

Name: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PE – Year 1**

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|  | **Key Objectives:****Autumn 1 - Gymnastics** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I transfer work safely from the floor to apparatus? |  |  |
| Can I explore basic and still shapes: straight, tuck, straddle and pike? |  |  |
| Can I demonstrate different balances to show wide and narrow body shapes whilst making my body tense, stretched or curled? |  |  |
| Can I bounce, hop, spring and jump using a variety of take offs and landings? |  |  |
| Can I spin, rock, roll and turn with control on various parts of the body? |  |  |
| Can I wait my turn? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I say what I liked about someone else’s performance? |  |  |

**Autumn 2 – Invasion Games**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can recognise space when playing games? |  |  |
| Can I use simple rules to play fairly? |  |  |
| Can I understand when I’m an attacker? |  |  |
| Can I understand when I am a defender? |  |  |
| Can I use equipment safely for its intended purpose? |  |  |
| Can I send and receive with hands and feet to a partner? |  |  |
| Can I begin to dribble with my hands and feet? |  |  |
| Can I change direction to move away from a partner? |  |  |
| Can I explore tracking and move to stay with a partner? |  |  |

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|  | **Key Objectives:****Spring 2 – Striking & Fielding** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I strike a ball with my hand? |  |  |
| Can I track and retrieve a ball that is coming towards me? |  |  |
| Can I explore techniques when throwing over and under arm? |  |  |
| Can I use coordination when catching? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I say when I am successful? |  |  |
| Can I understand rules and begin to use these to play honestly and fairly? |  |  |

**Spring 1 - Dance**

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A close-up of a logo  Description automatically generated with low confidence | Can I copy, remember and repeat actions? |  |  |
| Can I move confidently and safely? |  |  |
| Can I choose appropriate movements for different dance ideas? |  |  |
| Can I turn left, and right? |  |  |
| Can I move to the beat? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I say what I liked about some else’s performance? |  |  |
| Can I begin to use counts within my performance? |  |  |

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I track balls and other equipment sent to me? |  |  |
| Can I hit a dropped ball with a racket? |  |  |
| Can I throw a ball over a net to land into a court area? |  |  |
| Can I explore underarm rallying with a partner? |  |  |
| Can I use the ready position to move towards a ball |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I score points? |  |  |
| Can I show honestly and fair play when playing against an opponent? |  |  |

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|  | **Key Objectives:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I begin to show balance and co-ordination when changing direction? |  |  |
| Can I run at different speeds? |  |  |
| Can I develop balance whilst jumping and landing? |  |  |
| Can I throw towards a target? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I work with others and make safe choices? |  |  |

 **Summer 2 – Net & Wall Games**

 **Summer 1 - Athletics**