

UKS2 - PE Phase Ladder

GYMNASTICS	Can select the most appropriate ways to travel from one balance
	Create sequences that have changes of speed and level
	Hold different positions when balancing and use different shapes
	Can perform a range of balances with a high level of control
	Lead others in a stretching routine to prepare for gymnastics
	Can perform actions in and out of rolls
DANCE	Can explore different styles of dance and develop short routines
	Choreograph short routines
	Perform longer routines from memory adding expression
GAMES	Call out for a catch in a game
	Choose the most appropriate throw to use within a game
	Select the most appropriate person to pass to in a game
	Hit a ball into a space to help increase score within a game
	Can dribble a ball in different directions and avoid obstacles
	Help other members of the team to find space within the team
	Can use a range of attacking and defending skills when playing a team
	Can play competitive games effectively
ATHLETICS	Can run longer distances knowing when to use a sprint
	Change body shape to decrease air resistance
	Use the correct action to throw a javelin, shot put and discus
	Can use various jumps
	Can reflect on their performance to improve and achieve their personal best
	Can run 100m
	Can sprint 80cm