



## PE

### Athletics & Striking and Fielding

- Athletics
  - I can improve and sustain running technique at different speeds in a variety of sports
  - I understand how to apply athletic skills & tactics to the competitive situation
    - I can explain how to improve technique in a variety of events
- I understand & can explain the short & long term effects of exercise, and I understand the need for specific warm up & cool down

### Striking & Fielding

- I can vary my bowling with speed and direction
- I can bat effectively, using different types of shot
- I can direct the ball away from fielders, using different angles and speeds
  - I can field with increased effort in an appropriate position
  - I can throw overarm with accuracy and for a good distance
    - I can recognise my own and others' strengths
- I can identify what improvements I can make and suggest how I could do this

