



KS1 Sports Stars



Over Key Stage One (KS1), in PE, the children will:

Extend their agility, balance and coordination, individually and with others.

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

By the end of KS1 a child who is attaining typically will be able to:

Master basic movements including running, jumping, throwing and catching.

Begin to apply balance, agility and co-ordination to a range of activities.

Participate in team games, developing simple tactics for attacking and defending.

Perform dances using simple movement patterns.

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

run
attack tactics catch accuracy participation throw
agility defend
coordination balance jump