



Physical Education Learning Ladders

Year 1

Year 1	Areas of Study-
Functional movement	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height
Developing Balance	Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb
Agility and coordination	Be able to throw and catch a large ball – over arm and under arm Roll a ball to an end target Kick a ball with increasing accuracy to an end target Dribble a ball Balance a ball on a racket
Movement patterns	Dance to link in with learning theme Copy a dance pattern Move to a beat Link 2 dance movements together
Team games	Be able to participate in a game with an opposing side Use hands to control a ball with increasing accuracy Be able to play a game following a set of rules
Knowledge and understanding of fitness and health	Describe how they feel during and after exercise Talk about how to exercise safely.