



Porters Grange Primary School

Physical Education

Fitness

Early Years

Year 1

I use co-ordination to turn a skipping rope.
I show co-ordination when trying hula hoop skills.
I can change direction when running.
I can run at different speeds.
I can show hopping and jumping movements.
I can recognise changes in my body when I do exercise.
I work with others to turn a rope.
I try my hardest to keep working over longer periods of time.

Year 2

Link different hoop skills to create a routine.
Show hopping and jumping movements with some balance and control.
Understand that running at a slower speed will allow me to run for a longer period of time.
Describe how my body feels during exercise.
I work with others to turn a rope and encourage others to jump at the right time.
Show determination to continue working over a longer period of time.
Persevere with new challenges.

Year 3

Show balance when changing direction.
Use key points to help me to improve my sprinting technique.
Complete exercises with control.
I understand the benefits of exercise.
Provide feedback using key words.
Collect and record personal fitness data and I can recognise my strengths.
Work safely with others.

	Persevere when I find a challenge is hard.
Year 4	<p>Show balance when changing direction at speed.</p> <p>Use key points to help me to improve my sprinting technique.</p> <p>Show control when completing activities to improve balance.</p> <p>Explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>Understand there are different areas of fitness and that each area challenges my body differently.</p> <p>Collect and record personal fitness data and identify areas I need to improve.</p> <p>Share ideas and work with others to manage activities.</p> <p>Show determination to continue working at over a period of time.</p>
Year 5	<p>Understand the different components of fitness and how to test them.</p> <p>Choose the best pace for a running event and maintain speed.</p> <p>Identify how different activities can benefit my physical health.</p> <p>Analyse my fitness data to identify areas of improvement.</p> <p>Encourage and motivate others to work to their personal best.</p> <p>Work with others to manage activities.</p> <p>Understand what my maximum effort looks and feels like and I am determined to achieve it</p>
Year 6	<p>Change my running technique to adapt to different distances.</p> <p>Understand the different components of fitness and ways to test and develop them.</p> <p>Understand that there are different areas of fitness and how this helps me in different activities.</p> <p>Collect, record and analyse data to identify areas where I have made the most improvement.</p> <p>Encourage and motivate others to work to their best.</p> <p>Work with others to organise, manage and record information at a station.</p> <p>Work to my maximum consistently when presented with challenges.</p>