



Lostwithiel Primary School Key Skills for PE

Year	Acquiring and developing skills	Selecting and applying skills, tactics and compositional ideas	Evaluating and improving performance	Knowledge and understanding of fitness and health	Topic & term taught/ covered
1	I can copy and repeat simple skills and actions with basic control and coordination.(L1)(NC1a)	I can start to link some skills and actions in ways that suit some activities.(L1)(NC2a)	I can describe on my own and others' actions.(L1)(NC3a)	I can talk about how to exercise safely.(L1)(NC4a) I can talk about how my bodies feel during an activity.(L1) (NC4b)	
2	I can copy, repeat and explore simple skills and actions with basic control and coordination.(L1)(NC1a, 1b)	I can start to link these skills and actions in ways that suit the activities.(L1)(NC2a, 2b)	I can describe and comment on my own and others' actions.(L1) (NC3a)	I can talk about how to exercise safely.(L1)(NC4a) I can talk about how my bodies feel during an activity.(L1) (NC4b)	
3	I can explore simple skills. (L2)(NC1a) I can copy, remember, repeat and explore simple actions with control and coordination. (L2)(NC1b)	I can vary skills, actions, and ideas and link these in ways to suit the activity. (L2)(NC2a) I can begin to show some understanding of simple tactics and basic compositional ideas. (L2)(NC2b)	I can talk about differences between my own and others' performance and suggest improvements. (L2)(NC3a, 3b)	I can understand how to exercise safely. (L2)(NC 4d) I can describe how my body feels during different activities. (L2)(NC4a)	

4	I can select and use skills, actions and ideas appropriately. (L3)(NC1a, 1b)	I can apply skills and actions with coordination and control. (L3)(NC2b)	I can see how my work is similar to and different from others' work. (L3) (NC3a) I can use this understanding to improve my own performance. (L3) (NC3b)	I can give reasons why warming up before an activity is important. (L3)(NC4b) I can give reasons why physical activity is good for my health. (L3)(NC4c)	
5	I can link skills, techniques and ideas accurately and appropriately. (L4) (NC1a) I can show precision, control and fluency. (L4) (NC1b)	I can understand tactics and composition. (L4)(NC2a) I can compare and comment on skills, techniques and ideas used in my own and others' work. (L4)(NC2b)	I can compare and comment on skills, techniques and ideas used in my own and others' work. (L4) (NC3a) I can use this understanding to improve my performance. (L4) (NC3b)	I can explain and apply basic safety principles in preparing to exercise. (L4)(NC4a, 4b) I can describe what effects exercise has on my body. (L4)(NC4c, 4a) I can describe how exercise is valuable to my fitness and health. (L4)(NC4c)	
6	I can select and combine my skills, techniques and ideas and apply them accurately and appropriately. (L5) (NC1a) I can consistently show precision, control and fluency. (L5) (NC1b)	When performing, I can draw on what I know about strategy, tactics and composition. (L5)(NC2a,2b,2c)	I can analyse and comment on skills and techniques and how these are applied in my own and others' work. (L5) (NC3a) I can modify and refine skills and techniques to improve my performance. (L5) (NC3b)	I can explain how the body reacts during different types of exercise. (L5)(NC4a) I can warm up and cool down in ways that suit the activity. (L5)(NC4b) I can explain why regular, safe exercise is good for my fitness and health. (L5)(NC4c, NC4d)	