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**Stocksbridge Nursery Infant school**

**Key Concepts**

**PE**

Resilience

* Willing to try new activities.
* Identify when help is needed.
* Apply performance-based feedback in order to improve.

Skill

* Show good control and co-ordination in large and small movements (e.g. walking, running, skipping, climbing, throwing, catching and kicking).
* Demonstrate hand-eye coordination to hit objects

Physical and Mental Fitness

* Recognise how to be healthy and how a healthy lifestyle improves physical fitness.

Competition

* Understand and follow the rules of a team game.
* Develop simple tactics for attack, defence and performance in order to improve.
* Explore different roles within team.