

Name

Date: \_\_\_\_\_

# Year 3

# P.E

# Evidence

# Organiser



# YEAR 3 AUTUMN - DANCE - UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To perform a jazz square			
To perform as two contrasting characters			
To explore characters through description.			
To communicate ideas as part of a group			
To use prop in a 4-action dance phrase.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## Key Questions

*Why are facial expressions important in dance?*

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*What actions might you perform when scared? Happy Sad?*

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*What other props might you have in your dance? Why?*

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## CT Comments

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## In this unit I am working:

Below National Standard

At National Standard

Above National Standard

# YEAR 3 AUTUMN - GYMNASTICS UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To create contrasting shapes.			
To control own body when rolling.			
To jump.			
To show partner unison.			
To show body patterns.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## *Key Questions*

*How do you perform a sequence in unison?*

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*How can you adapt a sequence to include contrasting shapes?*

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*Where are you showing strength in your sequence?*

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## CT Comments

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## In this unit I am working:

Below National Standard

At National Standard

Above National Standard

# **YEAR 3 AUTUMN - HANDBALL**

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
Catching ready position.			
Perform two new passes.			
Moving with the ball.			
Intercepting in small sided games.			
To know the attacking positions.			

## **Photo / Drawings**

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## ***Key Questions***

*Why is it important to stay on the pitch?*

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*What did you do to help the team score?*

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*How can we stretch the defence so that we can make gaps and create space?*

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## **CT Comments**

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## **In this unit I am working:**

Below National Standard

At National Standard

Above National Standard

# **YEAR 3 - OTHER SPORTING ACTIVITIES COMPLETED**

## **Autumn Photo / Drawings / Details / Dates**

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Or you can find my work in the workgroup: \_\_\_\_\_

## **Spring Photo / Drawings / Details / Dates**

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Or you can find my work in the workgroup: \_\_\_\_\_

## **Summer Photo / Drawings / Details / Dates**

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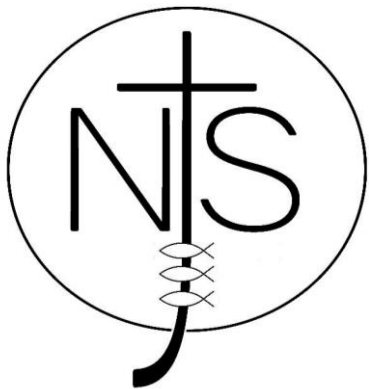
Or you can find my work in the workgroup: \_\_\_\_\_

