



Year 1 PE Objectives

Gymnastics

Explore and identify body parts capable of taking weight for balancing

Travel confidently and competently on different parts of the body, including hands

Hold balanced positions on large or small body parts

Link together two balances

Adapt floor work safely onto apparatus

Games

Throw and catch with different equipment individually and in pairs

Throw and catch one-handed

Aim, using different equipment

Roll, kick, bounce and throw to aim at a range of targets

Aim onto/over lines, at targets, hoops, skittles, etc.

Work in partners co-operatively and with competence to play aiming games

Dance

Copy, remember and repeat simple skills and link simple actions and skills

Respond to different stimuli with a range of actions

Copy and explore basic body actions demonstrated by the teacher

Copy simple movement patterns from each other and explore the movement

Compose and link movement phrases to make simple dances with a clean beginning, middle and end

Practise and repeat movement phrases and perform them in a controlled way