



## Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### Games

- ❖ I can throw underarm.
- ❖ I can hit a ball with a bat.
- ❖ I can move and stop safely.
- ❖ I can throw and catch with both hands.
- ❖ I can throw and kick in different ways.

### Gymnastics

- ❖ I can make my body curled, tense, stretched and relaxed.
- ❖ I can control my body when travelling and balancing.
- ❖ I can copy sequences and repeat them.
- ❖ I can roll, curl, travel and balance in different ways.

### Dance

- ❖ I can move to music.
- ❖ I can copy dance moves.
- ❖ I can perform my own dance moves.
- ❖ I can make up a short dance.
- ❖ I can move safely in a space.

### General

- ❖ I can copy actions.
- ❖ I can repeat actions and skills.
- ❖ I can move with control and care.
- ❖ I can use equipment safely.