

Year 1 Aims	Examples of topics which could be used to meet this criteria
Acquiring and developing skills	
Games: Take part in simple team games through multi skills Drop and catch a ball with consistency	Running games Multi skills - beginning games skills Multi skills - Sending and receiving Multi skills - beginning games skills Bat and ball skills
Athletics: Take part in running, jumping and target throwing activities through multi skills	Multi skills - towards athletics running, jumping and target throwing Running games
Gym: know a variety of basic shapes, jumps and balances.	Exploring Movement -Travelling and frame Developing Skills -Badge 8 skills - shapes
Dance: can copy, explore and perform basic teacher led actions	Interpretive Dance - Under the Sea Popular Dance -Disco Yoga and meditation
Selecting and applying skills, tactics and compositional ideas	
Games : play a roll-receive rallying game in pairs.	Exploring rings and hoops Multi skills - Sending and receiving
Gym: Perform given actions in a given order with appropriate actions. Eg. a routine with a roll, then a jump then a balance.	Developing Skills -Badge 8 skills - shapes
Dance: choose and link basic actions appropriately	Popular Dance -Disco Aerobic Fitness Interpretive Dance - Under the Sea
Evaluating and improving performance	
Can watch, describe and discuss their peers' work	Exploring Movement -Travelling and frame Developing Skills -Badge 8 skills - shapes Interpretive Dance - Under the Sea
Knowledge and understanding of fitness, health and wellbeing	
Ready themselves for PE independently in reasonable time (clothing, footwear, hair and water bottle as needed). Safely carry out teacher led warm up. Aware of body changes during exercise. Aware of the need for safe practice. Fit for Life-Aware that 'exercising' (running about and playing games) is fun.	All Topics especially early in year and indoor topics - rings and hoops, gymnastics especially Running games, Aerobic Fitness, skipping, yoga especially gymnastics - moving mats, benches, planks and frames, skipping

