



KS2 Physical Education I Can Checklist



I can use running, jumping, throwing and catching both individually and in combination.

I can play competitive games, for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and know when it is best to attack and defend,

I can develop my flexibility, strength, technique, control and balance through athletics and gymnastics.

I can perform dances using a range of movement patterns.

I can take part in outdoor and adventurous activity challenges both on my own and as part of a team.

I can compare my performances with previous ones and show improvement to achieve my personal best.

Swimming and water safety

I can swim competently and confidently over a distance of at least 25 metres.

I can use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

I can perform safe self-rescue in different water-based situations.