

In Physical Education we are active, we take part in games, perform simple movement patterns and know how to lead healthy active lives.



catching

Reach — reach hands out towards the ball.  
Grab — grab the ball.  
Bring — bring the ball into your body.



throwing

Face your target.  
Relax your arm to make a lowercase 'l' shape.  
Swing, step, throw.  
Swing, step, throw.



jumping

Stand with ankles, knees and hips bent ready to jump.  
Use arms to swing forwards, at the same time push off the floor with feet.  
Land with both feet, bending ankles, knees and hips.



running

Stand tall, push off back foot to move forwards.  
Hands move up and down from hip to jaw height.  
Lift the knee high, push off with other leg.

# Physical Education Key Stage 1



agility

Agility is being able to move in different directions at different speeds.



balance

Balance is the ability to control your body in its own space.



coordination

Coordination is using all parts of your body working together to perform a skill.

