and near to my goal. I understand my role as an attacker and as a defender. I can track an opponent to slow them down. I am beginning to use simple tactics, and can use the rules of the game honestly. 	<p>Topic Name: Dance (Machines and Carnival)</p> <ul style="list-style-type: none"> I can copy and remember set choreography. I can use counts to keep in time with others and the music. I can use changes in timing and spacing to develop a dance, working imaginatively to convey a narrative. I can use simple movement patterns to structure dance phrases on my own, with a partner and with a group. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I understand how body tension can improve the control and quality of my movements. I can safely perform balances with and without a partner. I can plan and perform sequences with a partner that include a change of level and shape. <p>Topic Name: Invasion Games (Unihoc)</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the puck with increasing control. I can move to space to help my team to keep possession and score goals. I can delay an opponent and help to prevent the other team from scoring. I can use simple tactics to help my team score or gain possession. I understand the rules of the game and I can use them often and honestly. 	<p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can swim competently over a distance of at least 25 metres using a stroke of choice. I can attempt to perform a safe self-rescue in the water. I can use more than one main stroke effectively (for example, front crawl, backstroke and breaststroke). <p>Topic Name: Net and Court Games (Tchoukball)</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with some control under some pressure. I can apply defensive skills individually and as a team to gain possession, deny space and stop goals. I can communicate with my team and move into space to help to maintain possession. I can use feedback provided to improve my performance. I understand the rules and can use them honestly most of the time, including when refereeing. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can lead a partner through short warm-up routines. I can use canon and synchronisation, and matching and mirroring when performing with a partner and/or with a group, saying how it affects the performance. I can create and perform sequences using apparatus, individually and with a partner. I can work safely when learning a new skill to keep myself and others safe. 	<p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can perform a safe self-rescue in different water-based situations. I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). <p>Topic Name: Net and Court Games (Tchoukball)</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with good control under pressure. I can confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals. I can create and use space to help my team to maintain possession and create scoring opportunities. I recognise my own and others' strengths and areas for development, and can suggest ways to improve. I use the rules honestly and consistently when playing a game and refereeing. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can lead a small group through a short warm-up routine. I can combine and perform gymnastics actions, shapes and balances with control and fluency. I can create and perform sequences using apparatus, individually and with a partner, working collaboratively to adapt movement where needed. I understand how to work safely when learning a new skill.

	TERM	YEAR 3	YEAR 4	YEAR 5	YEAR 6
YEAR B	Spring	<p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can enter and exit the water safely. I float on my front and back effectively. I can begin to perform a push and glide. I can retrieve an object from the floor. I can swim one stroke with confidence and proficiency. I can discuss how to perform a safe self-rescue in the water. I can attempt a range of strokes with some competency. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can choose actions that flow well into one another. I can use matching and contrasting actions in a partner sequence, choosing actions that flow well into one another. I can adapt sequences to suit different types of apparatus. With help, I can recognise how performances could be improved, and can provide feedback using keywords. <p>Topic Name: Netball</p> <ul style="list-style-type: none"> I can pass, receive and shoot the ball with some control. I can defend an opponent and try to win the ball. I understand my role as an attacker and a defender. I can communicate with my team and move into space to support them. I work cooperatively with my group to self-manage games. 	<p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can float on my front and back confidently and effectively. I can perform a push and glide with increasing power and distance. I can retrieve an object from the floor by fully submerging myself. I can swim one stroke with confidence and proficiency, aiming closer towards 25 metres. I can discuss and begin to practice how to perform a safe self-rescue in the water. I am beginning to use a range of strokes with increasing confidence and competence. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can explain what happens to my body when I exercise and how this helps to make me healthy. I can safely perform balances with and without a partner. I can plan and perform sequences with a partner that include a change of level and shape. I can watch, describe and suggest possible improvements to others' performances and my own, using appropriate language relating to the lessons. <p>Topic Name: Netball</p> <ul style="list-style-type: none"> I can pass, receive and shoot the ball with increasing control. I can defend one on one and know when to win the ball. I can use simple tactics to help my team score or gain possession. I can move to space to help my team to keep possession and score goals. I share ideas and work with others to manage our game, feeding back with key terminology. 	<p>Topic Name: Dance (Dance by Chance and Waiting for...Rescue, Titanic link)</p> <ul style="list-style-type: none"> I can accurately copy and repeat set choreography. I can use counts when choreographing to stay in time with others. I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. I can suggest ways to improve my own and other people's work using key terminology, and can begin to use feedback to improve the quality of my work. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can use canon and synchronisation, and matching and mirroring when performing with a partner and/or with a group, saying how it affects the performance. I can create and perform sequences using apparatus, individually and with a partner. I can use feedback provided to improve my work. I can use strength and flexibility to improve the quality of my performance. I can use criteria to make judgements about a performance and suggest ways they could be improved. <p>Topic Name: Netball</p> <ul style="list-style-type: none"> I can pass, receive and shoot the ball with some control under pressure. I can stay with an opponent and I am confident to attempt to intercept. I know what position I am playing in and how to contribute when attacking and defending. I can communicate with my team and move into space to keep possession and score. I understand the need for tactics and can identify when to use them in different situations. 	<p>Topic Name: Dance (Dance by Chance and Waiting for...Rescue, Titanic link)</p> <ul style="list-style-type: none"> I can lead a small group through a short warm-up routine. I begin to choreograph a routine involving the safe-use of a prop. I can refine the way I use actions, dynamics, relationships and space to convey ideas, emotions, feelings and characters. I can perform dances confidently and fluently with accuracy and good timing. I can use appropriate language to evaluate and refine my own and other's work, and can use this feedback to improve the quality of my work. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can combine and perform gymnastics actions, shapes and balances with control and fluency. I can create and perform sequences using compositional devices to improve the quality. I understand what counter-balance and counter-tension is, and can show examples with a partner. I can use appropriate language to evaluate and refine my own and others' work. <p>Topic Name: Netball</p> <ul style="list-style-type: none"> I can pass, receive and shoot the ball with increasing control under pressure. I can use marking and/or interception to improve my defence. I can select the correct action for the situation and make this decision quickly. I can create and use space to help my team. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.

