

Swimming		Gymnastics and Trampolineing		Cycling		Fitness and Games		Outdoor Education			
Scheme A	I can float using arm bands or noodle.	Scheme A	I can move energetically: running*	Scheme A	I can ride a tricycle using the pedals*	Scheme A	I can negotiate obstacles safely*	Scheme A	I can attend a walk within my local area		
	I have achieved Alpha Step 1		I can move energetically: jumping*		I can sit securely on the seat*		I can negotiate space safely*		I can accept being in a different environment and move safely (i.e forest school, whole school walk)		
	I have achieved Alpha Step 2		I can move energetically: hopping*		I can fasten a helmet correctly, with assistance if necessary*		I can take turns with others*		I can follow an adult on a walk		
I have achieved Alpha Step 3	I can move energetically: climbing*		I can ride a balance bike using a 'walking step'*	I can throw a ball	I can attempt new activities*						
Scheme B	I can swim 25m with floating aids (and out of depth)		Scheme B	I can move energetically: dancing*	Scheme B		I can ride a balance bike using a 2-footed 'scoot'*	Scheme B	I can track a ball	Scheme B	I can traverse on the climbing wall
	I have achieved School Swimming Award L1	I can move energetically: rolling*		I can check all the brakes are working properly*		I can kick a ball	I can positively respond to challenges*				
	I have achieved School Swimming Award L2	I can perform a variety of flight actions.		I can apply brakes to stop the cycle*		I can 'follow the leader'					
I can fully submerge under water.	I can perform a variety of travel actions (including hop, skip & leap) actions.	I can set pedals at the start position*		I can dodge someone in play*	Scheme C	I can follow a planned route					
Scheme C	I can swim 5m unaided.	Scheme C		I can perform a variety of rotation actions.		Scheme C	I can cover brake levers while pedalling		Scheme B	I can strike a static object	Scheme C
	I have achieved School Swimming Award L3		I can link a range of actions into a teacher planned sequence.	I can apply brakes to bring the cycle to a smooth stop*			I can wait in a line*	I can problem solve as a part of a team*			
	I can swim 10m unaided.		I can create my own sequence with a variety of actions with visual support.	I can apply brakes to bring the cycle to a quick stop*	I can stop when instructed*		I can problem solve individually*				
Scheme D	I can swim 25m unaided.		Scheme C	I can perform a variety of rotation actions.	Scheme C	I can ride a pedal bike.	Scheme B	I can play by the rules of a simple game		Scheme D	I can orientate a map*
	I can perform self rescue techniques.			I have achieved Winstrada Proficiency Grade 3.		I can set off straight ahead		I can complete a relay*			I can locate my position on the map*
	I have achieved School Swimming Award L4	I have achieved Winstrada Proficiency Grade 4.		I can apply brakes before getting off the cycle*		I can make attempts to catch		I can plan independently*			
I have achieved the Self Rescue Award	I can link a range of actions into a teacher planned sequence.	I can turn left and right, and make U turns*		I recognise that physical activity makes my heart beat faster	I can plan cooperatively*						
Scheme E	I can swim 25m unaided using a recognised technique.	Scheme C		I can learn a routine to music.	Scheme D	I can control my speed*		Scheme B	I can catch consistently	Scheme D	I can communicate my plans to others*
	I have achieved School Swimming Award L5		I have achieved Winstrada Proficiency Grade 5.	I can use the gears on a bike effectively		I can catch consistently	I can choose suitable clothing, footwear and emergency equipment and know how to use it.				
	I have achieved School Swimming Award L6		I have achieved Winstrada Proficiency Grade 6.	I can look for hazards ahead and behind when preparing to stop*		I can throw accurately	I can follow the spirit and content of the Countryside Code.				
			Scheme D	I can create my own sequence with a variety of actions.	Scheme D	I can look behind over each shoulder while pedalling in a straight line*	Scheme C		I can dodge someone / something in a game situation*	Scheme E	I can pitch and take down a tent*
				I can create a routine to music*		I can look for hazards ahead and behind before setting off*			I can demonstrate strength when playing*		I can use grid references to determine location*
		I have achieved Winstrada Proficiency Grade 7.		I can ride a pedal bike on uneven terrain		I can demonstrate balance when playing*		I know what to do in the case of an accident or an emergency*			
		Scheme E		I have achieved Winstrada Proficiency Grade 8.	Scheme E	I have Bikeability level 1		Scheme D	I can demonstrate coordination when playing*		
				I can evaluate and adapt my own sequence.*		I have Bikeability level 2			I can strike a static object in a game		
			I can evaluate and adapt a dance routine that I have created.*	I have Bikeability level 3		I can strike a moving object					
							Scheme D		I can follow instructions involving several ideas / actions*		
									I can show respect to team mates, opponents and officials whether winning or losing.		
						I can move my body appropriately for the game					
								Scheme E	I can complete a circuit training session		
									I can describe components of fitness such as strength, speed, coordination, endurance, power, agility and flexibility		
						I can describe how the different components of fitness can help with performance*					
							Scheme E		I can persevere in the face of a challenge*		
									I can strike a moving object in a game with accuracy		
						I can catch consistently in a game					
								Scheme E	I can throw accurately in a game		
									I can identify strengths of my own performance*		
						I can identify areas of development for my performance*					
							Scheme E		I can identify strengths of others' performance*		
									I can suggest how a performance could be improved*		