

I can use my body
with skill!



Athletes are learning...

To move safely in a space, with confidence.

To move in a variety of ways, including running, jumping, hopping and skipping, then stop safely.

To develop control when using equipment; To balance and safely use apparatus.

To follow a path and take turns.

To work cooperatively with a partner.

To balance on different body parts.

To explore different ways to travel using equipment, traveling around, over and through apparatus.

To roll and track a ball.

To throw and catch with a partner, developing accuracy when throwing to a target.

To create short sequences using shapes, balances and travelling actions.

To jump and land safely from a height.

To develop rocking and rolling.

To follow instructions and move safely when playing tagging games.

To learn to play against an opponent and follow rules.

To explore striking a ball, including kicking and using bats to aim a ball at a target.

At the end of the year Athletes can...

Negotiate space and obstacles safely, with consideration for themselves and others.

Demonstrate strength, balance and coordination when playing.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Create short sequences linking actions together and including apparatus through movement.

Move with control and coordination, copying, linking and repeating actions.

Remember and repeat actions, exploring pathways and shapes and keeping score.

Work cooperatively as a team.