

	<b>Term 1</b> <b>Real PE - Unit 1</b> <b>Cog focus for</b> <b>assessment- personal</b>	<b>Term 2</b> <b>Real PE - Unit 2</b> <b>Cog focus for</b> <b>assessment - Social</b>	<b>Term 3</b> <b>Real Gym – Unit 1</b> <b>Cog focus for</b> <b>assessment – Cognitive</b>	<b>Term 4</b> <b>Real dance – Unit 1</b> <b>Cog focus for</b> <b>assessment – creative</b>	<b>Term 5</b> <b>Real PE - Unit 5</b> <b>Cog focus for assessment –</b> <b>Applying physical</b>	<b>Term 6</b> <b>Real PE - Unit 6</b> <b>Cog focus for</b> <b>assessment - Health</b> <b>and fitness</b>
Year R	<p>3 weeks: I'm riding on my bike – Coordination: Footwork (FUNS 10)</p> <p>3 weeks: Pirate adventure – Static balance: One leg (FUNS 1)</p> <p>Objectives</p> <ul style="list-style-type: none"> <li>I can follow instructions, practise safely and work on simple tasks by myself. (exceeding)</li> <li>I can enjoy working on simple tasks with help. (expected)</li> </ul>	<p>3 weeks: Moon adventure – Dynamic balance to agility: Jumping and landing (FUNS 6)</p> <p>3 weeks: Fun in the jungle – Static balance: Seated (FUNS 2)</p> <p>Objectives</p> <ul style="list-style-type: none"> <li>I can work sensibly with others, taking turns and sharing. (exceeding)</li> <li>I can play with others and take turns and share with help (expected)</li> </ul>	<p>3 weeks : At home theme.</p> <p>Gym skill – shape</p> <p>3 weeks: Jungle trip theme.</p> <p>Gym skill travel</p> <p>Objectives</p> <ul style="list-style-type: none"> <li>I can name some things I am good at (expected)</li> <li>I can understand and follow rules. (expected)</li> <li>I can follow simple instructions (emerging)</li> </ul>	<p>Dance skills</p> <p>Week 1 – Shapes solo</p> <p>Week 2 – Partnering shapes</p> <p>Week 3 – Artistry musicality</p> <p>Week 4 – Circles solo</p> <p>Week 5 Partnering circles</p> <p>Week 6 – Artistry (making)</p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>I can create and link some movements together (exceeding)</li> <li>I can begin to explore and describe some movements from the lesson (Expected)</li> <li>I can understand the shapes or the circles we are</li> </ul>	<p>3 weeks: John and Jasmine learn to juggle – Coordination: Sending and receiving (FUNS 8)</p> <p>3 weeks: Ringo to the Rescue – Agility: Reaction/ Response (RUNS 12)</p> <p>Objectives</p> <ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (exceeding)</li> <li>I can move confidently in different ways (expected)</li> </ul>	<p>3 weeks: Sammy squirrel and his rolling nuts- Agility: Ball chasing (FUNS 11)</p> <p>3 weeks: Casper the Very Clever Cat – Static balance: Floor work (FUNS 3)</p> <p>Objectives</p> <ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health (exceeding)</li> <li>I am aware of the changes to the way I feel when I exercise (expected)</li> </ul>

				exploring in the lesson (emerging)		
	<b>Term 1</b> <b>Real PE - Unit 1</b> <b>Cog focus for assessment- personal</b>	<b>Term 2</b> <b>Real PE - Unit 2</b> <b>Cog focus for assessment - Social</b>	<b>Term 3</b> <b>Real Gym – Unit 1</b> <b>Cog focus for assessment – Cognitive</b>	<b>Term 4</b> <b>Real dance – Unit 1</b> <b>Cog focus for assessment – creative</b>	<b>Term 5</b> <b>Real PE - Unit 5</b> <b>Cog focus for assessment – Applying physical</b>	<b>Term 6</b> <b>Real PE - Unit 6</b> <b>Cog focus for assessment - Health and fitness</b>
Year 1	<p>3 weeks: The Birthday Bike Surprise Coordination: Footwork (FUNS 10)</p> <p>3 weeks: Pirate Pranks – Static balance: One leg (FUNS 1)</p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>I can try several times if at first I don't succeed and I ask for help when appropriate. (exceeding)</li> <li>I can follow instructions, practice safely and work on simple tasks by myself (expected)</li> </ul>	<p>3 weeks: Journey to the Blue Planet Dynamic Balance to Agility: Jumping and Landing (FUNS 6)</p> <p>3 weeks: Monkey business! (Funs 2)</p> <p>Objectives</p> <ul style="list-style-type: none"> <li>I can help praise and encourage others in their learning (exceeding)</li> <li>I can work sensibly with others, taking turns and sharing (expected)</li> <li>I can play with others and take turns and share with help</li> </ul>	<p>3 weeks: At home Skill: Shape</p> <p>3 weeks: Jungle trip Skill: Travel</p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well (exceeding)</li> <li>I can understand and follow simple</li> </ul>	<p>Dance skills Week 1 – Shapes solo Week 2 – Artistry musicality Week 3 – Partnering shapes Week 4 – Circles solo Week 5 – Artistry Abstraction