



Newman Catholic Collegiate

P.E Statements

Year 1



1. Throw and catch showing a degree of competency
2. Demonstrate changes of direction, speed & level (through games, gymnastics or dance)
3. Show an awareness of how the body changes/functions during exercise
4. Repeat sequences of movements
5. Displays development of FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to become competitive, individually and as a team
7. With guidance participate displaying respect, fair play and working well with others

Pre-NC	National Curriculum A.R.T
Newman A.R.T	Greater understanding of Newman A.R.T



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P.E Statements

Year 2



1. Link two or more actions to perform a sequence showing control and coordination
2. Competently demonstrate changes of direction, speed & level during performances or in competitive environments
3. Show an awareness of how the body changes/functions during rest & exercise
4. Learn and repeat sequences of movements into performances
5. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to make decisions when playing competitive games
7. With guidance participate displaying respect, fair play and working well with others

Pre-NC	National Curriculum A.R.T
Newman A.R.T	Greater understanding of Newman A.R.T



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P.E Statements

Year 3



1. Develop ability to kick, throw and catch displaying sport specific techniques, in isolation and varied environments
2. Demonstrate control, extension & changes of direction, speed & level during performances or routines
3. Demonstrates an understanding of the different types of fitness
4. Plan, perform and repeat sequences of movements in a fluent manner
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. Displays an understanding of respect, fair play and working well with others

Pre-NC	National Curriculum A.R.T
Newman A.R.T	Greater understanding of Newman A.R.T



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P.E Statements

Year 4



1. Demonstrate control, extension and fluency & changes of level when working in pairs, during performances or routines
2. Develop ability to select apply and skills at the right time to ensure success when being competitive
3. Demonstrates a developed understanding of how the body changes/functions during exercise and the impact on the brain
4. Refine and repeat movements that convey a clear stimulus, performing them in an expressive manner
5. Displays an understanding of fair play, working well with others and leading a small group
6. Adapt kicking, throwing and catching technique to ensure success in a variety of activities (with developing accuracy)
7. Change athletic techniques with the intention of beating personal best's in simple runs, jumps or throws

Pre-NC	National Curriculum A.R.T
Newman A.R.T	Greater understanding of Newman A.R.T



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P.E Statements

Year 5



1. Uses knowledge of the body and exercise to improve various fitness components
2. Create, refine and repeat movements that convey a clear stimulus, performing them in an expressive manner
3. Create 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. Use knowledge of sport specific tactics to field, defend and attack as a team following a common plan.
6. Adapt kicking, striking, throwing and catching technique to ensure success in a variety of activities (with developing accuracy)
7. Change athletic techniques with the intention of beating personal best's in more complex runs, jumps or throws (mid distance, triple jump etc)

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Newman A.R.T	Greater understanding of Newman A.R.T



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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. Create, refine and repeat movements that convey a clear stimulus, performing them in an expressive manner, occasionally taking the lead
3. Create complex and well executed sequences containing a variety of gymnastic components
4. Display an understanding of working well with others and leading a larger group
5. Use knowledge of sport specific tactics to field, defend and attack as a team responding to patterns of play
6. Adapt kicking, striking, throwing and catching to sport specific techniques ensuring success in a variety of activities (with developing accuracy)
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (hurdles, javelin, relay etc)
8. Swim 25m unaided using a range of strokes and be able to perform safe self-rescue

Pre-NC	National Curriculum A.R.T
Newman A.R.T	Greater understanding of Newman A.R.T