



Physical Education (Year 4 to Year 6)

Moving Well

456MW.01 Practise, refine and consolidate a broad range of movement skills.

456MW.02 Perform and be able to link together a wider variety of movement skills in short sequences.

456MW.03 Display movement skills that demonstrate increasing control, fluency and variety.

456MW.04 Apply movement competence with confidence in a variety of self-selected and more structured physical activities, showing the ability to respond and adapt to changing contexts and to others' movements, responses and roles.

Understanding Movement

456UM.01 Describe own and others' movements using some activity-specific vocabulary and be able to identify more and less effective movement.

456UM.02 Demonstrate (through movement) and discuss understanding of language and concepts related to actions, dynamics, space and relationships.

456UM.03 Apply success criteria to own and others' movement performances, and discuss ideas and plans for improvement with others.

456UM.04 Follow and understand the need for rules, apply tactics/strategies and develop variety in compositional ideas.

Moving Creatively

456MC.01 Show creativity and innovation in a range of individual, group, expressive, competitive and cooperative contexts.

456MC.02 Investigate, select and design alternative courses of action in response to given movement and environmental challenges.

456MC.03 Address given and self-directed tasks and challenges, finding solutions through innovative use of movement in individual and group tasks.

456MC.04 Identify and demonstrate a range of compositional ideas in order to express a selected theme, mood or emotion.

Taking Part

456TP.01 Show involvement in individual work, sharing space, playing together, working in pairs, and working in small groups across a range of physical activities.

456TP.02 Understand the concepts of team/group work and expectations and roles of individual team/group members.

456TP.03 Demonstrate independence and collaboration in evaluating own and others' work, setting short-term personal goals and areas for development.

456TP.04 Take responsibility in leading and following the lead of others, contributing positively to the group's tasks and activities.

456TP.05 Understand own and others' movement strengths, areas for improvement and potential, applying this knowledge to improve movement proficiency and refine

456TP.06 Show patience and care when working with others. Listen to others and plan together to find solutions to movement challenges.

Taking Responsibility

456TR.01 Show ability to share space and equipment skilfully and safely, communicating and collaborating with others during this process.

456TR.02 Show personal responsibility in physical activities, negotiating successfully and appropriately with other learners in respect of shared equipment, space and movement

456TR.03 Understand and appreciate the need for rules and regulations to foster fair play, following these in a variety of collaborative and competitive physical activities in small

456TR.04 Employ a range of appropriate help-seeking strategies at appropriate moments when undertaking group physical activities.

456TR.05 Offer constructive and specific feedback to others on strengths and goals. Demonstrate respect for others when they are working to improve individual/group

Healthy Bodies

456HB.01 Demonstrate understanding of the importance of physical activity in relation to health, fitness and wellbeing.

456HB.02 Identify which body parts, including joints and muscles, are being used during a physical activity and discuss how working these can contribute to physical fitness.

Describe the different components of fitness.

- 456HB.03 Engage in and plan for a range of physical activities, evaluating and comparing the required level of intensity within each of these.
- 456HB.04 Undertake physical activities responsibly and safely through assessing and managing risk and appropriate preparation and learning.
- 456HB.05 Identify the key components of warm-up and cool-down routines in preparation for physical activity, understanding their importance.
- 456HB.06 Demonstrate understanding that a varied balanced diet contributes to a healthy and active lifestyle.