

I can skip with a rope.	I can make up a PE circuit or dance routine for someone in my family to try.	I can hop on one foot across 5 metres.	I can keep a ball bouncing with a bat for 10 strikes.	I can catch an underarm handball from 3 metres.
I know my full name, address, and telephone contact details.	I can talk through how I would make an emergency telephone call if I needed to.	I can name the capital cities of England, Scotland, Wales and Northern Ireland.	I can label the seven continents on a map of the world.	I can label the five oceans on a map of the world.
I can look up an unfamiliar word in a dictionary.	I can talk about a famous artist and their works.	I can learn a poem by heart and recite it to my family.	I can describe a famous person from the past and say why we remember them.	I can follow a recipe and make a cake or cookies.
I can plant seeds and care for a plant.	I can recognise and name 5 different flowers or trees.	I can create and maintain a habitat for wildlife.	I can send a text, email or letter to someone special to me.	I can do something kind for someone in my family every day.