



KS1 Physical Education I Can Checklist



I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.

I can participate in team games, developing simple tactics for attacking and defending.

I can perform dances using simple movement patterns.

I can perform fundamental skills with equipment in minor games.

I can follow a simple sequence that links basic movement patterns in *Gymnastics*.