



Pollen-8

PE

Year 1



Well done Sehr gut Bon travail Da iawn

I can ...

I can move with control and coordination in different directions.

(M) (T)

I can throw and catch a variety of objects with increasing accuracy.

(M) (T)

I can engage in simple team games and follow basic rules.

(M) (T)

I can describe how exercise makes me feel.

(M) (T)

I can develop my balance and agility through basic activities.

(M) (T)

I can perform simple dances and routines to music.

(M) (T)

I can use equipment safely and with guidance.

(M) (T)

I can explain the importance of warming up and cooling down.

(M) (T)

Our Deeper Questions

What can we learn from comparing different places?

What does this teach us about what makes people special?

What can we learn about being healthy and safe?

What can we create or invent to celebrate other cultures?

How can we look after our world and the people in it?



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Year 2



Well done Sehr gut Bon travail Da iawn

I can ...

<p>I can throw and catch objects with a partner in more challenging activities.</p> <p>M T</p>	<p>I can demonstrate improved control and accuracy in my movements.</p> <p>M T</p>	<p>I can participate in team games with a better understanding of rules and teamwork.</p> <p>M T</p>
<p>I can recognise how exercise affects my heart rate and breathing.</p> <p>M T</p>		<p>I can develop basic skills in various sports and activities.</p> <p>M T</p>
<p>I can perform basic gymnastic movements and sequences.</p> <p>M T</p>	<p>I can create and follow a simple fitness routine.</p> <p>M T</p>	<p>I can choose and use appropriate equipment for different activities.</p> <p>M T</p>

Our Deeper Questions

What can we learn from listening to different opinions?

What does this teach us about justice or fairness?

What can we learn about the skills of people and animals?

What can create or invent to help wildlife in our locality and the UK?

How can we look after people and things, who may need our protection?



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Year 3



Well done Sehr gut Bon travail Da iawn

I can ...

	I can refine my fundamental movement skills, like running and jumping. M P T	
I can participate in more complex team games and apply strategies. M P T		I can adapt to different roles within team activities. M P T
I can monitor my physical fitness and set personal goals. M P T		I can develop skills in specific sports or athletic activities. M P T
I can create and perform sequences in dance and gymnastics. M P T		I can use sports equipment and apparatus effectively. M P T
	I can describe the benefits of a healthy, active lifestyle. M P T	

Our Deeper Questions

What can we learn from discussing different people's beliefs?

What does this teach us about differences and people's rights?

What can we learn about using nature carefully?

What can we create using natural materials?

How can we create a good community?



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Year 4



Well done Sehr gut Bon travail Da iawn

I can ...

I can demonstrate advanced control and precision in movements.

M P T

I can contribute effectively to team sports, understanding tactics.

M P T

I can show sportsmanship and respect for opponents.

M P T

I can maintain a fitness log and track progress over time.

M P T

I can specialise in one or more sports or physical activities.

M P T

I can create and perform more complex dance and gymnastic routines.

M P T

I can use advanced sports equipment with skill and safety.

M P T

I can explain the importance of a balanced diet and exercise.

M P T

Our Deeper Questions

What can we learn from analysing different people's work?

What does this teach us about respect or equality?

What can we learn about sustainability and being less wasteful?

What can we create or invent to help improve our health?

How can we look after the well-being of the community?



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Year 5



Well done Sehr gut Bon travail Da iawn

I can ...

I can perform advanced movements and techniques with skill.
M P T

I can take on leadership roles within team sports and activities.
M P T

I can analyse and adapt strategies in competitive situations.
M P T

I can design and follow a personalized fitness program.
M P T

I can excel in specific sports or physical disciplines.
M P T

I can choreograph and perform intricate dance and gymnastic routines.
M P T

I can engage in outdoor and adventurous activities with safety.
M P T

I can discuss the physical and mental benefits of regular exercise.
M P T

Our Deeper Questions

What can we learn from inspirational people?

What does this teach us about courage or resilience?

What can we learn about being inclusive?

What can we create or invent to improve our school?

How can we become better leaders and helpers?



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Year 6



Well done Sehr gut Bon travail Da iawn

I can ...

I can demonstrate high levels of proficiency in a range of movements.

M P T

I can apply strategic thinking and sports psychology in competitive settings.

M P T

I can organise and officiate team sports and competitions.

M P T

I can excel in specific sports, potentially competing at a higher level.

M P T

I can maintain a well-rounded fitness program and understand its impact.

M P T

I can engage in challenging outdoor and adventurous activities.

M P T

I can create and perform complex and expressive dance and gymnastic routines.

M P T

I can evaluate the importance of physical activity in lifelong health.

M P T

Our Deeper Questions

What can we learn from the past to make the future better?

What does this teach us about diversity, inequality or bias?

What can we learn about standing up for what we believe?

What can we create or invent to cut down on waste or help the environment?

How can we make a positive change in the world?