

Year 1 PE objectives



Dance	Gymnastics	Games	Athletics
Can respond to different stimuli with a range of actions.	Can perform basic gymnastic actions, including travelling, rolling, jumping and climbing, and stay still when required.	Can move fluently, changing direction and speed easily and avoiding collisions.	Can demonstrate the five basic jumps on their own, <i>e.g. a series of hops</i> , and in combination, <i>e.g. hop, one-two, two-two</i> , showing control at take-off and landing.
Can copy and explore basic body actions demonstrated by teacher.	Can manage the space safely, showing good awareness of others, mats and apparatus.	Can show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.	Can run continuously for about one minute and, when required, show the difference between running at speed and jogging.
Can copy simple movement patterns from others and explore that movement.	Can make up and perform simple movement phrases in response to simple tasks.	Can understand the concept of tracking, and get in line with the ball to receive it.	Can throw with increasing accuracy and coordination into targets set at different distances.
Can choose movements to make into own phrases with beginnings, middles and ends.	Can link and repeat basic gymnastic actions.	Can understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming.	Can demonstrate a range of throwing actions using a variety of games equipment.
Can practise and repeat own movement phrases and perform them in a controlled way.	Can perform movement phrases with control and accuracy.	Can use skills in different ways in different games, and try to win by changing the way they use skills in response to opponents' actions.	Can use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.
Can use simple dance vocabulary to describe movement.	Knows when their bodies are active and can talk about the difference between tension and relaxation.	Can recognise space in games and use it to their advantage, planning where to stand to make it difficult for opponents.	Can identify and describe different running, jumping and throwing actions.
Can talk about dance, linking movement to moods, ideas and feelings.	Can carry and place appropriate apparatus safely, with guidance.	Can describe what it feels like when they breathe faster during exercise.	Can explain what is successful and what they have to do to perform better.
	Can watch and describe accurately a short sequence of basic gymnastic actions, using appropriate language.	Can explain why running and playing games is good for them.	Can describe what happens to my heart, breathing and temperature during different types of athletic activity.