

PE Skills

Expected by End of Year 1

Invasion Games

- Pupils can stop a ball with basic control using any body part and can change direction and speed when they need to.
- They can play against someone in a game situation with the intention of winning and can watch other people's movements and say why it is good.
- Pupils can say what the body feels like when they exercise and know why running and playing games is good for them.

Gymnastics

- Pupils can copy and explore basic gymnastic actions including travelling, rolling, jumping and climbing with some control and coordination, beginning to choose and link basic actions.
- They can use space appropriately and can watch and explain what is good about a performance.
- Pupils can say what changes have happened to their body whilst exercising and can carry and place apparatus safely with guidance.

Dance

- Pupils can copy and explore basic dance actions including travelling, jumping, turning, gesture and stillness with some control and coordination, beginning to choose how, where and when actions are performed.
- They can use space appropriately and can watch and explain what is good about a performance.
- Pupils can say what changes have happened to their body whilst exercising.