



## 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 use hitting, kicking and/or rolling in a game.
- ❖ I can decide the best space to be in during a game.
- ❖ I can use one tactic in a game.
- ❖ I can follow rules.

### Gymnastics

- ❖ I can plan and perform a sequence of movements.
- ❖ I can improve my sequence based on feedback.
- ❖ I can think of more than one way to create a sequence which follows some 'rules'.
- ❖ I can work on my own and with a partner.

### Dance

- ❖ I can change rhythm, speed, level and direction in my dance.
- ❖ I can dance with control and coordination.
- ❖ I can make a sequence by linking sections together.
- ❖ I can use dance to show a mood or feeling.

### General

- ❖ I can copy and remember actions.
- ❖ I can talk about what is different from what I did and what someone else did.