



# Sunnybrow Primary School

## PESSPA

### Small Steps



Year 1	
Skills	Games
<b>Health and Fitness</b>	1) I can describe how the body feels before, during and after exercise. 2) I can carry and place equipment safely.
<b>Striking and Hitting</b>	1) Use hitting skills in a game. 2) Practise basic striking, sending and receiving.
<b>Throwing and Catching</b>	1) I can throw underarm and overarm. 2) I can catch a ball. 3) I can bounce a ball 4) I can roll a ball in a game.
<b>Travelling with a Ball</b>	1) I can travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.
<b>Passing a Ball</b>	1) I can pass the ball to another player in a game. 2) I can use kicking skills in a game.
<b>Using Space</b>	1) I can use different ways of travelling in different directions or pathways. 2) I can run at different speeds.
<b>Attacking and Defending</b>	1) I can use the terms attacking and defending. 2) I can use simple defensive skills such as marking a player or defending a space. 3) I can use simple attacking skills such as dodging to get past a defender.
<b>Tactics and Rules</b>	1) I can follow simple rules to play games, including team games. 2) I can use simple attacking skills such as dodging to get past a defender. 3) I can use simple defensive skills such as marking a player or defending a space



Year 1	
Skills	Gymnastics
<b>Acquiring and Developing Skills (Overall)</b>	1) I can create and perform a movement sequence. 2) I can copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. 3) I can recognise and copy contrasting actions (small/tall, narrow/wide). 4) I can travel in different ways, changing direction and speed by tip-toeing, stepping, jumping and hopping 5) I can hold still shapes and simple balances including, a pike, a tuck, a star, a straight and a straddle. 6) I can carry out simple stretches. 7) I can carry out a range of simple jumps, landing safely, specifically...straight jump, jumping jack, tuck jump, half-turn, cat spring 8) I can move around, under, over, and through different objects and equipment.
<b>Rolls:</b>	I can perform a: 1) Log roll 2) Side roll 3) Teddy bear roll
<b>Vault</b> Springboard or Gymnastics table	1) I can perform a straight jump.
<b>Handstands, Cartwheels and Roundoffs</b>	1) I can perform a bunny hop 2) I can perform a front wheelbarrow with a partner.
<b>Evaluate</b>	1) I can watch and describe a performance. 2) I can suggest simple improvements to routines (could be quicker, slower, have more...)



Year 1	
Skills	Dance
Dance Skills	<ol style="list-style-type: none"><li>1) I can copy and repeat actions.</li><li>2) I can put a sequence of at least 3 actions together.</li><li>3) I can change the speed of their actions.</li><li>4) I can use simple choreographic devices such as unison, canon and mirroring.</li><li>5) I can independently to recreate a simple dance.</li></ol>
Evaluate	<ol style="list-style-type: none"><li>1) I can watch and describe a performance.</li><li>2) I can suggest simple improvements to routines (could be quicker, slower, have more...)</li></ol>



Year 2	
Skills	Games
<b>Health and Fitness</b>	1) I can recognise and describe how the body feels during and after different physical activities. 2) I can explain what they need to stay healthy.
<b>Striking and Hitting</b>	1) I can strike a ball with control towards a target 2) I can position my body to strike a ball.
<b>Throwing and Catching</b>	1) I can throw different types of equipment (balls, beanbags, hoops, rings) in different ways (underarm and overarm) 2) I can throw, catch and bounce a ball with a partner. 3) I can use throwing and catching skills in a game. 4) I can throw a ball over a marked distance. 5) I can use different types of throws (underarm, overarm).
<b>Travelling with a Ball</b>	1) I can bounce a ball whilst moving. 2) I can kick a ball whilst moving. 3) I can use kicking skills in a game. 4) I can dribble in a game.
<b>Passing a Ball</b>	1) I know how to pass the ball in different ways (hand, feet).
<b>Using Space</b>	1) I can use different ways of travelling at different speeds and following different pathways, directions or courses. 2) I can change speed and direction whilst running. 3) I can choose and use the best space in a game.
<b>Attacking and Defending</b>	1) I can use and understand the terms attacking and defending.
<b>Tactics and Rules</b>	1) I can follow the rules in games.
<b>Compete/Perform</b>	1) I can compete against myself to improve. 2) I can compete against others.