Week 6 – Artistry (making)</p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (exceeding)</li> <li>I can explore and describe</li> </ul>	<p>3 weeks: John and Jasmine Learn to Juggle Coordination: Sending and receiving (FUNS 8)</p> <p>3 weeks: Ringo to the Rescue Agility: Reaction/ Response (FUNS 12)</p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed. (exceeding)</li> <li>I can perform a single skill or movement with some control. I can</li> </ul>	<p>3 weeks: Sammy Squirrel Agility: Ball chasing (FUNS 11)</p> <p>3 weeks: Caspar the Very Clever Cat Static Balance (FUNS 3)</p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely. (exceeding)</li> <li>I am aware of why exercise is important for good health. (expected)</li> </ul>

	<ul style="list-style-type: none"> <li>I enjoy working on simple tasks with help (working towards)</li> </ul>	(working towards)	<p>rules and can name some things I am good at (expected)</p> <ul style="list-style-type: none"> <li>I can follow simple instructions (working towards)</li> </ul>	<p>different movements. (expected)</p> <ul style="list-style-type: none"> <li>I can observe and copy others (working towards)</li> </ul>	<p>perform a small range of skills and link two movements (expected)</p> <ul style="list-style-type: none"> <li>I can move confidently in different ways (working towards)</li> </ul>	<ul style="list-style-type: none"> <li>I am aware of the changes to the way I feel when I exercise (working towards)</li> </ul>
	<b>Term 1</b> <b>Real PE - Unit 1</b> <b>Cog focus for assessment- personal</b>	<b>Term 2</b> <b>Real PE - Unit 2</b> <b>Cog focus for assessment - Social</b>	<b>Term 3</b> <b>Real Gym – Unit 1</b> <b>Cog focus for assessment – Cognitive</b>	<b>Term 4</b> <b>Real dance – Unit 1</b> <b>Cog focus for assessment – creative</b>	<b>Term 5</b> <b>Real PE - Unit 5</b> <b>Cog focus for assessment – Applying physical</b>	<b>Term 6</b> <b>Real PE - Unit 6</b> <b>Cog focus for assessment - Health and fitness</b>
Year 2	<p>3 Weeks: Coordination: Footwork (FUNS 10)</p> <p>3 Weeks: Static Balance: 1 leg (FUNS 1)</p> <ul style="list-style-type: none"> <li>I know where I am with my learning and have begun to challenge myself (Exceeding)</li> <li>I try several times if at first I don't succeed and I ask for help where appropriate (expected)</li> </ul>	<p>3 Weeks: Dynamic Balance to Agility: Jumping and Landing (FUNS 6)</p> <p>3 weeks Static Balance Seated (FUNS 2)</p> <ul style="list-style-type: none"> <li>I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas (Exceeding)</li> <li>I can help praise and encourage others in their</li> </ul>	<p>3 Weeks: Balance, Theme: Toy box</p> <p>3 Weeks: Travel Theme: Jungle Trip</p> <ul style="list-style-type: none"> <li>I can explain what I am doing well. (Exceeding)</li> <li>I can begin to order instructions, movements and skills. (Expected)</li> <li>I can name some things I am good at (Working towards)</li> </ul>	<p>Week 1: Shapes solo</p> <p>Week 2: Partnering shapes</p> <p>Week 3: Circles solo</p> <p>Week 4: Partnering circles</p> <p>Week 5: Artistry abstraction</p> <p>Week 6: Artistry (making)</p> <ul style="list-style-type: none"> <li>I can respond differently to a variety of tasks or music and I can make up my own versions of activities. (Exceeding)</li> </ul>	<p>3 Weeks: Coordination: Sending and Receiving (FUNS Station 8)</p> <p>3 Weeks: Agility: Reaction and response (FUNS 12)</p> <ul style="list-style-type: none"> <li>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (Exceeding)</li> <li>I can perform a range of skills with some control and</li> </ul>	<p>3 Weeks: Agility: Ball Chasing (FUNS 11)</p> <p>3 Weeks: Static Balance: Floor work (FUNS 3)</p> <ul style="list-style-type: none"> <li>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down (Exceeding)</li> <li>I can say how my body feels before, during and after exercise. I use</li> </ul>

	<ul style="list-style-type: none"> <li>I can follow instructions, practice safely and work on simple tasks myself (working towards)</li> </ul>	<p>learning (expected)</p> <ul style="list-style-type: none"> <li>I can work sensibly with others, taking turns and sharing (working towards)</li> </ul>		<ul style="list-style-type: none"> <li>I can begin to compare my movements and skills with those of others and I can select and link movements together to fit a theme. (Expected)</li> <li>I can explore and describe different movements. (Working towards)</li> </ul>	<p>consistency. I can perform a sequence of movements with some changes in level, direction or speed (Expected)</p> <ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Working Towards)</li> </ul>	<p>equipment appropriately and move and land safely (Expected)</p> <ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health (Working Towards)</li> </ul>
