

Physical Education - Year 1 Learning Ladder



Year 1 Programme of Study Objectives					
Knowledge and understanding of fitness and health					
To discuss how their body feels before, during and after exercise.					
To know that physical activity is part of a balanced lifestyle					
To be able to exercise safely					
To listen and follow instructions					
Acquiring and developing Dance					
Copy and repeat simple dance moves					
Perform simple dance movements and move according to music.					
Work with a group and create basic dance routines					
To move around a space safely					
Games					
To have awareness of the space around them					
To have some awareness of coordination and basic control					
Throw equipment underarm					
Roll equipment					
Change direction, speed and find a space					
Move and stop safely					
Catch with both hands					
Hit a ball with a bat					
To co-operate in small 2-sided games					
Gymnastics					
To travel in different ways in a space					
Copy and repeat a sequence of movements					
To jump and land safely in a variety of ways both on and off apparatus					
To balance in different ways showing some awareness of control					
Roll in a variety of ways					
To create a simple sequence					
Evaluating and improving					
Talk about their work					
Describe what was successful					
Suggest ways to improve					