Year 2	
Skills	Gymnastics
Acquiring and Developing	1) I can copy actions and movements to create their own sequence. 2) I can link actions to make a sequence. 3) I can travel in a variety of ways, including rolling. 4) I can hold a still shape whilst balancing on different points of the body including a pike, tuck, star, straight, straddle shapes. 5) I can balance with a partner. 6) I can balance on apparatus. 7) I can jump in a variety of ways including all of Year 1 and a cat spring to straddle. 8) I can climb onto and jump off the equipment safely.
Rolls	I can perform a: 1) Rocking forward roll                      2) Crouched forward roll
Vault Springboard or Gymnastics table	1) I can perform a hurdle step onto springboard 2) I can perform a straight jump off springboard 3) I can perform a tuck jump off springboard
Handstands, Cartwheels and Roundoffs	1) I can perform a t-lever 2) I can perform a scissor kick
Evaluate	1) I can talk about the differences between their work and that of others.



	Year 2
Skills	Dance
Dance Skills	<ol style="list-style-type: none"><li>1) I can copy actions.</li><li>2) I can repeat actions.</li><li>3) I can change the speed of my actions.</li><li>4) I can move in time to music.</li><li>5) I can use different transitions in a sequence.</li><li>6) I can perform my own routine.</li></ol>
Evaluate	<ol style="list-style-type: none"><li>1) I can identify differences between different routines.</li></ol>



Year 3	
Skills	Games
Health and Fitness	1) I can describe the effects of exercise on the body. 2) I can explain why it is important to warm-up and cool-down
Striking and Hitting	1) I can successful hit and strike a ball with a chosen piece of equipment. 2) I can practice the correct batting technique in a striking and fielding game. 3) I can strike the ball over a given distance.
Throwing and Catching	1) I can throw with control. 2) I can throw with accuracy 3) I can practise the correct technique for catching a ball and use it in a game. 4) I can perform a range of catching and gathering skills with control. 5) I can throw a ball in different ways (e.g. high, low, fast or slow). 6) I can bowl underarm
Travelling	1) I can use 2 different ways of travelling with a ball in a game.
Passing	1) I can pass the pall in two different ways in a game situation.
Using Space	1) I can find a space and get into it.
Attacking and Defending	1) I can use fielding skills to stop a ball from travelling past me (one knee, split legged).
Tactics and Rules	1) I can play a striking and fielding game fairly. 2) I understand the term invasion game, and what it means.
Evaluate	1) I can describe how my performances have changed.



Year 3	
Skills	Gymnastics
<b>Acquiring and Developing Skills</b>	1) I can choose ideas to compose a movement sequence independently and with others. 2) I can link combinations of actions with increasing confidence, including changes of direction, speed or level. 3) I can move with coordination. 4) I can move with control and 5) I can move with care. 6) I can use turns whilst travelling in a variety of ways. 7) I can use a range of jumps in my sequences (all previous) and also: Star jump      Straddle jump      Pike jump      Straight jump      Half-turn      Cat lea.
<b>Rolls</b>	I can perform a: 1) Crouched forward roll      2) Forward roll from standing      3) Tucked backward roll
<b>Vault</b> Springboard or Gymnastics table	I can perform a: 1) Squat on vault      2) Star jump off      3) Tuck jump off      4) Straddle jump off      5) Pike jump off
<b>Handstands, Cartwheels and Roundoffs</b>	1) I can perform a handstand 2) I can perform a basic cartwheel shape
<b>Travelling</b>	I can travel by: 1) Tiptoe, step, jump and hop      2) Hopscotch      3) Skipping      4) Chassis steps      5) Straight jump half turn      6) Cat leap
<b>Shapes and Balances</b>	1) I can balance on apparatus 2) I can match and contrasting partner balances 3) I can perform pike, tuck, star, straight and straddle shapes
<b>Evaluate</b>	1) I can evaluate the performance of others 2) I can explain how my performance has changed over time.



