



P.E Statements Year 1



1. Throw and catch showing a degree of competency, in isolation and in varied environments
2. Demonstrate changes of direction, speed & level
3. Show an awareness of how the body changes/functions during exercise
4. Perform and repeat sequences of movements
5. Displays development FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to achieve success, individually and as a team
7. Begin to show proficiency in one stroke when swimming
8. With guidance participate displaying respect, fair play and working well with others

"Lasting Learning Experiences for Life"