

Year 1

Dance

To perform basic body movements with control and emotion.

To remember and repeat short dance phrases and simple dances.

Gymnastics

To show basic control and coordination when travelling and when remaining standing.

To find and use space safely, with an awareness of others.

To use words such as rolling, travelling, balancing, and climbing.

Games

To use basic underarm, overarm, rolling and hitting skills.

To sometimes, catch a beanbag and a medium-sized ball.

To choose different ways of hitting, throwing, striking or kicking the ball.

Athletics

To use a variety of speeds when running.

To use different methods of throwing.

To use a variety of basic movements including skip, jog, jump, run etc.

Outdoor Adventurous Activities

To be able to work together to solve a problem.

To be able to follow a simple trial.

Healthy Lifestyle

To describe how their body feels during games.

To understand what a healthy lifestyle is.

Fundamentals

To describe how their body feels during games.

To throw a ball.

To sometimes catch a variety of different size balls.

To use a variety of bats to hit a ball

To use a variety of basic movements including skip, jog, jump, run etc.