



Year 1 Expectations in PE

Games Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
use basic underarm, rolling and hitting skills		
sometimes use overarm skills		
intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency		
sometimes catch a beanbag and a medium-sized ball		
track balls and other equipment sent to them, moving in line with the ball to collect it		
throw, hit and kick a ball in a variety of ways, depending on the needs of the game		
choose different ways of hitting, throwing, striking or kicking the ball		
decide where to stand to make it difficult for their opponent		
describe what they and others are doing		
describe how their body feels during games		



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Outdoor and Adventurous Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
identify where they are by using simple plans and diagrams of familiar environments		
use simple plans and diagrams to help them follow a short trail and go from one place to another		
respond to a challenge or problem they are set		
begin to work and behave safely		
work increasingly cooperatively with others, discussing how to follow trails and solve problems		
recognise that different tasks make their body work in different ways		



comment on how they went about tackling tasks		
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Dance Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
perform basic body actions		
use different parts of the body singly and in combination		
show some sense of dynamic, expressive and rhythmic qualities in their own dance		
choose appropriate movements for different dance ideas		
remember and repeat short dance phrases and simple dances		
move with control		
vary the way they use space		



describe how their lungs and heart work when dancing		
describe basic body actions and simple expressive and dynamic qualities of movement		

Gymnastic activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
show basic control and coordination when travelling and when remaining still		
choose and link 'like' actions		
remember and repeat these actions accurately and consistently		
find and use space safely, with an awareness of others		
identify and copy the basic actions of gymnasts		



use words such as rolling, travelling, balancing, climbing		
make their body tense, relaxed, stretched and curled		
describe what they do in their movement phrases		

Athletic activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
run at fast, medium and slow speeds, changing speed and direction		
link running and jumping activities with some fluency, control and consistency		
make up and repeat a short sequence of linked jumps		



take part in a relay activity, remembering when to run and what to do		
throw a variety of objects, changing their action for accuracy and distance		
recognize when their heart rate, temperature and breathing rate have changed		

Swimming activities and water safety

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
swim between 10 and 20 metres unaided in shallow water, using their arms and legs to propel themselves		
use one basic method to swim the distance, making sure that they breathe		
using floats, swim over longer distances and periods of time with a more controlled leg kick		



join in all swimming activities confidently		
explore freely how to move in and under water		
recognise how the water affects their temperature		
recognise how their swimming affects their breathing		
identify and describe the differences between different leg and arm actions		