	<b>Term 1</b> <b>Real PE - Unit 1</b> <b>Cog focus for assessment- personal</b>	<b>Term 2</b> <b>Real PE - Unit 2</b> <b>Cog focus for assessment - Social</b>	<b>Term 3</b> <b>Real Gym – Unit 1</b> <b>Cog focus for assessment – Cognitive</b>	<b>Term 4</b> <b>Real dance – Unit 1</b> <b>Cog focus for assessment – creative</b>	<b>Term 5</b> <b>Real PE - Unit 5</b> <b>Cog focus for assessment – Applying physical</b>	<b>Term 6</b> <b>Real PE - Unit 6</b> <b>Cog focus for assessment - Health and fitness</b>
Year 3	<p>Skill - Coordination: Footwork (FUNS 10) Cool down - Static Balance: One Leg (FUNS 1)</p> <ul style="list-style-type: none"> <li>I cope well and react positively when things become difficult. I can persevere with</li> </ul>	<p>Skill - Dynamic Balance to Agility: Jumping and Landing (FUNS 6) Cool down - Static Balance: Seated (FUNS 2)</p> <ul style="list-style-type: none"> <li>I cooperate well with others and give helpful feedback. I help organise roles</li> </ul>	<p>3 Weeks: Travel Theme: Mapping pathways 3 Weeks: Rotation Theme: Rotation sequences</p> <ul style="list-style-type: none"> <li>I can identify specific parts of performance to work on. (Exceeding)</li> </ul>	<p>Week 1: Shapes solo Week 2: Partnering shapes Week 3: Circles solo Week 4: Partnering circles Week 5: Artistry abstraction Week 6: Artistry (making)</p>	<p>Skill – Agility: Reaction/Response (FUNS 2) Cool down - Static Balance: Floor work (FUNS 3)</p> <ul style="list-style-type: none"> <li>I can perform a variety of movements and skills with good body tension. I can link actions</li> </ul>	<p>Skill – Agility: Ball chasing (FUNS 11) Cool Down – Static Balance: Stance (FUNS 4)</p> <ul style="list-style-type: none"> <li>I can describe the basic fitness components and explain how often and how long I should</li> </ul>

	<p>a task and I can improve my performance through regular practice (Exceeding)</p> <ul style="list-style-type: none"> <li>I know where I am with my learning and I have begun to challenge myself. (Expected)</li> <li>I try several times if at first I don't succeed and I ask for help when appropriate. (Working Towards)</li> </ul>	<p>and responsibilities and I can guide a small group through a task. (Exceeding).</p> <ul style="list-style-type: none"> <li>I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas. (Expected).</li> <li>I can help praise and encourage others in their learning. (Working towards)</li> </ul>	<ul style="list-style-type: none"> <li>I can explain what I am doing well and I have begun to identify areas for improvement. (Expected)</li> <li>I can explain why someone is working or performing well. (Working Towards)</li> </ul>	<ul style="list-style-type: none"> <li>I can change tactics, rules or tasks to make activities more fun or challenging. (Exceeding)</li> <li>I can recognise similarities and differences in movements and expression (Expected)</li> <li>I can select and link movement together to fit a theme. (Working towards)</li> </ul>	<p>together so that they flow in running, jumping and throwing activities. (Exceeding)</p> <ul style="list-style-type: none"> <li>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency. (Expected)</li> <li>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed. (Working Towards)</li> </ul>	<p>exercise to be healthy. I can record and monitor how hard I am working u. (Exceeding)</p> <ul style="list-style-type: none"> <li>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down. (Expected)</li> <li>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely. (Working Towards)</li> </ul>
	<p><b>Term 1</b> <b>Real PE - Unit 1</b> <b>Cog focus for assessment- personal</b></p>	<p><b>Term 2</b> <b>Real PE - Unit 2</b> <b>Cog focus for assessment - Social</b></p>	<p><b>Term 3</b> <b>Real Gym – Unit 1</b> <b>Cog focus for assessment – Cognitive</b></p>	<p><b>Term 4</b> <b>Real dance – Unit 1</b> <b>Cog focus for assessment – creative</b></p>	<p><b>Term 5</b> <b>Real PE - Unit 5</b> <b>Cog focus for assessment – Applying physical</b></p>	<p><b>Term 6</b> <b>Real PE - Unit 6</b> <b>Cog focus for assessment - Health and fitness</b></p>

