EY: We can play with others and take turns.

KS1: We can work sensibly with others and take turns to share.

KS2: We are happy to show and discuss our skills and ideas with others.

> EY: We can express ourselves through movement.

KS1: We can begin to compare our movements and skills with those of others.

**KS2**: We can recognise similarities and differences in the way we move.

> EY: We can play a variety of games.

KS1: We can play a variety of games and identify similarities and differences in them.

**KS2**: We can express ourselves through taking part in games from different cultures.



"I am healthy, active and happy. I believe everything is possible when I'm doing physical activity. I feel empowered and inspired through my own skills and playing team games with others. 1 am able to consider and appreciate the skills and sporting talents of others. 1 take risks, challenge myself and learn new skills along my physical education journey. 1 have the freedom to express my opinion, uniqueness and individuality. Physical education can take me anywhere, it brings me complete escapism and happiness. I explore the world I live in by following my creative ideas and imagination. I understand physical education and can reflect on myself, my community and the wider world!"

EY: We can follow simple instructions.

**KS1**: We can work on simple tasks independently.

KS2: We know where we are with our learning and can begin to challenge ourselves.

EY: We explore games and can talk about our likes and dislikes.

KS1: We know that PE and sport is part of our wider community.

KS2: We can explore and experience sporting competitions within our community.

EY: We are becoming aware of how physical education and movement makes us feel.

KS1: We begin to discover why exercise is important for good health.

KS2: We can explain why we need to warm up and cool down and describe how our bodies can change through physical activity.