



Band 3 - Physical Education

Swimming, Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics, Evaluating and improving performance

Swimming

Jump into the pool and submerge briefly

I can jump into a pool and go underwater briefly

Sink, push away from the wall and glide underwater for a short distance

I can glide underwater from the side of the pool

Submerge fully to pick up an object from the bottom

I can pick up an object from the bottom of the pool

Have a reasonable knowledge of the water safety code

I know how to keep safe and avoid dangers in and around water

Diet and Hygiene

Explain the importance of appropriate portions of food for a balanced diet and health

I know that if I eat too much or too little food that this can have a negative effect on my health

Know the importance of following instructions when taking medicine

I know that too much medicine or the wrong medicine can make me unwell

Understand the importance of maintaining his/her teeth and explain what happens when teeth and gums are not maintained

I know that if I don't take care of my teeth and gums they can decay and rot and this can effect my eating

Explain the importance of the sun to give us vitamin D but the need to stay safe too

I know the sun provides me with vitamin D but too much sun on my skin can be harmful

Healthy Bodies

Identify the importance of our senses and explain some of the difficulties and dangers that we could encounter if we were to lose a sense

I know what my senses are and can explain what it could be like if I lost one them

Identify that exercise helps our lungs and heart and improves co-ordination

I know that exercise helps keep my heart and lungs healthy

Describe the differences between different body parts

I can name the main parts of the body

Understand the main functions of the brain and the way it sends signals using the nervous system

I am aware that the brain sends signals around my body using my nervous system

Understand how the body protects the internal organs and how we give extra protection during activities

I know how the skeleton helps protect my internal organs and I can suggest ways to help improve this during sport

Name the parts of the digestive system and explain the processes

I can explain how food is digested within my body

Healthy mind

Set more challenging goals and evaluate his/her achievements

I can set myself a challenge and know how well I am doing

Begin to compare emotional feelings with physical feelings

I understand that when I feel sad or happy my body can change too

Create a 'steps to success' approach to achieving success

I know what steps I have to take to achieve what I want

Understand that determination and perseverance are needed to overcome a challenge

I know that some things are not easy to get and that if I don't keep trying I will not achieve my goal



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Personal and social

Share his/her own considered point of view and listen to, and consider, other peoples' opinions

I can form an opinion on something and review this when I listen to other peoples' ideas

Offer solutions when there are disagreements between friends

I can offer ideas on ways to solve problems when other people have a disagreement

Recognise the challenges that parents can have when bringing up children

I understand some of the difficulties that can occur when a parent is bringing up a child

Applying skills and using tactics

Vary skills, actions and ideas and link these in different ways to suit different activities

I can call upon a range of skills and abilities to perform well in different sports / games

Vary his/her responses to tactics, strategies and sequences used

I can understand the tactics used against me by others

Acquiring and developing skills

Balance on one foot

I can stand on one foot without wobbling or swaying

Climb a set of wall bars (or similar)

I can climb steadily and confidently moving one foot after the other

Perform a side stepping gallop

I can 'skip sideways' in a rhythmical movement using my arms to help me move along

Run at speed over a distance

I can run fast in a straight line using my arms to help balance my movement

Evaluating and improving performance

Compare and contrast his/her performance with others

I can say how well I have done compared to others and give reasons for my performance

