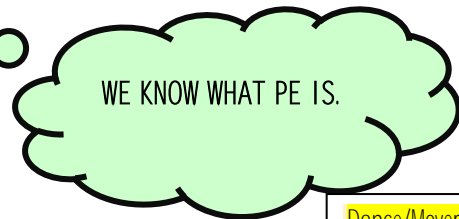


PE SEIS



Games:

- I can use hitting, kicking and/or rolling in a game
- I can send a ball using feet and receive a ball using feet
- I can hit a ball with a variety of bats
- I can hit and return a ball using a variety of hand and racquet with some consistency
- I am beginning to feed / bowl a ball
- I can throw and handle a variety of objects including quoits, beanbags, balls and hoops with increased control
- I can track the path of a ball over the net and more towards it
- I can throw a variety of objects towards a target using one hand
- I can travel with coordination in different directions
- I can run at different speeds depending on distance (sometimes needing support)

Gymnastics:

- I can copy and explore basic movements with increasing control, at different speeds and on different levels
- I can perform basic rolls and body shapes with increasing control
- I can carry basic apparatus safely
- I can jump from a standing position from one spot to another with my feet together
- I can explore different ways to balance when stationary



YEAR 2

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



Dance/Movement:

- I can change rhythm, speed, level and direction in my dance
- I can move at different levels, directions and speed when reminded.
- I can copy simple dance moves with increasing control
- I can dance with control and co-ordination
- I can use dance to show a mood or a feeling
- I am increasingly competent and confident in moving my body
- To further develop fundamental movement skills (agility, balance, co-ordination)

- *Zig zag through a series of tightly spaced markers.
- *Hop along a straight line using the same foot.
- *Jump for distance controlling the landing.
- *Jump for height with a controlled landing.
- *Catch a small ball.
- *Throw a small ball overarm, using the correct technique.

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.

