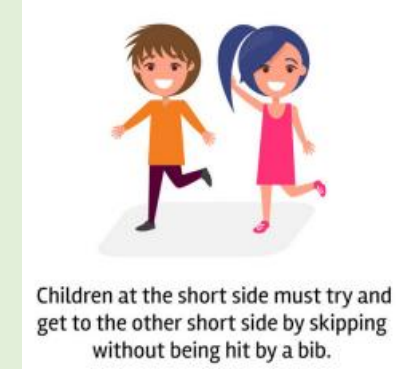


PE Year 1 and 2 Autumn 1

Fundamental Skills



- Test the mastery levels of movement skills.
- Show a mastery of skills in game scenarios.
- Travel backwards using various different movements.
- Travel backwards showing speed and control.
- Show an efficient running style with arms and legs coordinated.
- Use efficient running style in various running games.
- Show an effective dodging action



Question

Can you travel backwards showing speed and control?

Vocabulary

Apply skills in game scenarios, speed, control, coordination, efficient running style, effective dodging style.