

Physical Education Year 1	
Physical skills	• Perform a range of fundamental skills with some control and consistency including running, jumping, throwing and catching • Perform a sequence of dance movements with some changes in level, direction and speed • Develop balance, agility and co-ordination in a range of activities • Perform single skills or movements with some control
Cognitive and creative skills	• Begin to order and follow instructions, movements and skills • Recognise similarities and differences in performance and explain why someone/something is working well • Begin to analyse their own performance • Explore and describe different movements
Personal skills	• Follow instructions, practise safely and work on simple tasks alone • Develop confidence and resilience and compete against themselves
Health and Fitness Skills	• Develop an awareness of why exercise is important for good health • Begin to say how the body feels before, during and after exercise • Use equipment safely and appropriately with safe landings
Key vocabulary	Related Vocabulary
Greater Depth:	• Create and perform movement phrases with a beginning, middle and an end • Show good awareness of space, apparatus and the actions of others • Successful application of skills in a variety of situations • Individual talents and interests (in and out of school) are enhanced
Topic/Novel Link:	

Defined End Point
- Develop competence to excel in a broad range of physical activities - Understand how to lead healthy, active lives