

## Games/Athletics Objectives: Key- Physical, Psychological, Technical, Social

Year	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7
3	<p>I can move the ball with control whilst on the move.</p> <p>I can take up spaces to make it difficult for my opponents to score.</p>	<p>I can choose a suitable space to receive a pass or support a teammate.</p> <p>I can adopt a good 'ready position' to catch a ball.</p>	<p>I find and use space in games and make it difficult for opponents.</p> <p>I can compete with others while keeping and following the rules of the game.</p>	<p>I can find space in attack and challenge the player in possession in defence.</p> <p>I can catch a variety of different throws/shots.</p>	<p>I can combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <p>I can show control, co-ordination and consistency when running, throwing and jumping.</p> <p>I can measure my performance and set targets to improve.</p>	<p>I can pass in different ways- high, low, fast, slow.</p> <p>I can describe what happens our heart and breathing rate as we exercise.</p>	<p>I can work well as part of a team.</p> <p>I can evaluate and recognise my own success and areas for improvement.</p> <p>I can recognise players who play well in games and give reasons why.</p>
4	<p>I can choose the correct pass to keep possession.</p> <p>I can intercept and stop the ball consistently.</p>	<p>I can set moves to be used in attacking play.</p> <p>I can communicate and collaborate with others during team games</p>	<p>I can make decisions and choose suitable skills for the situation.</p> <p>I can discuss tactics and when to apply them in game situations.</p>	<p>I can set moves to be used in attacking play.</p> <p>I can move the ball with control whilst on the move.</p> <p>I can work as a team to plan and decide what approach or tactics we should use.</p>	<p>I can show control, co-ordination and consistency when running, throwing and jumping.</p> <p>I know how to combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <p>I can design short and suitable warm up activities for the upcoming games.</p>	<p>I can pass in different ways- high, low, fast, slow.</p> <p>I can describe to effectiveness and quality of my performance to others- and what I need to practice.</p>	<p>I can throw and send the ball using a variety of techniques to make it difficult for my opponent.</p> <p>I can measure my performance and set targets to improve.</p>

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5	<p>I can identify what others have done well and adapt plans for future challenges.</p> <p>I can perform skills such as retrieving and intercepting at speed.</p>	<p>I can watch others and explain why a performance is good.</p> <p>I can throw/hit/direct a ball to a target area.</p>	<p>I can move quickly to dodge a ball or a defender.</p> <p>I can work effectively as part of a team.</p>	<p>I can use different skills to keep possession of the ball.</p> <p>I can take part in a competitive game-working as a team, following rules and playing fairly.</p>	<p>I can throw the ball/object in different ways- for accuracy, pace and consistency.</p> <p>I can choose a suitable speed for running for running a certain distance.</p>	<p>I can catch a ball at different heights and speeds.</p> <p>I can confidently change speed and direction to get away from a defender.</p>	<p>I know the importance of being physically fit, and how exercise can contribute to a healthy lifestyle.</p> <p>I can attack in different ways individually and as a team.</p>
6	<p>I can catch a ball at different heights and speeds.</p> <p>I can find the best way to score, considering space when running.</p>	<p>I can explain how muscles work- shorten when contracted, lengthen when relaxed.</p> <p>I can perform skills such as retrieving and intercepting at speed.</p>	<p>I can recognise activities that help strength, speed and stamina.</p> <p>I can perform consistently (resulting in longer rallies).</p>	<p>I can display speed, fitness and agility needed for the game.</p> <p>I can work effectively as part of a team.</p>	<p>I can explain how muscles work- shorten when contracted, lengthen when relaxed.</p> <p>I can compare my performance with previous and demonstrate improvement.</p> <p>I can identify which areas of a performance were done consistently, accurately, fluently/clearly and give constructive feedback.</p>	<p>I can create a warm-up routine that raises body temperature and mobilises joints.</p> <p>I can keep possession of the ball when faced with opponents.</p>	<p>I can take part in a competitive game-working as a team, following rules and playing fairly.</p> <p>I can defend in different ways individually and as a team- marking, tracking, covering.</p>