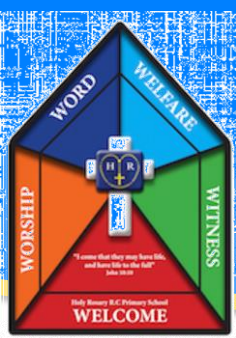


Key Stage I - PE



	Dance	Games	Gymnastics
Year 1	<ul style="list-style-type: none"> • Copy and explore basic body patterns and movements. • Remember simple dance steps and perform them in a controlled manner. • Respond imaginatively to communicate a mood, feeling or idea individually or with a partner. 	<ul style="list-style-type: none"> • Develop running, throwing, jumping, travelling, sending, and receiving skills. • Stop, catch, pass and bounce a ball. • Play simple team games. • Talk about exercising, safety and short term effects of exercise. 	<ul style="list-style-type: none"> • Jump and land with improving control and balance. • Hold a position whilst balancing on different parts of the body. • Move with some control and use space appropriately. • Climb on and off equipment safely.
Year 2	<ul style="list-style-type: none"> • Choose 2 or more actions and link them to perform a sequence. • Perform with control and co-ordination individually, or with a partner. • Discuss own and performance of others with simple vocabulary. 	<ul style="list-style-type: none"> • Play simple invasion games, attacking and defending, using simple tactics. • Control a ball effectively. • Talk about exercising, safety and short term effects of exercise. 	<ul style="list-style-type: none"> • Link movements showing agility and balance and co-ordination, individually and with others. • Show contrast, roll forwards, backwards and sideways. • Copy, remember, explore and repeat actions varying speed and levels. • Begin to select simple actions to construct basic sequences. • Identify differences between my performance and that of others.

Key Stage 1 - PE

