

P.E. Continued

Being My Best										
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Multi-Skills	To be able to experiment with different ways of balancing	To be able to experiment with different ways of moving (agility)	To be able to experiment with different ways of moving a ball with different body parts (co-ordination)	To be able to balance on lines with control and use equipment to balance on various parts of the body	To be able to change direction with some control (agility)	To be able to co-operate, compete and challenge themselves as a team in various games	To be able to balance on low equipment with good control	To be able to change direction quickly with good balance and control (agility)	To be able to co-ordinate the body whilst beginning to move at different speeds with various equipment	
Striking and hitting a ball (eg, tennis, hockey etc)	To be able to run / walk under control at varying speeds around obstacles	To be able to catch and throw, using hand eye co-ordination, a range of different objects e.g. balloon, hanky	To be able to throw and catch an object with a partner, understanding basic turn taking	To be able to balance an object e.g. beanbag on a racket	To be able to move the ball with a hand in a variety of ways, patterns and speeds	To be able to throw and catch a suitable ball improving control – bounce catch to self / partner	To be able to use fore and back hand movement to push a ball along the floor to create basic rally, with a partner	To be able to balance a ball on a racket, initially standing still and then progressing to movement	To be able to become familiar with a racket and use it to push a ball along the floor, both forehand and backhand	To be able to do a one bounce, no net, rally using a racket
Throwing, catching and travelling with a ball (eg basketball, tag rugby etc)	To be able to move a ball over the body	To be able to experiment with moving an object along the floor e.g. pushing a balloon	To be able to throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls	To be able to run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork	To be able to move around safely in a variety of ways and negotiating space	To be able to throw a variety of balls into hoops and targets to score	To be able to experiment with bouncing and dribbling a ball	To be able to catch a soft ball safely, Pass a soft ball from the chest – 'W' shape when passing and receiving	To be able to move into a space looking to throw the ball to someone in a space	To be able to experiment with bouncing and dribbling a ball, beginning to use left and right hands
Growing and Changing										
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Athletics	To be able to march/run for co-ordination and speed	To be able to experiment with different ways of jumping-measuring with various objects and controlling a landing	To be able to compete with myself and my peers and improve my personal best	To be able to leap over cones, spots and throw down strips from standing	To be able to develop my technique when running at various speeds (use of arms)	To be able to jump with bended knees and pushing off – being competitive to improve distance as a pair	To be able to co-operate and compete in a team in various running games	To be able to run and jump over a series of hurdles without knocking them over whilst moving	To be able to improve jumping technique (different patterns of arms and take off feet)	To be able to maintain pace when running over a longer distant
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