

Physical Education KPIs

Key Stage 1 KPIs

Y1 KPIs "The child ..."	Games	Athletics
	Engages in solo, cooperative and competitive physical activities and team games. Explores throwing, catching, hitting and kicking in different ways. Plays games and uses equipment safely.	Can remember, repeat and link combinations of actions. Begins to develop throwing a variety of objects with one hand. Begins to develop jumping from a stationary position. Begins to develop changing speed and direction whilst running.
Gymnastics	Dance	Swimming
Explores actions and still shapes, making their body tense, relaxed, stretched and curled. Explores moving a range of body parts changing speed and direction. Begins to copy, create and link movement phrases. Explores different ways of stretching, balancing, rolling and travelling.	Explores movement ideas and responds imaginatively to a range of stimuli using a range of body parts and actions. Moves confidently and safely in their own general space using changes of speed level and direction. Composes and links movements to make simple beginnings, middles and ends.	Swims competently, confidently and proficiently over a distance of at least 25 metres. Uses a range of strokes effectively. Performs safe self-rescue in different water-based situations.

Y2 KPIs "The child ..."	Games	Athletics
	Participates in competitive physical activities and team games. Begins to use some simple tactics when playing team games. Understands the basic concepts of attacking and defending. Develops coordination and control of their bodies to combine movement with throwing, catching, hitting and kicking. Plays games and uses equipment safely.	Can remember, repeat and link combinations of actions with increasing control and coordination. Develops accuracy and velocity when throwing a variety of objects with one hand. Develops accuracy and velocity when jumping from a stationary position. Develops accuracy and velocity when changing speed and direction whilst running.
Gymnastics	Dance	Swimming
Remembers repeats and links combinations of gymnastic actions, body shapes and balances with control and precision. Begins to choose, use and vary compositional devices. Can work with a partner to create a simple sequence.	Explores, remembers, repeats and links a range of actions with coordination, control and awareness of the expressive qualities of dance. Explores changes of rhythm, speed, level and direction. Composes and performs short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas.	Swims competently, confidently and proficiently over a distance of at least 25 metres. Uses a range of strokes effectively. Performs safe self-rescue in different water-based situations.

Key Stage 2 KPIs

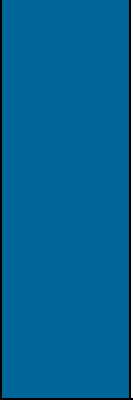
Y3 KPIs "The child..."	Games	Athletics	Gymnastics
	<p>Begins to use tactics and movement around the playing area to contribute to the team, and demonstrates defending and attacking.</p> <p>Can throw, pass, bowl, dribble and play a range of basic shots in game situations.</p> <p>Plays games and uses equipment safely.</p> <p>Can apply rules to game situations and understands good sporting values.</p>	<p>Can vary speed whilst running. Develops jumping for distance and height using different take off and landing techniques.</p> <p>Can throw a variety of objects, changing their action for accuracy and distance.</p>	<p>Chooses and plans sequences of contrasting actions.</p> <p>Completes actions with increasing balance and control.</p> <p>Moves in unison with a partner.</p>
	Dance	Outdoor adventure	Swimming
	<p>Creates, repeats, remembers and performs dance phrases that dynamically and expressively communicate ideas.</p> <p>Creates dance phrases with others using canon and unison, keeping in time.</p> <p>Recognises and talks about the movements used and the expressive qualities of dance.</p>	<p>Communicates ideas and instructions, and listens to others.</p> <p>Plans and attempts to apply strategies to solve problems. Reflects on ability to solve challenges.</p> <p>Begins to develop basic map reading skills.</p>	<p>Swims competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Uses a range of strokes effectively.</p> <p>Performs safe self-rescue in different water-based situations.</p>

Y4 KPIs "The child..."	Games	Athletics	Gymnastics
	<p>Uses tactics to work as part of a team, gain/retain possession and score.</p> <p>Is developing control over a range of skills required for invasion games.</p> <p>Is developing control over a range of skills required for net and wall games.</p> <p>Is developing control over a range of skills required for striking and fielding games.</p> <p>Plays games and uses equipment safely.</p> <p>Plays games by the rules and demonstrates good sporting values.</p>	<p>Demonstrates the difference between sprinting and running over varying distances.</p> <p>Jumps for distance and height with control and balance.</p> <p>Throws with some accuracy and power into a target area using different techniques.</p>	<p>Safely performs balances individually and with a partner.</p> <p>Plans and performs sequences with a partner that include a change of level and shape.</p> <p>Understands how body tension can improve the control and quality of their movements.</p>
	Dance	Outdoor adventure	Swimming

