

**Subject - Physical Education**

	<b>Foundation Stage</b>	<b>Year 1</b>	<b>Year 2</b>
<b>Fundamental Movements</b>	<ul style="list-style-type: none"> <li>• I know the importance of physical activity.</li> <li>• I can develop and show good control and coordination using large and small movements.</li> <li>• I can move confidently in a range of ways, safely negotiating space.</li> <li>• I can handle equipment and tools effectively and safely, including pencils for writing.</li> <li>• I can practise large muscle movements.</li> <li>• I can practise large motor movements.</li> <li>• I can use manipulation and fine motor control.</li> <li>• I can use mark making in all areas of the setting.</li> <li>• I can move equipment and resources around to change the spaces.</li> <li>• I can build obstacle courses that involve crawling, balancing, swinging, climbing, and jumping and to challenge myself to develop my individual skills.</li> <li>• I know and understand how different pathways can make travelling more interesting.</li> <li>• I can identify strengths and weaknesses in my own, and other pupils' travelling methods.</li> <li>• I can use my body to make shapes.</li> </ul>	<ul style="list-style-type: none"> <li>• I can hold a balance whilst walking along a straight line.</li> <li>• I can zigzag through a series of markers spaced evenly, about 2m apart.</li> <li>• I can hop on the spot using the same foot.</li> <li>• I can jump for distance and height.</li> <li>• I can catch a beanbag.</li> <li>• I can throw a small ball underarm, using the correct technique.</li> <li>• I can copy actions.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> <li>• I can describe and comment on performance.</li> <li>• In Gymnastics, I can make my body curled, tensed, stretched and relaxed.</li> <li>• In Gymnastics, I can control my body when travelling and balancing.</li> </ul>	<ul style="list-style-type: none"> <li>• I can zigzag through a series of tightly spaced markers.</li> <li>• I can hop along a straight line using the same foot.</li> <li>• I can jump for distance controlling the landing.</li> <li>• I can jump for height with a controlled landing.</li> <li>• I can catch a small ball.</li> <li>• I can throw a small ball overarm, using the correct technique.</li> <li>• I can copy and remember actions.</li> <li>• I can compare my performance with others.</li> <li>• In Gymnastics, I can work on my own and with a partner.</li> <li>• In Gymnastics, I can plan and perform a sequence of movements.</li> <li>• In Gymnastics, I can think of more than one way to create a sequence, which follows some rules.</li> </ul>

	<ul style="list-style-type: none"> <li>• I can show climbing actions using the apparatus.</li> <li>• I can show movements over and under apparatus.</li> </ul>		
<b>Team Games</b>	<ul style="list-style-type: none"> <li>• I can work in a team developing a range of skills.</li> </ul>	<ul style="list-style-type: none"> <li>• I can throw underarm.</li> <li>• I can hit a ball with a bat.</li> <li>• I can move and stop safely.</li> <li>• I can throw and catch with both hands.</li> <li>• I can throw and kick in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>• I can use hitting, kicking and/or rolling in a game.</li> <li>• I can follow rules.</li> <li>• I can decide the best space to be in during a game.</li> <li>• I can show one tactic in a game.</li> </ul>
<b>Performing Dances</b>	<ul style="list-style-type: none"> <li>• I can actively take part in a range of celebrations held in school.</li> <li>• I can learn, practise and perform dances to a wide audience.</li> </ul>	<ul style="list-style-type: none"> <li>• I can move to music.</li> <li>• I can copy dance moves.</li> <li>• I can move safely in a space.</li> <li>• I can use dance to show a mood or a feeling.</li> </ul>	<ul style="list-style-type: none"> <li>• I can change rhythm, speed, level and direction in my dance.</li> <li>• I can dance with control and co-ordination.</li> <li>• I can perform my own dance moves.</li> <li>• I can make up a short dance.</li> </ul>