



PE: STICKY SKILLS



YEA R GRO UP	AUTUMN	SPRING	SUMMER
	SKILLS	SKILLS	SKILLS
FS			
FS	I can throw a ball. I can run, jump, hop and skip. I have balance, strength, and some coordination.		
Y1			
Y1	I can throw with some control. I am aware of the ready catching position when fielding. I am beginning to understand passing and dribbling skills. I am beginning to explore moving to a range of music with different emotions (happy, sat, tense, excited).		
Y2			
Y2	I can hold and control a racket/ball. I can perform basic gymnastic skills in a sequence within a small group. I am beginning to copy and perform simple actions to the beat of the music with some accuracy. I am beginning to control a skipping rope.		
Y3			
Y3	I can throw with control and direction. I can use batting techniques with some control and some accuracy. I can throw and catch a ball using appropriate techniques with increasing accuracy. I can watch others perform and describe what I see (what I like / don't like).		
Y4			
Y4	I can show passing and receiving skills and know when to do them at the right time with accuracy.		

	<p>I know the rules for games.</p> <p>I am confident in naming and demonstrating the 7 basic shapes.</p> <p>I can run into a group skip and jump confidently.</p>
Y5	
Y5	<p>I can use the ready position for catching when fielding consistently.</p> <p>I understand rules of games and am starting to apply these in game situations.</p> <p>I can develop a gymnastic sequence incorporating previously taught balances, travel styles, jumps and rolls.</p> <p>I can give feedback on peer and self-performance.</p>
Y6	
Y6	<p>I can control a ball with consistency and aim at a target in a game situation accurately.</p> <p>I understand the use of tactics and communication for game situations when passing and receiving in competitive games.</p> <p>I can move rhythmically and accurately in dance and when developing gymnastic sequences.</p> <p>I can use feedback to improve my own performance.</p>