## **CT Comments**

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Name \_\_\_\_\_

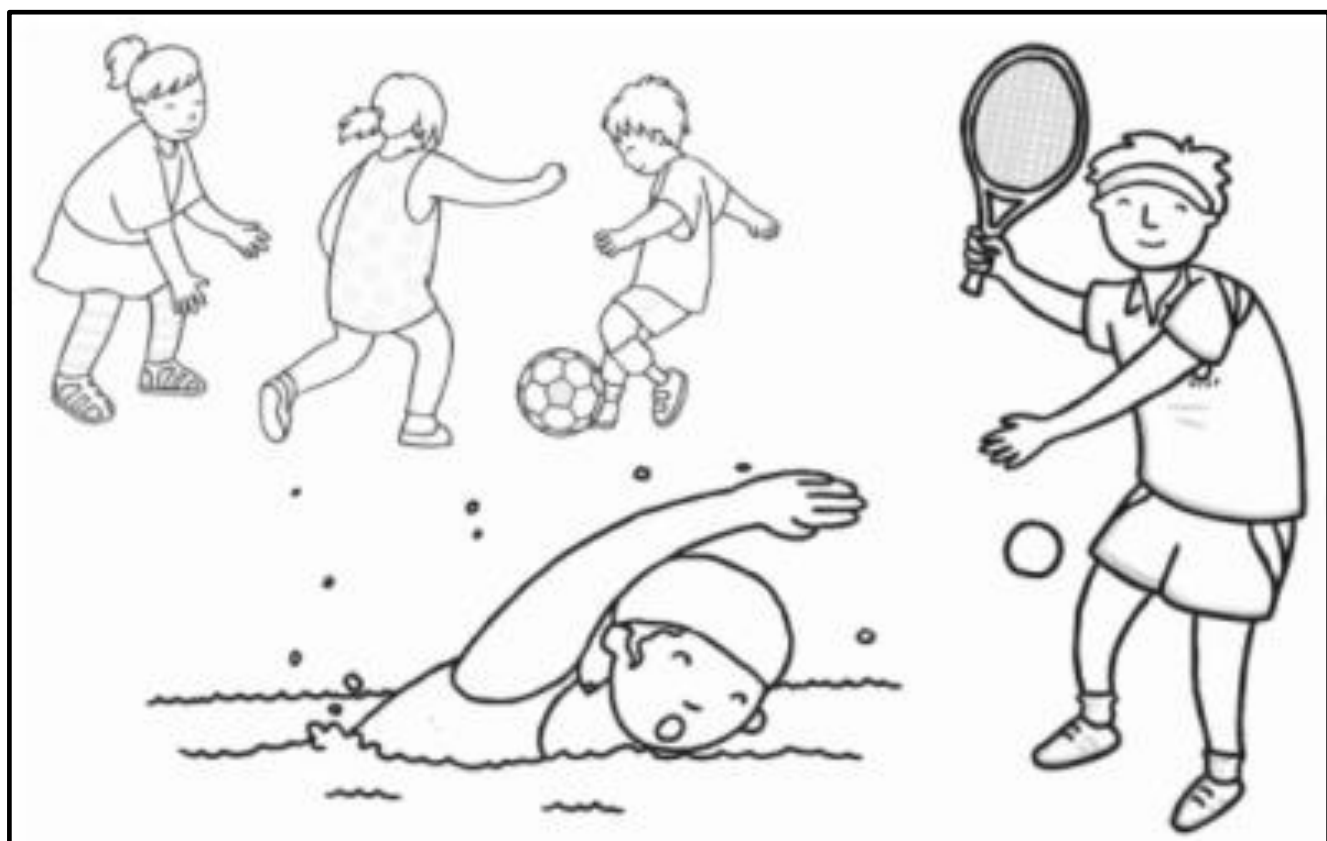
Date: \_\_\_\_\_

# Year 4

## P.E

# Evidence

# Organiser



# YEAR 4 AUTUMN- GYMNASTICS UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To show changes in speed.			
To step.			
To show cartwheel progression			
To show composition ideas.			
To refine sequences.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## *Key Questions*

*How many compositional elements can you identify?*

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*Did you use different pathways in your sequence?*

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*What safety aspects do you need to consider when performing a cartwheel?*

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## CT Comments

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## In this unit I am working:

Below National Standard

At National Standard

Above National Standard

# YEAR 4 AUTUMN - DANCE - UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To develop dance freeze frames.			
To practice and perform a slide and roll.			
To learn to replicate a set phrase.			
To work collaboratively to sequence movements.			
To create a 5 action routine.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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### Key Questions

*Why do we need to sequence movements? (so one move flows to the next)*

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*Explain the different action in your dance - do they stick to the superhero theme?*

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*What are some of the points in a slide and roll?*

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### CT Comments

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### In this unit I am working:

Below National Standard

At National Standard

Above National Standard



# YEAR 4 AUTUMN - NETBALL

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To protect the ball.			
To attempt basic shooting techniques.			
To understand playing in thirds.			
To play in a game using one to one marking.			
To play using the correct footwork rule.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## *Key Questions*

*In what other sports would you need to mark players?*

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*What is given to the opposing team if you commit a footwork foul?*

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*What did you do well in the games and what could you improve?*

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## CT Comments

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## In this unit I am working:

Below National Standard

At National Standard

Above National Standard





# YEAR 5 AUTUMN - GYMNASTICS UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To compete a round off.			
To explore symmetry.			
To explore asymmetry.			
To show counterbalances.			
To perform.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## Key Questions

*What makes a performance aesthetically pleasing?*

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*How can you be a good partner in counterbalances?*

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*Why do you need good communication with a partner or group?*

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## CT Comments

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## In this unit I am working:

Below National Standard

At National Standard

Above National Standard

# YEAR 5 AUTUMN - DANCE - UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To apply some basic Bollywood actions.			
To perform non-locomotor and locomotor movements.			
To describe key features of a line dance.			
To work collaboratively with a group of 4.			
To use knowledge of basic line dancing steps to create your own.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## Key Questions

*Why is it easier to create more exciting movement patterns with larger groups instead of as an individual or pair?*

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*Why do they call the dance move "around the world?"*

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*What are some of the key characteristics of line dancing?*

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## CT Comments

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## In this unit I am working:

Below National Standard

At National Standard

Above National Standard

# **YEAR 5 AUTUMN - HANDBALL**

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To practice and attempt a jump shot.			
To close angles as a goalkeeper.			
To use offensive dribbling.			
To pivot to make successful passes.			
To complete set plays.			

