

# **Age-Related Expectations (AREs) for PE and Games**

## **Year 3**

### **Physical Skills:**

- Perform fundamental movement skills (e.g., running, jumping, catching) with developing control and coordination.
- Begin to apply simple tactics in team games.
- Demonstrate balance, agility, and coordination in isolation and with others.

### **Cognitive/Knowledge:**

- Understand and follow basic rules and tactics for games.
- Identify and describe simple tactics in games and performances.
- Begin to evaluate their own and others' performance.

### **Social/Personal:**

- Work cooperatively with a partner or group.
- Show respect towards others in a sporting context.
- Begin to take responsibility for equipment and space.

## **Year 4**

### **Physical Skills:**

- Combine a variety of movements with increasing fluency, control, and accuracy.
- Demonstrate improved precision in sending and receiving skills.
- Use a range of movements across different sports and contexts.

### **Cognitive/Knowledge:**

- Explain and apply basic attacking and defending strategies.
- Reflect on performance and suggest ways to improve.
- Understand why warm-ups and cool-downs are important.

### **Social/Personal:**

- Communicate effectively with teammates.
- Lead small activities or warm-ups with support.
- Demonstrate fairness and good sporting behaviour.

## **Year 5**

### **Physical Skills:**

- Perform skills with control, fluency, and accuracy under pressure.
- Vary skills and techniques in response to the game or task.
- Develop stamina and strength in sustained physical activity.

### **Cognitive/Knowledge:**

- Apply tactical thinking to game situations.
- Begin to officiate simple games with understanding of rules.
- Analyse performance and provide constructive feedback.

### **Social/Personal:**

- Take leadership roles within groups.
- Encourage and support peers during activities.
- Demonstrate resilience and self-discipline in physical challenges.

## **Year 6**

### **Physical Skills:**

- Combine and adapt skills, techniques, and tactics effectively.
- Perform under pressure and in competitive scenarios.
- Show consistency and accuracy across a range of sports.

### **Cognitive/Knowledge:**

- Lead warm-ups and cool-downs, explaining their benefits.
- Critically analyse performance using appropriate vocabulary.
- Demonstrate understanding of health, fitness, and safety in PE.

**Social/Personal:**

- Take initiative to lead, organise, and support others.
- Show maturity and respect when competing and collaborating.
- Display confidence, motivation, and a positive mindset in lessons.