

Information for Parents/Carers

Targets in Physical Education

Physical Education Targets - A Year 1 Sports Person

Games

I can throw underarm.

I can hit a ball with a bat.

I can move and stop safely.

I can throw and catch with both hands.

I can throw and kick in different ways.

Gymnastics

I can make my body curled, tense, stretched and relaxed.

I can control my body when travelling and balancing.

I can copy sequences and repeat them.

I can roll, curl, travel and balance in different ways.

Dance

I can move to music.

I can copy dance moves.

I can perform my own dance moves.

I can make up a short dance.

I can move safely in a space.

General

I can copy actions.

I can repeat actions and skills.

I can move with control and care.

I can use equipment safely.