


PE Skills Document – Year 1

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Negotiate space and dodge when racing and chasing, adjusting speed or changing direction to avoid obstacles. Develop simple tactics for attacking and defending			
Throwing/Catching/Striking a Ball Pat, throw (Over-arm/under-arm), kick, stop and sometimes catch a ball.			
Tactics Accurately shadow a partner's movements.			
Dance Create simple movement patterns showing some awareness of rhythm. Perform simple movement or dance work, sometimes with a partner.			
Athletics Skills Run a short distance with some control. Jump with both feet from standing, jump for height/distance Hop			
Gymnastics Skills Show control and co-ordination when standing still. Line balance Perform basic sequences, using space safely. Recognises simple technical words (e.g. roll, travel and balance).			
Development Identifies a simple goal for improvement in an area of PE.			