Year 3	
Skills	Dance
Dance Skills	<ol style="list-style-type: none"><li>1) I can improvise with a partner to create a simple dance.</li><li>2) I can create movements from different stimuli.</li><li>3) I can compare and adapt movements to create a larger sequence.</li><li>4) I can use simple dance vocabulary to compare and improve work.</li></ol>
Evaluate	<ol style="list-style-type: none"><li>1) I evaluate the performance of others.</li><li>2) I can explain how my performance has changed over time.</li></ol>



Year 4	
Skills	Games
Health and Fitness	1) I can explain why exercise is good for your health. 2) I know reasons for warming up and cooling down.
Striking and Hitting	1) I can use a bat to hit a ball with accuracy and control. 2) I can use a racquet to hit a ball or shuttlecock with accuracy and control. 3) I can use a stick (hockey) to hit a ball with accuracy and control. 4) I can accurately serve underarm. 5) I can build a 3-5 shot rally with a partner. 6) I can use at least two different shots in a game situation. 7) I can strike a moving ball 8) I can strike a stationary ball.
Throwing and Catching	
Travelling	1) I can move with the ball using a range of techniques, showing control and fluency.
Passing	1) I can pass the ball with speed. 2) I can pass the ball with accuracy
Using Space	1) I can move from one space to another.
Attacking and Defending	1) I can use fielding skills to prevent a player from scoring, 2)
Tactics and Rules	1) I can adapt rules to alter games. 2) I can change tactics in a game.
Evaluate	1) I understand how I can change my performance.



Year 4	
Skills	Gymnastics
<b>Acquiring and Developing Skills</b>	1) I can create a sequence of actions that fit a theme. 2) I can use an increasing range of actions, directions and levels in their sequences. 3) I can move with clarity, fluency and expression. 4) I can show changes of direction, speed and level during a performance. 5) I can travel in different ways, including using flight. 6) I can improve the placement and alignment of body parts in balances. 7) I can use equipment to vault in a variety of ways. 8) I can carry out balances, recognising the position of their centre of gravity and how this affects the balance. 9) I can perform jumps from previous years as well as: Straight jump full turn      Cat leap half turn
<b>Rolls</b>	I can perform: 1) Forward roll from standing      2) Straddle forward roll      3) Tucked backward roll      4) Backward roll to straddle
<b>Vault</b> Springboard or Gymnastics table	I can perform a: 1) Hurdle step onto springboard 2) Squat on vault 3) Straddle on vault 4) Star jump off 5) Tuck jump off 6) Straddle jump off 7) Pike jump off
<b>Handstands, Cartwheels and Roundoffs</b>	1) I can lunge into a cartwheel. 2) I can lunge into a handstand.
<b>Travelling</b>	I can perform all previous travels as well as: 1) Straight jump full turn      2) Cat leap half turn      3) Pivot
<b>Shapes and Balances</b>	1) I can perform a 1, 2, 3 and 4- point balances 2) I can balance on apparatus 3) I can balance with and against a partner 4) I can pike, tuck, star, straight, straddle shapes 5) I can front and back support
<b>Evaluate</b>	1) I can modify my performances based on feedback



Year 4	
Skills	Dances
Dance Skills	1) I can identify the movement patterns and actions of a chosen dance style. 2) I can repeat the movement patterns and actions of a chosen dance style. 3) I can compose a dance that reflects the chosen dance style. 4) I can confidently improvise with a partner or on their own. 4) I can compose longer dance sequences in a small group. 5) I can demonstrate precision and some control in response to stimuli. 6) I can vary dynamics and develop actions and motifs in response to stimuli. 7) I can demonstrate rhythm and spatial awareness. 8) I can change parts of a dance as a result of self-evaluation. 9) I can use simple dance vocabulary when comparing and improving work.
Evaluate	1) I can modify my use of skills or techniques to achieve a better result.

Year 4	
Skills	Outdoor, Adventurous, Activity
Trails	1) I can create a short trail for others with a physical challenge. 2) I can recognise features of an orienteering course.
Problem Solving	1) I can decode a key from a map.
Preparation and Organisation	1) I can plan and organise a trail other can follow. 2) I can pick the most suitable equipment for an activity.
Communication	1) I can use a map to complete an orienteering course.



