

Year 1

PE Expectations

I can send and receive a ball with increasing accuracy.

I can work as a team to attack and defend.

I can jump, turn and change direction.

I can combine moves to make a simple sequence.

I can balance using different parts of the body.

I can travel using different body parts.

I can run for short and long distances.

I can use co-ordination to stay in a lane.

I can observe that the body becomes hot during vigorous exercise.