Year 4	<p>Skill – Coordination: Footwork (FUNS 10) Cool down – Static Balance: One Leg (FUNS 1)</p> <ul style="list-style-type: none"> <li>• I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice. (Exceeding)</li> <li>• I know where I am with my learning and I have begun to challenge myself. (Expected)</li> <li>• I try several times if at first I don't succeed and I ask for help when appropriate. (Working Towards)</li> </ul>	<p>Skill – Dynamic balance to agility: Jumping and Landing (FUNS 6) Cool down – Static Balance: Seated (FUNS 2)</p> <ul style="list-style-type: none"> <li>• I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task. (Exceeding)</li> <li>• I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas. (Expected)</li> <li>• I can help praise and encourage others in their learning.</li> </ul>	<p>3 Weeks: Balance Theme: Acrobatic sequences 3 Weeks: Rotation Theme: Rotation sequences</p> <ul style="list-style-type: none"> <li>• I can understand ways to judge performance (Exceeding)</li> <li>• I can explain what I am doing well and I have begun to identify areas for improvement. (Expected).</li> <li>• I can begin to order instructions, movements and skills (Working Towards)</li> </ul>	<p>Week 1: Shapes solo Week 2: Circles solo Week 3: Partnering shapes Week 4: Partnering lifts Week 5: Partnering circles Week 6: Artistry (making)</p> <ul style="list-style-type: none"> <li>• I can change tactics, rules or tasks to make activities more fun or challenging. (Exceeding)</li> <li>• I can recognise similarities and differences in movements and expression (Expected)</li> <li>• I can select and link movement together to fit a theme. (Working towards)</li> </ul>	<p>Skill – Agility: Reaction/Response (FUNS 12). Cool down – Static Balance: Floor Work (FUNS 3).</p> <ul style="list-style-type: none"> <li>• I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities. (Exceeding)</li> <li>• I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency. (Expected)</li> <li>• I can perform a range of skills with some control and consistency. I can</li> </ul>	<p>Skill – Agility: Ball Chasing (FUNS 11) Cool down – Static Balance: Stance (FUNS 4)</p> <ul style="list-style-type: none"> <li>• I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working. (Exceeding)</li> <li>• I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down. (Expected)</li> <li>• I can say how my body feels before, during and after</li> </ul>
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		(Working Towards)			perform a sequence of movements with some changes in level, direction or speed. (Working Towards)	exercise. I use equipment appropriately and move and land safely. (Working Towards)
	<b>Term 1</b> <b>Real Gym – Unit 1</b> <b>Cog focus for assessment – Cognitive</b>	<b>Term 2</b> <b>Real dance – Unit 1</b> <b>Cog focus for assessment – creative</b>	<b>Term 3</b> <b>Real PE - Unit 3</b> <b>Cog focus for assessment - Social</b>	<b>Term 4</b> <b>Real PE - Unit 4</b> <b>Cog focus for assessment – Applying physical</b>	<b>Term 5</b> <b>Real PE - Unit 5</b> <b>Cog focus for assessment - Health and fitness</b>	<b>Term 6</b> <b>Real PE- Unit 6</b> <b>Cog Focus for assessment - Personal</b>
Year 5	3 Weeks: Hand Apparatus 3 Weeks: Low Apparatus <ul style="list-style-type: none"> <li>I review, analyse and evaluate my own and others' strengths and weaknesses. (Exceeding)</li> <li>I have a clear idea of how to develop my own and others' work (Expected)</li> <li>I can understand ways (criteria) to judge performance.</li> </ul>	Week 1: Shapes Solo Week 2: Circles solo Week 3: Artistry Abstraction Week 4: Artistry Musicality Week 5: Partnering lifts Week 6: Artistry (Making) <ul style="list-style-type: none"> <li>I can use variety and creativity in the making and performance of my dance. (Exceeding)</li> <li>I can respond in varied and imaginative ways to different situations and</li> </ul>	Dynamic Balance: On a line (FUNS 5) Counter Balance With a partner (FUNS 7) <ul style="list-style-type: none"> <li>I can involve others and motivate those around me to perform better. (Exceeding)</li> <li>I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately. (Expected)</li> </ul>	Static Balance: One Leg (FUNS 1) Dynamic Balance to Agility: Jumping and landing (FUNS 6) <ul style="list-style-type: none"> <li>I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations. (Exceeding)</li> </ul>	Static Balance: Stance (FUNS 4) Coordination: Footwork (FUNS 10) <ul style="list-style-type: none"> <li>I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme. (Exceeding)</li> <li>I can self-select and perform appropriate warm up and cool down</li> </ul>	Agility: Ball Chasing (FUNS 11) Coordination (Sending And Receiving (FUNS 8) <ul style="list-style-type: none"> <li>I I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes. (Exceeding)</li> <li>I see all new challenges as opportunities to learn and develop. I recognise my strengths and</li> </ul>

