

Physical Education Key Skills

Year 1

Team games	Physical skills	Dance	Activities to develop balance, agility and co-ordination
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Physical skills include: running, jumping, throwing, catching, balancing

Supporting health and fitness	To join in with warm up activities and stretches
	To take part in physical activities
	To know that physical activity is good for me
Physical competence	To choose which actions to make
	To use some skills I have been taught when participating in an activity
	To move with some control and care
	To explore new skills
	To talk about what others have done
	To talk about what I have done
	To listen to advice about how to improve my performance
	To copy actions
Personal skills	To behave in a safe way
	To play in a team
	To be kind to others during activities
	To understand that it is ok to loose