

Year 1 and 2 Basic Movement Objectives: Key- **Physical, Psychological, Technical, Social**

	1	2	3	4	5	6
<b>Year 1</b>	<p>I can send a ball to a partner in different ways (throwing, pushing, rolling).</p> <p>I can copy actions and ideas to improve.</p>	<p>I can run, jump, balance, hop, leap and skip.</p> <p>I can work well within groups- sharing, taking turns, and co-operating with others.</p>	<p>I can throw overarm, underarm and pull towards a target.</p> <p>I can throw/hit a ball in different ways.</p> <p>I can move fluently, changing direction and speed and avoiding collisions.</p>	<p>I can run, jump and throw with increasing control.</p> <p>I can describe why running and playing games is good for me.</p>	<p>I know when and where to run, showing good awareness of others.</p> <p>I can show a difference between sprinting and running a longer distance.</p> <p>I can describe changes to my heart rate when playing a game.</p>	<p>I can play in a safe way- showing good awareness of others.</p> <p>I can describe what I have done and seen others do</p>
<b>Year 2</b>	<p>I can show control and co-ordination when running.</p> <p>I can throw/hit a ball in different ways.</p> <p>I understand how communication helps to solve problems.</p>	<p>I can run, jump, balance, hop, leap and skip.</p> <p>I can catch and stop a ball, getting in line to receive it.</p>	<p>I can throw overarm, underarm and pull towards a target.</p> <p>I can understand why being active is good for me.</p>	<p>I know when and where to run, showing good awareness of others.</p> <p>I can describe what it feels like to breath quickly when exercising.</p>	<p>I can display basic ball control when sending an object to a target.</p> <p>I can identify what skills I need to practice.</p>	<p>I can move fluently, changing direction and speed and avoiding collisions.</p> <p>I can identify good technique and explain why it is good.</p>

Year 1 and 2 Games objectives: Key- **Physical, Psychological, Technical, Social**

	1	2	3
<b>Year 1</b>	<p>I know that there are attackers and defenders in games, and I can identify them.</p> <p>I can show control and co-ordination when running.</p>	<p>I know that simple tactics, e.g. moving to defend a goal, will make it difficult for opponents.</p> <p>I can work well within groups- sharing, taking turns, and co-operating with others.</p>	<p>I can move fluently, changing direction and speed and avoiding collisions.</p> <p>I know that there are rules of the game I must follow.</p>
<b>Year 2</b>	<p>I can recognise space in games and use it to gain an advantage.</p> <p>I can show control and co-ordination when running.</p> <p>I understand how communication helps to solve problems.</p>	<p>I can use simple tactics within games- such as deciding when to pass and when to run.</p> <p>I can move fluently, changing direction and speed and avoiding collisions.</p> <p>I can choose the skills needed when competing in games.</p>	<p>I can defend between a ball and a target.</p> <p>I can use actions and ideas I have seen to improve my own skills.</p>