	(Working Towards)	<p>tasks. (Expected)</p> <ul style="list-style-type: none"> <li>I can change tactics, creative choices and movements to make activities more fun or challenging, and when I feel that what I am doing isn't right for me. (Working Towards)</li> </ul>	<ul style="list-style-type: none"> <li>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task. (Working Towards)</li> </ul>	<ul style="list-style-type: none"> <li>I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations. (Expected)</li> <li>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities. (Working Towards)</li> </ul>	<p>activities. I can identify possible dangers when planning an activity. (Expected)</p> <ul style="list-style-type: none"> <li>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working. (Working Towards)</li> </ul>	<p>weaknesses and can set myself appropriate targets. (Expected)</p> <ul style="list-style-type: none"> <li>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice. (working Towards)</li> </ul>
	<b>Term 1</b> <b>Real Gym – Unit 2</b> <b>Cog focus for assessment – Cognitive</b>	<b>Term 2</b> <b>Real dance – Unit 1</b> <b>Cog focus for assessment – creative</b>	<b>Term 3</b> <b>Real PE - Unit 3</b> <b>Cog focus for assessment - Social</b>	<b>Term 4</b> <b>Real PE - Unit 4</b> <b>Cog focus for assessment – Applying physical</b>	<b>Term 5</b> <b>Real PE - Unit 5</b> <b>Cog focus for assessment - Health and fitness</b>	<b>Term 6</b> <b>Real PE- Unit 6</b> <b>Cog Focus for assessment - Personal</b>
Year 6	3 Weeks: Partner Work	Week 1: Shapes Solo Week 2: Circles solo	Dynamic Balance: On a line (FUNS 5)	Static Balance: One Leg (FUNS 1)	Static Balance: Stance (FUNS 4)	Agility: Ball Chasing (FUNS 11)



	<p>3 Weeks: Large Apparatus</p> <ul style="list-style-type: none"> <li>I can read and react to difference gymnastics situations as they develop. (Exceeding)</li> <li>I can recognise and suggest patterns of play which will increase chances of success. (Expected)</li> <li>I can identify specific parts of performance to work on. (Working towards)</li> </ul>	<p>Week 3: Artistry Abstraction Week 4: Artistry Musicality Week 5: Partnering lifts Week 6: Artistry (Making)</p> <ul style="list-style-type: none"> <li>I can use variety and creativity in the making and performance of my dance. (Exceeding)</li> <li>I can respond in varied and imaginative ways to different situations and tasks. (Expected)</li> <li>I can change tactics, creative choices and movements to make activities more fun or challenging, and when I feel that what I am doing isn't right for me. (Working Towards)</li> </ul>	<p>Counter Balance With a partner (FUNS 7)</p> <ul style="list-style-type: none"> <li>I can involve others and motivate those around me to perform better. (Exceeding)</li> <li>I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately. (Expected)</li> <li>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task. (Working Towards)</li> </ul>	<p>Dynamic Balance to Agility: Jumping and landing (FUNS 6)</p> <ul style="list-style-type: none"> <li>I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations. (Exceeding)</li> <li>I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations. (Expected)</li> <li>I can perform a variety of movements and</li> </ul>	<p>Coordination: Footwork (FUNS 10)</p> <ul style="list-style-type: none"> <li>I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme. (Exceeding)</li> <li>I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity. (Expected)</li> <li>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I</li> </ul>	<p>Coordination (Sending And Receiving (FUNS 8)</p> <ul style="list-style-type: none"> <li>I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes. (Exceeding)</li> <li>I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets. (Expected)</li> <li>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance</li> </ul>
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				skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities. (Working Towards)	am working. (Working Towards)	through regular practice. (working Towards)
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