



PE		Year 1	
<b>Focus: Fundamentals</b>			
Age related vocabulary			
<b>Balance</b>	To hold steady.	<b>Dodging</b>	To avoid something by moving quickly aside or changing direction.
<b>Changing Direction</b>	To turn and move towards a different place or object.	<b>Co-ordination</b>	Different muscles working together to complete a tricky movement.
<b>Speed</b>	How quickly or fast something moves.	<b>Combination</b>	A collection of things that are put together or mixed.

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can explore balance, stability and landing safely.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore how the body moves differently when running at different speeds.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore changing direction and dodging.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore jumping, hopping, and skipping actions.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore co-ordination and combining jumps.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore combination jumping and skipping in an individual rope.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> <li>• Bend your knees to jump and land.</li> <li>• Swinging your arms helps you to jump higher and further.</li> <li>• Moving your arms faster helps you to move forward quickly.</li> <li>• Keep your head up and look where you are going when moving.</li> <li>• Push off one foot to the other to change direction.</li> <li>• Land on the balls of your feet helps you to stay balanced.</li> </ul>