

KS1: I can ...

make decisions and
know where I need
to improve.

show our character
values in PE and
sport.

improve my
balance &
movement.

be competitive with
myself and others.

develop skills and
tactics in games.

eat well and be
active.

work with others as
part of a team.

improve my
fundamental
movement skills.



KS1

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.