**Year 1**

**PE Skills List**

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|  | I can show the difference between fast/ slow, jumping/ landing, 1 foot to 2 feet, throw over a raised obstacle, different styles of running. | I can bend my knees to initiate a turn. | I can swing my arm to throw. | I can say how we help ourselves jump higher, throw further and run faster. | I can discuss how I can improve my performance. | I can describe how warm and tired I feel after running quickly compared with sometimes moving more slowly. | I can say why I must not rush about too close to one another or a wall, or around equipment. | I can stop and pass the ball on command. | I can show different ways of moving a ball along a pathway. | I can choose the best way of moving a ball quickly and accurately down a pathway and where to stand as a defender to stop others scoring. | I can describe my own game to a partner and then help that partner to play my game. | I can comment on what I am doing when playing my own game and why. | I can talk about how to move without bumping into others. | I can describe how the heart pumps faster when I am running about. | I can copy the movement my partner makes, changing when moving quickly or slowly. | I can show how I might stretch and uncurl with a still end position with a clear start and finish to my dance. | I can describe how my body could move if it was changing from a sharp shape to a soft melting shape. | I can comment on a shape which is strong and clear within a group. | I can explain why it is important to have bare feet for some dance activities. | I can travel, stop and make a shape or action. I can copy a partner. | I can link 2 actions together and repeat them e.g. bunny hop, monkey walk. | I can talk about the quality of what I am doing. | I can follow a path linking beginning to end and in a gymnastic way e.g. jumps, rolls, hands and feet. |
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|  | I can describe y own movement/ shape and help a partner perform it. | I can recognise the changes that happen to my body when I am active. | I can stop and control a medium sized ball on command. | I can throw beanbags accurately into a hoop to score. | I can find the best way to throw the beanbag. | I can try and stop a partner from getting the beanbag passed me. | I can comment on what I am doing and where best to aim to score a point. | I can show different ways of moving a ball along a pathway and when fielding I can decide on the best place to stand. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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