

DANCE

Copy and repeat simple skills

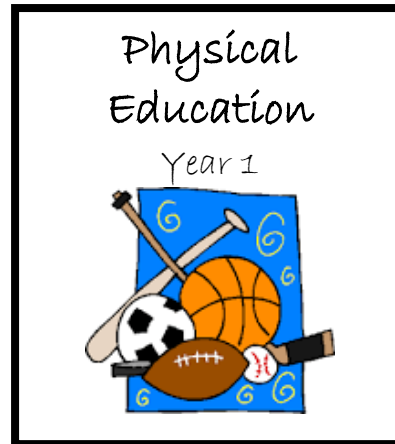
I can follow a leader demonstrating jumps, hops, skips and respond to different stimuli with a range of actions.

I can explore basic body actions and copy simple movement patterns.

Link simple actions and skills

I can compose and link movement phrases to make simple dances with clean beginning, middle and end.

I can practice, repeat and perform movement phrases in a controlled way.



GAMES

Copy and repeat simple skills

I can throw and catch a ball with a partner.

I can move fluently, changing direction and speed easily and avoiding collisions.

I can show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.

Link simple actions and skills

I can choose and use skills effectively for particular games - aiming, hitting into a space, taking the ball to a good position for aiming.

I can use skills in different games and adapt the way skills are used in response to an opponent's actions.

GYMNASTICS

Copy and repeat simple skills

I can perform basic actions like traveling, rolling and jumping.

I can manage the space safely, showing good awareness of others, mats and apparatus.

Link simple actions and skills

I can make up simple movement phrases in response to simple tasks.

I can link and repeat basic actions.

I can perform movement phrases with control and accuracy.

UNDERSTANDING OF HEALTH AND FITNESS

I can describe how bodies feel when still and when exercising.