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| **PE Skills**  *Expected by End of Year 1* |
| **Invasion Games** |
| * Pupils can stop a ball with basic control using any body part and can change direction and speed when they need to. * They can play against someone in a game situation with the intention of winning and can watch other people’s movements and say why it is good. * Pupils can say what the body feels like when they exercise and know why running and playing games is good for them. |
| **Gymnastics** |
| * Pupils can copy and explore basic gymnastic actions including travelling, rolling, jumping and climbing with some control and coordination, beginning to choose and link basic actions. * They can use space appropriately and can watch and explain what is good about a performance. * Pupils can say what changes have happened to their body whilst exercising and can carry and place apparatus safely with guidance. |
| **Dance** |
| * Pupils can copy and explore basic dance actions including travelling, jumping, turning, gesture and stillness with some control and coordination, beginning to choose how, where and when actions are performed. * They can use space appropriately and can watch and explain what is good about a performance. * Pupils can say what changes have happened to their body whilst exercising. |

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| **PE Assessment**  *Expected by End of Year 1* | |
| **Invasion Games** | |
| * Pupils can stop a ball with basic control using any body part and can change direction and speed when they need to. * They can play against someone in a game situation with the intention of winning and can watch other people’s movements and say why it is good. * Pupils can say what the body feels like when they exercise and know why running and playing games is good for them. | |
| **Below Expectation** | **Above Expectation** |
| **Gymnastics** | |
| * Pupils can copy and explore basic gymnastic actions including travelling, rolling, jumping and climbing with some control and coordination, beginning to choose and link basic actions. * They can use space appropriately and can watch and explain what is good about a performance. * Pupils can say what changes have happened to their body whilst exercising and can carry and place apparatus safely with guidance. | |
| **Below Expectation** | **Above Expectation** |
| Dance | |
| * Pupils can copy and explore basic dance actions including travelling, jumping, turning, gesture and stillness with some control and coordination, beginning to choose how, where and when actions are performed. * They can use space appropriately and can watch and explain what is good about a performance. * Pupils can say what changes have happened to their body whilst exercising. | |
| **Below Expectation** | **Above Expectation** |