



# PE Y1 Autumn 1

I can learn to stay on task with help  
I can learn to stay on task  
independently  
I can ask for help when needed



## Vocabulary

Following instructions

Gallop

Hop

Skip

Standing still

Balance

Trying again

Pivot

Side step



## Coordination

## Footwork



## Static Balance

## One Leg



# PE Y2 Autumn 1

I can learn to stay on task with help  
I can learn to stay on task  
independently  
I can ask for help when needed



## Vocabulary

Following instructions

Gallop

Hop

Skip

Standing still

Balance

Perseverance

Pivot

Side step



## Coordination

## Footwork



## Static Balance

## One Leg



# PE Y3

## Autumn 1



**I can take control** - I know where I am with my learning and have begun to challenge myself.



## Coordination

### Footwork

I can hopscotch forwards and backwards alternating leg each time.  
I can move in a three-step zig zag pattern forwards.  
I can move in a three-step zig zag pattern backwards.



## Static Balance

### One Leg

I can stand still for 30 seconds with my eyes closed.  
I can complete five squats.  
I can complete 5 ankle extensions.

### Vocabulary

Following instructions

Balance

Perseverance

Pivot

Side step

Challenge

Ankle extensions

Positivity

Alternating

Zig zag pattern

Passing

Receiving



# PE Y4 Autumn 1



**I can take control** - I know where I am with my learning and have begun to challenge myself.



## Coordination

### Footwork

I can combine 3 step zig zag patterns with cross over when changing the lead leg.  
I can move in three step zig zag patterns with a knee raise across the body just before changing lead leg and direction  
I can move in a three-step zig za. pattern with a knee raise behind the body just before changing lead leg direction.



## Static Balance

### One Leg

I can stand still on an uneven surface for 30 seconds.  
I can stand still on an uneven surface for 30 seconds with eyes closed.  
I can complete 10 squats into ankle extensions.  
Complete five squats with eyes closed.

## Vocabulary

Following instructions

Balance

Perseverance

Pivot

Side step

Challenge

Ankle extensions

Positivity

Alternating

Zig zag pattern

Passing

Receiving



I can consistently try to improve.  
I can cope well and react positively when things become difficult.  
I can persevere with a task and improve my performance with regular practise.



## Coordination Ball Skills

I can stand with my legs apart and move a ball in a figure of 8 around both legs 12 times.  
I can move a ball around my waist into a figure of 8 around both legs 10 times.  
I can move a ball around my waist and then around alternate legs 12 times.  
I can stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce.

# PE Y5

## Autumn 1



## Agility

### Reaction / Response

I can react and step across my body, bring my hand across my body and catch a tennis ball after 1 bounce.  
I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

## Vocabulary

Alternate  
Control  
Coordination  
React  
Figure of eight  
Perseverance  
Communication  
Ready position  
Agility  
Reaction  
Response  
Evaluate  
Balanced



I can consistently try to improve.  
 I can cope well and react positively when things become difficult.  
 I can persevere with a task and improve my performance with regular practise.



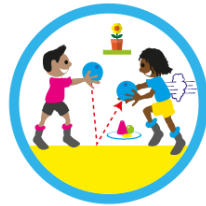
## Coordination

### Ball Skills

I can stand with my legs apart and move a ball in a figure of 8 around both legs 12 times.  
 I can move a ball around my waist into a figure of 8 around both legs 10 times.  
 I can move a ball around my waist and then around alternate legs 12 times.  
 I can stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce.

# PE Y6

## Autumn 1



## Agility

### Reaction / Response

I can react and step across my body, bring my hand across my body and catch a tennis ball after 1 bounce.  
 I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

## Vocabulary

Alternate  
 Control  
 Coordination  
 React  
 Figure of eight  
 Perseverance  
 Communication  
 Ready position  
 Agility  
 Reaction  
 Response  
 Evaluate  
 Balanced