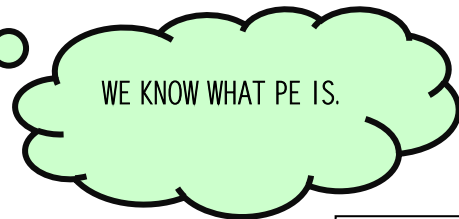


PE SEIS



Games:

I can throw underarm

I can hit a ball with a bat

I can throw & catch a variety of objects with both hands

I can throw and kick in different ways

I can throw an object towards a target using one hand

I can track and retrieve a rolling ball

I can move and stop safely

I can run in different ways which includes varying pathways and speeds.

I can travel with increased coordination.

I am beginning to link running and jumping

Gymnastics:

I can copy and explore basic movements

I can make my body curled, tense stretched and relaxed

I can control my body when travelling and balancing

I can identify and use a variety of different gymnastic actions and shapes

I can balance with some control

I can begin to carry basic apparatus such as mats and benches

I can jump with my feet together

I can begin to explore ways to balance when stationary.

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



Dance/Movement:

I can move to music

I can copy some dance moves with control

I am beginning to understand moving at different levels: low, medium, high, elevated.

I can move safely in a space

I am competent and confident in moving the body

To develop fundamental movement skills (agility, balance, co-ordination)

*Hold a balance whilst walking along a straight line.

*Zig zag through a series of markers spaced evenly, about 2m apart.

*Hop on the spot using the same foot.

*Jump for distance.

*Jump for height.

*Catch a bean bag.

*Throw a small ball underarm, using the correct technique.

YEAR 1



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.