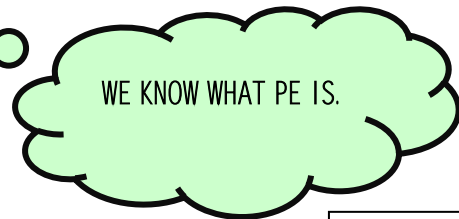


# PE SEIS



## Games:

I can explore different ways to manoeuvre objects

I can catch a large ball

I can travel with some control and coordination

I can change direction at speed through both choice and instructions

I can use hands and feet to negotiate obstacles.

I can begin to skip in isolation and with a rope

## Gymnastics:

I can follow simple instructions

I have explored jumping, sliding, rolling, moving over, under and on apparatus

I can perform basic movements including walking, running, rolling, crawling, jumping and taking weight on my hands.

I have explored and refined a variety of shapes, jumps, balances and rolls.

I can stand and balance for short periods on one foot.

I can jump off an object and land appropriately

We can challenge ourselves – try new things, take the next steps!



## Dance/Movement:

I can respond to hearing music

I can follow simple instructions

I can recognise that actions can be reproduced in time to music; beat patterns and different speeds

I can stretch, reach, extend in a variety of ways and positions.

I can control my body and perform specific movements on command

\*Can move on their feet in a variety of ways including jumping, skipping, hopping, running and walking.

\*Can move on large body parts in a variety of ways including sliding, slithering, rolling and shuffling.

\*Jumps off an object and lands appropriately and safely.

\*Negotiate space successfully in running and chasing games.

\*Adjust speed and change direction to avoid obstacles in playing space.

\*Travels with confidence around, under, over and through equipment and apparatus.

## YEAR R



## Golden Thread

Acquiring new skills and developing them. Applying skills and using tactics. Evaluating and improving performance.

**Sticky Knowledge** – Running, jumping, throwing and catching, developing balance, agility and co-ordination. Team games, attacking and defending. perform dances using simple movement patterns.

