

## PE Key Skills Y1

Area	Key Skill
<b>Games</b>	<ul style="list-style-type: none"> <li>• Use basic underarm, rolling and hitting skills accurately</li> <li>• Hit and kick a ball in a variety of ways</li> <li>• Track, intercept, stop and catch balls and small equipment consistently</li> <li>• Describe some basic rules, simple tactics and the way to score</li> <li>• Show good awareness of space and the actions of others</li> <li>• Compete in small sided games</li> <li>• Know playing games is good for them and describe what it feels like</li> <li>• Watch, describe and comment on what they have seen</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Can explore movements</li> <li>• Can move confidently and safely</li> <li>• Can perform phrases</li> <li>• Can recognise how their body feels after exercise</li> <li>• Can discuss dance ideas</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required</li> <li>• Show good awareness of space, apparatus and the actions of others</li> <li>• Link and repeat basic actions to copy or create and perform a movement phrase with a beginning, middle and end</li> <li>• Know the difference between tension and relaxation in their body</li> <li>• Carry and set up equipment safely with help</li> <li>• Watch, copy and describe a short gymnastic sequence</li> </ul>
<b>Outdoor Education</b>	<ul style="list-style-type: none"> <li>• Follow simple marked trails in familiar environments and identify where they are</li> <li>• Solve simple challenges and problems successfully</li> <li>• Know what they need to be aware of to stay safe</li> <li>• Recognise when they have been energetic</li> <li>• Relay what they did when following a trail and solving a problem</li> </ul>

## PE Key Skills Y1

### Athletics

- Improve running technique and run for longer distances
- Run and jump sequence
- Develop an under and over arm throwing action
- Take part in a variety of team races using a variety of equipment
- Know running, jumping and throwing is good for them and describe what it feels like
- Watch, copy, describe and comment on what they have seen