

Areas	PE Skills	Year 1 and 2						
	Year:							
	Staff:							
To develop practical skills in order to participate, compete and lead a healthy lifestyle	GAMES	Use the terms 'opponent' and 'team-mate'.						
		Use rolling, hitting, running, jumping, catching and kicking skills in combination.						
		Develop tactics.						
		Lead others when appropriate.						
	DANCE	Copy and remember moves and positions.						
		Move with careful control and coordination.						
		Link two or more actions to perform a sequence.						
		Choose movements to communicate a mood, feeling or idea.						
	GYM	Copy and remember actions.						
		Move with some control and awareness of space.						
		Link two or more actions to make a sequence.						
		Show contrasts (such as small/tall, straight/curved and wide/narrow).						
		Travel by rolling forwards, backwards and sideways.						
		Hold a position whilst balancing on different points of the body.						
		Climb safely on equipment.						
		Stretch and curl to develop flexibility.						
		Jump in a variety of ways and land with increasing control and balance.						
	ATHLETICS	Show effective use of sprinting arm technique (hips to lips).						
		Learn the techniques of throwing underarm for accuracy and overarm for distance.						
		Use the basic jumping techniques when taking off and landing (1:1, 1:2, 2:1, 2:2).						

THE HIGHLIGHTED SKILLS ARE REINFORCED THROUGH FIT 4 LIFE