Year 5	
Skills	Games
<b>Health and Fitness</b>	1) I know and understand the reasons for warming up and cooling down. 2) I can lead my own warm up and cool down in a small group.
<b>Striking and Hitting</b>	1) I can use different techniques to hit a ball (underarm, overarm, forehand, overhead). 2) I can use forehand shots when hitting a tennis ball. 3) I can develop a backhand technique and use it in a game. 4) I can attempt techniques for all ball movements (show a forehand, backhand, push pass etc). 5) I can play a tennis game using an underarm serve.
<b>Throwing and Catching</b>	1) I can throw a ball with my strongest hand. 2) I can throw a ball with my weakest hand. 3) I can catch a ball 2-handed.
<b>Travelling</b>	1) I can dribble with my strongest foot. 2) I can dribble with my strongest hand (e.g. basketball).
<b>Passing</b>	1) I can pass the ball with speed to someone on my team 2) I can pass the ball with accuracy to someone on my team or towards a target.
<b>Using Space</b>	1) I can move from one space to another and receive a ball.
<b>Attacking and Defending</b>	1) I can shoot in any game. 2) I understand how to mark an opponent.
<b>Tactics and Rules</b>	1) I can create my own game.
<b>Evaluate</b>	1) I understand how I can change and improve my performance.



Year 5	
Skills	Gymnastics
<b>Acquiring and Developing Skills</b>	1) I can select ideas to compose specific sequences of movements, shapes and balances. 2) I can perform jumps including, jumping jack, split leap and a stag jump. 3) I can confidently use equipment to vault in a variety of ways. 4) I can combine equipment with movement to create sequences
<b>Rolls</b>	I can perform: 1) A forward roll from standing    2) Straddle forward roll    3) Pike forward roll    4) Tucked backward roll    5) Backward roll to straddle
<b>Vault</b> Springboard or Gymnastics table	1) I can perform a squat through vault.
<b>Handstands, Cartwheels and Roundoffs</b>	1) I can lunge into a round-off.
<b>Travelling</b>	1) I can combine travelling in all of the ways mentioned previously.
<b>Shapes and Balances</b>	1) I can perform 1, 2, 3- and 4-point balances. 2) I can perform balances on apparatus 3) I can perform part body weight partner balances 4) I can perform pike, tuck, star, straight, straddle shapes
<b>Compete and Perform</b>	1) I can perform my own routines in time to music.
<b>Evaluate</b>	1) I can evaluate my own performances and improve.





	Year 5
Skills	Dance
Dance Skills	1) I can identify and repeat the movement patterns and actions of a chosen dance style. 2) I can compose individual, partner and group dances that reflect the chosen dance style. 3) I can show a change of pace and timing in my movements. 4) I can use transitions to link movements smoothly together. 5) I can improvise with confidence, still demonstrating fluency across the sequence. 6) I can ensure my actions fit the rhythm of the music. 7) I can use more dance vocabulary to compare and improve work.
Evaluate	1) I can explain why I have used particular skills or techniques, and the effect they have had on their performance.

	Year 5
Skills	Outdoor Adventurous Activity
Trails	1) I can design a course that can be followed and offers challenge to some. 2) I can use navigation equipment to travel around a course.
Problem Solving	1) I can complete activities independently and as part of a team. 2) I can decode a key on a map and apply it to a course.
Preparation and Organisation	1) I can create an outdoor activity that challenges others. 2) I can create a simple plan for others to follow. 3) I can identify the quickest route around a course.
Communication	1) I can use a map to complete an orienteering course. 2) I can use a compass to complete an orienteering course.





