

LKS2 - PE Phase Ladder

GYMNASTICS	Can create different shapes when balancing
	Balance using hands, feet or seat
	Can copy stretching movements for different parts of the body
	Perform simple rolls e.g. forward, pencil, teddy-bear
	Can copy short movements to combine simple balances
	Travel in different ways e.g. jumping, skipping, walking, leaping
DANCE	Can link two or more actions together
	Can copy short motifs (a short phrase, movement or gesture)
	Can perform dances using a range of movement patterns
GAMES	Is beginning to understand tactics in a game
	Can apply basic principles suitable for attacking and defending
	Begin to understand and play competitive games
	Can stop a ball with feet before passing it
	Can hit a ball with a tennis racquet or bat
	Can move into a given space to catch a ball
	Throw a ball underarm, overarm and use a bounce pass
	Pass a ball to a partner using hands and feet
ATHLETICS	Can jump: side to side, both feet together, one foot to the other
	Can use underarm and overarm to throw
	Can run 80m
SWIMMING	Sprint up to 40m
	Can submerge their head under water and blow bubbles
	Can climb in and out of the pool unaided
	Can tread water
	Can safe self rescue
	Can use a range of strokes effectively, front crawl, back stroke and breast stroke
	Can swim 10m on their front and back without stopping
	Can swim competently and confidently over a distance of at least 25m