	<p>Uses simple motifs and movement patterns to structure dance phrases, solo, with a partner and in a group.</p> <p>Refines, repeats and remembers dance phrases and dances using formation, canon and unison, responding imaginatively to a range of stimuli related to character and narrative.</p> <p>Describes, interprets and evaluates dance, using appropriate vocabulary.</p>	<p>Accurately follows and gives instructions.</p> <p>Works effectively with a partner and a small group.</p> <p>Plans and applies strategies to solve problems.</p> <p>Begins to create simple orienteering courses for others to follow.</p> <p>Identifies key symbols on a map and uses a key to help navigate around a grid.</p>	<p>Swims competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Uses a range of strokes effectively.</p> <p>Performs safe self-rescue in different water-based situations.</p>
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Y5 KPIs "The child..."	Games	Athletics	Gymnastics
	<p>Uses tactics effectively in game situations.</p> <p>Is developing control under pressure over a range of skills required for invasion games.</p> <p>Is developing control under pressure over a range of skills required for net and wall games.</p> <p>Is developing control under pressure over a range of skills required for striking and fielding games.</p> <p>Plays games and uses equipment safely.</p> <p>Plays games by the rules and demonstrates good sporting values.</p>	<p>Paces their running appropriately for different events.</p> <p>Performs a range of jumps using different techniques, controlling take off and landing.</p> <p>Shows accuracy and good technique when throwing for distance.</p> <p>Understands how stamina and power aid performance.</p>	<p>Creates and performs sequences using apparatus, individually and with a partner.</p> <p>Uses canon and synchronisation, and matching and mirroring when performing with a partner and a group and says how it affects the performance.</p> <p>Uses strength and flexibility to improve the quality of a performance.</p>
	Dance	Outdoor adventure	Swimming
	<p>Adapts and refines actions, dynamics and relationships in dances.</p> <p>Performs different styles of dance clearly and fluently.</p> <p>Evaluates dances, showing an understanding of style.</p>	<p>Works effectively with a partner and a small group, sharing ideas and agreeing on a team strategy. Uses critical thinking to approach a task.</p> <p>Reflects on when and how they were successful at solving challenges, and alter methods in order to improve.</p> <p>Navigates around a course using a map.</p> <p>Creates more complex orienteering courses for others to follow.</p>	<p>Swims competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Uses a range of strokes effectively.</p> <p>Performs safe self-rescue in different water-based situations.</p>

Y6 KPIs "The child..."	Games	Athletics	Gymnastics
	<p>Creates and deploys a variety of tactics effectively in game situations.</p> <p>Demonstrates control under pressure over a range of skills required for invasion games.</p> <p>Demonstrates control under pressure over a range of skills required for net and wall games.</p> <p>Demonstrates control under pressure over a range of skills required for striking and fielding games.</p> <p>Plays games and uses equipment safely.</p> <p>Plays games by the rules and consistently demonstrates good sporting values.</p>	<p>Varies pace appropriately across and within different running events.</p> <p>Uses and improves the most effective technique for them to jump for distance and height.</p> <p>Uses and improves the most effective technique for them to throw for distance and accuracy.</p>	<p>Understands what counter-balance and counter-tension is and demonstrates examples with a partner.</p> <p>Combines and performs gymnastic actions, shapes and balances with control and fluency.</p> <p>Creates and performs sequences using compositional devices to improve the quality.</p>
	Dance	Outdoor adventure	Swimming

	<p>Works creatively, imaginatively and individually, with a partner and in a group to choreograph motifs and structure simple dances.</p> <p>Performs dances fluently and with control, adapting and refining actions, dynamics and relationships to improve them.</p> <p>Use appropriate vocabulary to evaluate and refine their own and others' work.</p>	<p>Collaborates effectively, pooling ideas within a group, selecting and applying the best method to solve a problem.</p> <p>Uses critical thinking to form ideas.</p> <p>Reflects on ability to solve challenges and adapts methods in order to improve.</p> <p>Orientates and maps efficiently to navigate around a course.</p> <p>Creates orienteering courses for others to follow and evaluates their effectiveness.</p>	<p>Swims competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Uses a range of strokes effectively.</p> <p>Performs safe self-rescue in different water-based situations.</p>
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