

Y1 Compete/Perform Engage in competitive activities and team games.	Y1 Evaluate Watch and describe performances.	Y1 Evaluate Begin to say how they could improve.					
	Y1 Jumping Land safely and with control.	Y1 Jumping Work with a partner to develop the control of their jumps.	Y1 Throwing Throw underarm and overarm.	Y1 Throwing Throw a ball towards a target with increasing accuracy.	Y1 Throwing Improve the distance they can throw by using more power.	Y1 Compete/Perform Begin to perform learnt skills with some control.	
Y1 Running Change direction when jogging.	Y1 Running Sprint in a straight line.	Y1 Running Change direction when sprinting.	Y1 Running Maintain control as they change direction when jogging or sprinting.	Y1 Jumping Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.	Y1 Jumping Perform a short jumping sequence.	Y1 Jumping .Jump as high as possible.	Y1 Jumping Jump as far as possible.
	Y1 Health & Fitness Describe how the body feels before, during and after exercise.	Y1 Health & Fitness Carry and place equipment safely.	Y1 Running Vary their pace and speed when running.	Y1 Running Run with a basic technique over different distances.	Y1 Running Show good posture and balance.	Y1Running Jog in a straight line.	