



FS Sports Stars



Over Foundation Stage, in PE, the children will:

Practice the key skills of agility, balance and coordination, individually and with others.

Engage in competitive (against others) and co-operative physical activities.

By the end of FS a child who is attaining typically will be able to:

Show good control and co-ordination in large and small movements.

Move confidently in a range of ways, safely negotiating space with good balance.

Travel using different speeds and changing directions with ease.

Develop fine motor skills so they can handle equipment and tools effectively.

By the end of KS1 a child attaining typically will be able to understand and use the following vocabulary:

direction run movement
roll catch hop healthy throw
speed partner balance jump