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YEAR B	Summer	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I am developing jumping for distance, and can use different take off and landings. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use key points to help to improve my sprinting technique. <p>Topic Name: Football</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with some control. I can track an opponent to slow them down. I can find space away from others and near to my goal. I understand my role as an attacker and a defender. I can provide feedback using keywords. <p>Topic Name: Rounders</p> <ul style="list-style-type: none"> I am able to bowl a ball towards a target. I am beginning to strike a bowled ball, with or without bouncing. I can use overarm and underarm throwing and catching skills. I am developing an understanding of tactics and am beginning to use them in game situations. I can work cooperatively with my group to self-manage games. <p>Topic Name: Team Building (OAA)</p> <ul style="list-style-type: none"> I am developing map-reading skills. I can plan and attempt to apply strategies to solve problems. 	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I can jump for distance with balance and control. I can take part effectively in a relay activity, remembering consistently when to run and what to do. I can throw with some power and accuracy to a target area. I can demonstrate the difference in sprinting and jogging techniques. I can identify when I was successful and what I need to do to improve. <p>Topic Name: Football</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball increasing control. I can delay an opponent and help to prevent the other team from scoring. I can move to space to help my team keep possession and score goals. I can use simple tactics to help my team score or gain possession. I can provide feedback using keywords and understand what I need to do to improve. <p>Topic Name: Rounders</p> <ul style="list-style-type: none"> I am able to bowl a ball with some accuracy, and consistency. I can strike a bowled ball with accuracy, adapting the equipment used where necessary. I can use overarm and underarm throwing and catching skills with increasing accuracy. I can communicate with my teammates to apply simple tactics. I can share ideas and work with others to manage a game. <p>Topic Name: Team Building (OAA)</p> <ul style="list-style-type: none"> I can identify key symbols on a map and use a key to help navigate around a grid. 	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I can perform a range of jumps showing good technique. I can show control at take-off and landing in jumping activities. I show accuracy and power when throwing for distance. I can choose the best pace for a running event. I can take on the role of a coach, official and timer when working in a group. <p>Topic Name: Football</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with some control under pressure. I can use tracking and intercepting when playing in defence. I can communicate with my team and move into space to keep possession and score. I can often make the correct decision of who to pass to and when. I understand the need for tactics and can identify when to use them in different situations. <p>Topic Name: Rounders</p> <ul style="list-style-type: none"> I am beginning to strike a ball with a rounders bat. I am developing a wider range of fielding skills and I am beginning to use these under some pressure. I understand the need for tactics can identify when to use them in different situations. I understand the rules of the game and can apply them honestly most of the time. <p>Topic Name: Team Building (OAA)</p> <ul style="list-style-type: none"> I can use critical thinking to approach a task. I can navigate around a course using a map, orienting it confidently. 	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I can perform a range of jumps for distance, using a good technique. I show accuracy and good technique when throwing for distance. I can select and apply the best pace for a running event. I can help others to improve their technique using key teaching points. I can compete within the rules, showing fair play and honesty. <p>Topic Name: Football</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can use marking, tackling and/or interception to improve my defence. I can create and use space to help my team. I can select the appropriate action for the situation and make this decision quickly. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. <p>Topic Name: Rounders</p> <ul style="list-style-type: none"> I can strike a bowled ball with a rounders bat with increasing consistency. I can use a wider range of skills with increasing control under pressure. I can work collaboratively with others to get batters out. I understand and can apply some tactics in the game as a batter, bowler and fielder. <p>Topic Name: Team Building (OAA)</p> <ul style="list-style-type: none"> I can use critical thinking to form ideas and strategies to solve challenges. I can orientate a map efficiently to navigate a course.

- I can reflect on when and why I was successful at solving challenges and am beginning to understand why.
- I can listen to and am accepting of other's ideas.

- I can plan and apply strategies to solve problems.
- I can reflect on when and why I was successful at solving challenges.
- I can confidently communicate ideas and listen to others.

- I can reflect on when I was successful at solving challenges and alter my methods in order to improve.
- I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.
- I am inclusive of others and can share job roles.

- With increasing accuracy, I can reflect on when I was successful at solving challenges and alter my methods in order to improve.
- I can work effectively with a partner and a group to solve challenges, pooling, selecting and applying the best method.
- I am inclusive of others, can share job roles and can lead when necessary.

Belonging, Courage, Curiosity, Kindness, Perseverance, Respect

Growing Minds, Kind Hearts, Rooted in Love

'Rooted and Grounded in Love' (Ephesians 3:16)