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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can begin to travel in different ways | I can use different ways of travelling | I can use different ways of travelling with good control & fluency | I can begin to travel using sidestep action with support & encouragement | I can follow instructions to travel using a sidestep action |  |  |
| I can perform more than one type of jump correctly | I can perform different types of jumps with control & use more than one type of jump in an activity | I can perform & combine different jumps with control & fluency | I can change direction & speed while travelling | I can change direction, speed & level while travelling, showing ability to travel at a different speed & direction in a circuit |  |  |
| I can change the direction of my movements | I can use a pivot movement to change direction | I can use a controlled pivot movement to change direction | I can use my feet to move a ball | I can use my feet to move a ball around cones |  |  |
| I can perform an underarm throw towards a target | I can show some control & accuracy when rolling a ball & aiming for a target | I can show good control when rolling a ball & aiming for a target | I can throw a ball underarm | I can throw a ball underarm with some accuracy |  |  |
| I can answer questions about how I feel after exercise | I can explain how I feel after exercise | I can describe & compare how I feel before & after exercise | I can begin to coordinate different parts of my body | I can independently coordinate different body parts |  |  |
| I can identify similarities between my own performance & that of someone else’s | I can identify similarities & differences between my performance & that of someone else’s | I can identify what I need to do to improve my performance in a particular activity | I can follow advice from teachers/friends when completing exercises, practice them & look for improvement over time | I can follow instructions to complete exercises, actively trying to improve my performance over time |  |  |

**Circuits – Skills Ladder**