

Multi Skills

| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|--|---|--|---|---|
| I can begin to throw and catch different objects to a partner over a short distance | I can pass a ball to a partner over different distances, often catching it | I can throw and catch a ball to a partner on the move | I can pass and catch a ball to a teammate over a short distance with accuracy | I can throw and catch a ball over different distances in a game | I can throw and catch in a pressurised game situation, selecting the correct technique |
| I can start to link my skills and actions in a way that suits the activities | I can begin to show some understanding of simple tactics and combining skills | I can show I understand tactics and combining skills by starting to vary how I respond to different situations | I can understand tactics and ways to combine skills in different tasks | I can use tactics and strategies to outwit an opponent in a game | I can adjust my play to suit the situation and game I am playing |
| I can listen to basic instructions to participate in simple games | I can follow the rules to participate in different games | I can understand and apply the rules of a range of games | I can understand and take on a leadership role in different games | I can create my own games using different equipment | I can deliver different aspects of the lesson including games I have created |
| I can describe and comment on my own and others' actions | I can talk about differences between my own and others performances | I can see how my work is similar and different from others and use this to improve my performance | I can compare and comment on skills, techniques and ideas used in my own and others work | I can analyse and comment on skills and techniques and how these are applied in my own and others work | I can act as a coach to improve both my own and others work by refining skills and techniques |
| I can talk about how to exercise safely and how my body feels during an activity | I can understand how to exercise safely and describe how my body feels during different activities | I can give reasons why warming up before an activity is important and why physical activity is good for my health | I can explain and apply basic safety principles in warm ups. I can describe the effects of exercise on my body | I can explain how my body reacts during different exercises. I can explain why regular exercise is good for my health and fitness | I can explain the short and long term effects of a healthy and unhealthy lifestyle |



Knowledge



Spark



Humanity



Grit



Team