Area	Reception		Year 1/2		Year 3/4		Year 5/6
Sending and receiving	To begin to throw and catch a variety of objects		I can stop / catch / strike a ball with control and accuracy		I can control, strike, catch a ball whilst moving and keep possession with some accuracy		I can control, catch, send and receive a ball accurately whilst moving and keeping to the rules.
Invasion games	To play games with basic attacking and defending principles like tag and stuck in the mud		I can pass a ball to someone else and receive a ball when moving I can take part in conditioned games with opponents		I can accurately pass to someone else and am aware of space and how to use it. I can choose simple tactics for sending and defending. I am beginning to influence the conditioned games with opponents.		I can move with a ball in opposed situations (quicksticks/ football) and attack and defend in a small- sided game. I can take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance
Team work, reviewing and understanding benefits	I can describe what happens to my body when I exercise		I understand about exercising, being safe and the short term effects of exercise		I can describe what others do well I can talk about why it is important to warm up / cool down and lead a partner through short warm up routines I can recognise a change in heart rate, temperature and breathing rate during exercise.		I can describe what others do well and suggest improvements I understand and can use principles of exercise activities for warming up and recognise how exercise is good for health. I understand how to work safely I recognise changes in my body, giving reasons why PE is good for my health.
Athletics	I can move at different speeds I can use a throwing action to throw a ball		I can understand the difference between a sprint and a jog I can throw objects overarm and underarm		I can run at a speed appropriate to the distance I am running. I can jump accurately from a standing position and I can take a running jump. I can demonstrate a range of throwing actions using a variety of objects.		I can improve and sustain different running technique at different speeds in a variety of athletic events. I can demonstrate accuracy and technique in a range of throwing and jumping actions. I can identify and explain what makes a good athletic performance. I can explain how to improve technique in a variety of events.