



Newman Catholic Collegiate

P.E Statements

Year 1



1. Throw and catch showing a degree of competency, in isolation and in varied environments
2. Demonstrate changes of direction, speed & level
3. Show an awareness of how the body changes/functions during exercise
4. Perform and repeat sequences of movements
5. Displays development FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to achieve success, individually and as a team
7. Show proficiency in one stroke when swimming
8. With guidance participate displaying respect, fair play and working well with others



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P.E Statements

Year 2



1. Link two or more actions to perform a sequence showing control and co-ordination
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
3. Show an awareness of how the body changes/functions during exercise
4. Perform and repeat sequences of movements
5. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to employ simple tactics in varied environments
7. Swim 25m unaided, proficient in a stroke
8. With guidance participate displaying respect, fair play and working well with others



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P.E Statements

Year 3



1. Throw and catch displaying control and accuracy, in isolation and varied environments
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
3. Demonstrates an understanding of how the body changes/functions during exercise
4. Move in a clear, fluent and expressive manner
5. Plan, perform and repeat sequences of movements
6. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
7. Use FUNdamentals of movement to employ simple tactics in varied environments
8. Swim 25m unaided, Can demonstrate proficiency in a range of strokes
9. Displays an understanding of respect, fair play and working well with others



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Year 4



1. Utilise changes of direction, speed & level during performances/competition to succeed
2. Select and utilise appropriate tactics and techniques to cause problems for opponents
3. Demonstrates a developed understanding of how the body changes/functions during exercise
4. Create movements that convey a clear stimulus, refining these movements into sequences
5. Displays an understanding of fair play, working well with others and leading a small group
6. Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements
7. Swim 25-50m unaided, demonstrates proficiency in a range of strokes at the surface and below.
8. Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)
9. Change running styles according to distance, with the intention of beating personal best's



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P.E Statements

Year 5



1. Uses knowledge of the relationship between the body and exercise to improve various fitness components
2. Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a medium sized group
5. Field, defend and attack tactically by anticipating the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run
8. Swim 50m fluently with controlled strokes (breast stroke, front and back.)



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P.E Statements

Year 6



1. Uses knowledge of the relationship between the body and exercise to improve all fitness components
2. Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex, demanding and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a large group
5. Field, defend and attack tactically by anticipating and reacting to the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)
8. Swim 100m fluently with controlled strokes (breast stroke, front and back.)