

Key Stage I - PE



Year I		
Dance	Gymnastics	Yoga
<ul style="list-style-type: none"> To be able to use counts. To be able to copy, remember and repeat actions. To be able to move confidently and safely. To be able to use different parts of the body in isolation and together. To be able to work with others to share ideas and select actions. To be able to choose appropriate movements for different dance ideas. To be able to say what I liked about someone else's performance. To be able to show some sense of dynamic and expressive qualities in my dance. 	<ul style="list-style-type: none"> To be confident to perform in front of others. To be able to link simple actions together to create a sequence. To be able to make my body tense, relaxed, stretched and curled. To be able to recognise changes in my body when I do exercise. To be able to remember and repeat actions and shapes. To be able to say what I liked about someone else's performance. To be able to use apparatus safely and wait for my turn. 	<ul style="list-style-type: none"> To be able to recognise how yoga makes me both feel physically and mentally. To be able to remember and repeat actions, linking poses together. To be able to say what I liked about someone else's flow. To be able to show an awareness of space when travelling. To be able to work with others to create poses.
Balance, Pete, copy, fast, level, pathway, pose, timing.	Action, control, direction, level, speed.	Feel, breathe, stretch, pose, focus, listen.
Sending & Receiving	Target Games	Invaasion Games
<ul style="list-style-type: none"> To begin to send and receive a ball with my feet. To be able to catch a ball with some success. To be able to recognise changes in my body when I do exercise. To be able to roll a ball towards a target. To be able to throw a ball to a partner. To be able to track a ball that is coming towards me. To be able to work co-operatively with a partner. 	<ul style="list-style-type: none"> To be able to recognise changes in my body when I do exercise. To be able to use an overarm throw aiming towards a target. To be able to throw with some accuracy over increasing distances. To be able to use an underarm throw aiming towards a target. To be able to work co-operatively with a partner. To be able to understand what good technique looks like. 	<ul style="list-style-type: none"> To begin to dribble a ball with my hands and feet. To be able to change direction to move away from a defender. To be able to recognise space when playing games. To be able to send and receive a ball with hands and feet. To be able to use simple rules to play fairly. To be able to move to stay with another player when defending. To be able to recognise changes in my body when I do exercise. To be able to understand when I am a defender and when I am an attacker.
Ready, position, soft, swing, track, underarm, control.	Distance, overarm, underarm, swing, balance, further.	Attacker, defender, goal, track, mark, dodge.

Key Stage 1 - PE



Year 2

Dance	Gymnastics	Yoga
<ul style="list-style-type: none"> To begin to provide feedback using key words. To be able to copy, remember, repeat and create dance phrases. To be able to describe how my body feels during exercise. To be able to show a character and idea through the actions and dynamics I choose. To be able to use counts to stay in time with the music. To be able to work with a partner using mirroring and unison in our actions. To be able to show confidence to perform. 	<ul style="list-style-type: none"> To begin to provide feedback using key words. To be proud of my work and confident to perform in front of others. To be able to perform the basic gymnastic actions with some control and balance. To be able to plan and repeat simple sequences of actions. To be able to use directions and levels to make my work look interesting. To be able to use shapes when performing other skills. To be able to work safely with others and apparatus. 	<ul style="list-style-type: none"> To begin to provide feedback using key words. To be able to copy, remember and repeat yoga flows. To be able to describe how my body feels during exercise. To be able to move from one pose to another thinking about my breath. To be able to use clear shapes when performing poses To be able to work with others to create simple flows showing some control
Dynamics, expression, matching, mirroring, perform, speed, unison, create.	Link, pathway, pike, sequence, straddle, tuck.	Strength, flow, flexibility, create, choose, perform.
Sending & Receiving	Target Games	Invaasion Games
<ul style="list-style-type: none"> To begin to provide feedback using key words. To be able to beginning to trap and cushion a ball that is coming towards me. To be able to accurately throw and kick a ball to a partner. To be able to catch a ball passed to me, with and without a bounce. To be able to roll a ball to hit a target. To be able to track a ball and stop it using my hands and feet. To be able to work co-operatively with a partner and a small group. To be able to work safely to send a ball towards a partner using a piece of equipment. 	<ul style="list-style-type: none"> To be able to select the appropriate skill for the situation. To be able to throw, roll or strike a ball to a target with some success. To be able to work co-operatively with a partner and a small group. To be able to understand the principles of a target game and can use different scoring systems when playing games. To be able to understand what good technique looks like and can use key words in the feedback I provide. 	<ul style="list-style-type: none"> To be able to describe how my body feels during exercise. To be able to dodge and find space away from the other team. To be able to move with a ball towards goal. To be able to sometimes dribble a ball with my hands and feet. To be able to stay with another player to try and win the ball. To know how to score points and can remember the score. To know who is on my team and I can attempt to send the ball to them.
Collect, release, receive, prepare, touch.	Accurate, opponent, release, strike, teammate, ahead.	Goalkeeper, teammate, possession, opponent, tactic, send, defend, receive, attack, shoot.