## **Photo / Drawings**

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## ***Key Questions***

*Which areas of handball do you feel you need to work on?*

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*What is a set play?*

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*Can you name any sports that would use set plays?*

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## **CT Comments**

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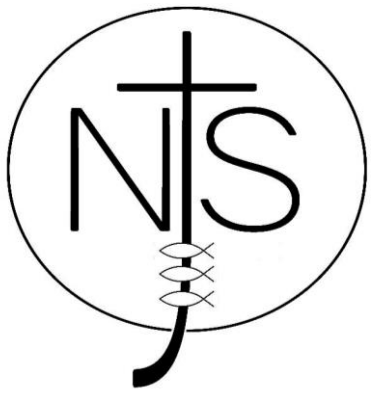
## **In this unit I am working:**

Below National Standard

At National Standard

Above National Standard





Name \_\_\_\_\_

Date: \_\_\_\_\_

# Year 6

# P.E

# Evidence

# Organiser





# YEAR 6 AUTUMN - GYMNASTICS UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To prepare for vaulting.			
To explore dismounting.			
To use a range of equipment.			
To show flight using unison and cannon.			
To introduce music, ready for unit two.			

## Photo / Drawings

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## Key Questions

*How did the warm-up help your performance?*

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*Why do unison and cannon work well together in a sequence?*

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*What different ways can you include a hoop, ball, beanbag, throw down spots or balls in a sequence?*

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## CT Comments

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## In this unit I am working:

Below National Standard

At National Standard

Above National Standard

# YEAR 6 AUTUMN - DANCE - UNIT 1

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To use tension and extension to control your body.			
To explore space and relationships in dance.			
To identify appropriate dynamics and group formations for a Hakka.			
To perform some basic street dance skills.			
To compose a street dance performance.			

**Photo / Drawings**

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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***Key Questions***

*Do you think you captured the street dance style?*

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*If you were going to perform as a small group rather than a pair what compositional ideas could you use to extend your phrase? (formations, canon, lifts etc)*

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**CT Comments**

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**In this unit I am working:**

Below National Standard

At National Standard

Above National Standard

# **YEAR 6 AUTUMN - TAG RUGBY**

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
To support a player with the ball.			
To complete a set play for attacking.			
To take the distance no the time.			
To use the spaces not face principle.			
To transition from attack to defence.			

## **Photo / Drawings**

Or you can find my work in the workgroup: \_\_\_\_\_

I enjoyed / didn't enjoy this dance because

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The skills I think I learnt were

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I think I did well because

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## ***Key Questions***

*How should we tell other players the areas they need to improve on?*

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*Why is it important to organise your team quickly into defence positions?*

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*Why does being able to change speed and direction help defending?*

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## **CT Comments**

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## **In this unit I am working:**

Below National Standard

At National Standard

Above National Standard



# SWIMMING

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
<b>Beginning Skills:</b>			
1. Pulling and pushing.			
2. Stabilising - feet upright off the ground.			
3. Submerging.			
4. Prone float.			
5. Supine float.			
6. Leg action on back.			
7. Push, glide, turn.			
8. Doggy paddle.			
9. Transition from glide to stroke.			

## Key Questions

*How long could you glide for when your partner counted?*

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*Did they improve their distance and with which stroke?*

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*What will help you move fast when you are sculling on your back?*

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# SWIMMING

Key Skills - these are the skills I have achieved during this unit.

	CT	Peer	Myself
<b>Intermediate Skills:</b>			
1. Jump in from side and submerge.			
2. Sink and roll.			
3. Front crawl legs.			
4. Surface dive.			
5. Linking three floats.			
6. Breaststroke legs.			
7. Somersault in water.			
8. Sculling face in water.			
9. Kicking while submerged.			

## Key Questions

*How did using a push and a glide improve the speed of your swim?*

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*If you were part of a relay team that had to swim 20m - which stroke would you use and why?*

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*Why is it important to be in a streamlined position when kicking?*

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# SWIMMING

*Key Skills* - these are the skills I have achieved during this unit.

	CT	Peer	Myself
<b>Advanced Skills:</b>			
1. Relay change over.			
2. Mushroom float.			
3. Partner support.			
4. Crouching dive.			
5. Surface dive.			
6. Treading water.			
7. Tumble underwater.			
8. Fluent breaststroke arm technique.			
9. Head up entry to water.			

## *Key Questions*

*What was the most challenging part of the swimming course?*

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*If you were to swim the course again how would you try and improve your time?*

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*When would you use head up water entry?*

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**YEAR** \_\_\_\_\_

Autumn

I focussed upon the \_\_\_\_\_ skills.

I think I did well because

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Other comments:

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Mrs McGrath / CT Comments:

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Spring

I focussed upon the \_\_\_\_\_ skills.

I think I did well because

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Other comments:

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Mrs McGrath / CT Comments:

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Summer

I focussed upon the \_\_\_\_\_ skills.

I think I did well because

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Other comments:

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Mrs McGrath / CT Comments:

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