	Year 6
Skills	Games
Health and Fitness	1) I know and understand the reasons for warming up and cooling down. 2) I can lead my own warmup and cool down with a class.
Striking and Hitting	1) I can hit a bowled ball over longer distances. 2) I can direct a ball when striking or hitting. 3) I can serve in order to start a game.
Throwing and Catching	1) I can throw a ball with my weakest hand. 2) I can throw a ball with my weakest hand towards a target. 3) I can catch a ball 1-handed (after bouncing if needed).
Travelling	1) I can dribble with both feet. 2) I can dribble with my strongest hand and weakest hand. (e.g. basketball).
Passing	1) I can pass the ball with speed to someone on my team using either hand. 2) I can pass the ball with accuracy to someone on my team or towards a target using either hand.
Using Space	1) I can move from one space to another and receive a ball repeatedly.
Attacking and Defending	1) I can shoot in any game using the most effective means. 2) I understand how to mark an opponent over the course of a full game.
Tactics and Rules	1) I can create my own game and explain the rules to others while leading it.
Evaluate	1) I understand how I can change and improve my performance.

	Year 6



Skills	Gymnastics
Acquiring and Developing Skills	1) I can create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. 2) I can demonstrate precise and controlled placement of body parts in their actions, shapes and balances. 3) I can confidently use equipment to vault and incorporate this into sequences. 4) I can apply skills and techniques consistently, showing precision and control. 5) I can develop strength, technique and flexibility throughout performances
Rolls	I can perform a: 1) Forward roll from standing    2) Straddle forward roll    3) Pike forward roll    4) Dive forward roll    5) Tucked backward roll    6) Backward roll to straddle 7) Backward roll to standing pike    8) Pike backward roll
Vault Springboard or Gymnastics table	I can perform: 1) Cat leap full-turn    2) Split leap    3) Stag leap
Handstands, Cartwheels and Roundoffs	I can perform: 1) Hurdle step    2) Hurdle step into cartwheel    3) Hurdle step into round-off
Travelling	I can perform: 1) Cat leap half turn    2) Cat leap full turn    3) Pivot
Shapes and Balances	1) I can perform a 1, 2, 3 and 4- point balances 2) I can balance on apparatus 3) I can develop technique, control and complexity of part-weight partner balances 4) I can perform group formations 5) I can perform pike, tuck, star, straight, straddle shapes 6) I can perform front and back support
Compete and Perform	1) I can evaluate my own performances and suggest improvements.
Evaluate	1) I can suggest improvements to my performance.

	Year 6
Skills	Dance



<b>Dance Skills</b>	<ol style="list-style-type: none"><li>1) I can demonstrate strong and controlled movements throughout a dance sequence.</li><li>2) I can combine flexibility, techniques and movements to create a fluent sequence.</li><li>3) I can move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</li><li>4) I can show a change of pace and timing in their movements.</li><li>5) I can move rhythmically and accurately in dance sequences.</li><li>6) I can improvise with confidence, still demonstrating fluency across their sequence.</li><li>7) I can dance with fluency and control, linking all movements and ensuring that transitions flow.</li><li>8) I can demonstrate consistent precision when performing dance sequences.</li><li>9) I can modify some elements of a sequence as a result of self and peer evaluation. 1</li><li>10) I can use complex dance vocabulary to compare and improve work</li></ol>
<b>Evaluate</b>	<ol style="list-style-type: none"><li>1) I can suggest thoughtful improvements to my own and others performance.</li></ol>



Year 6	
Skills	Outdoor Adventurous Activity
Trails	<ol style="list-style-type: none"><li>1) I can orientate myself with confidence with confidence and accuracy around a course under pressure.</li><li>2) I can design an orienteering course that is clear to follow that is clear to follow and offers challenge.</li><li>3) I can use maps and compasses to improve my route.</li></ol>
Problem Solving	<ol style="list-style-type: none"><li>1) I can use a range of maps to help navigate a course.</li></ol>
Preparation and Organisation	<ol style="list-style-type: none"><li>1) I can choose the best equipment for an outdoor activity.</li><li>2) I can prepare an orienteering course for others to follow.</li><li>3) I can identify the quickest route to navigate a course.</li><li>4) I can use a compass for navigation.</li><li>5) I can manage an event for others to compete in,</li></ol>
Communication	<ol style="list-style-type: none"><li>1) I can communicate under pressure.</li><li>2) I can successfully use a map to complete a course.</li><li>3) I can listen to feedback and improve a course based on it.</li></ol>