

Year 1

Physical Education

Age Related Expectations

Gymnastics

Travel by rolling sideways and hold a balance on different points of the body.

Dance

Copy and remember moves and positions and move with some control.

Athletics

Use some running and jumping skills.

Ball Games

Recognise the term 'teammate' and use some hitting and rolling skills.

Swimming

Swim competently, confidently and proficiently building to over a distance of at least 25 metres.

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].

Perform safe self-rescue in different water-based situations.