



★ AFL – Flashback to Last Year What can we remember?

In EYFS/Year One we learned to:

- ✓ Move safely in different ways.
- ✓ Follow simple instructions.
- ✓ Use space around us.
- ✓ Throw and catch simple equipment.
- ✓ Begin to balance and travel with control.

In Key Stage One we will:

- ✓ Develop agility, balance and coordination.
- ✓ Apply skills with more control and fluency.
- ✓ Use throwing and catching skills with accuracy.
- ✓ Work with others, taking turns and supporting each other.
- ✓ Try our best and persevere to improve.



KEY VOCABULARY

Agility and Balance (Indoor PE)

Agility	balance	coordination
Move quickly and change direction.	Stay steady and in control of your body.	Use different parts of your body together.
travel	control	obstacle
Move from one place to another.	Move with care and show good body control.	Something that you move around or over.

Throwing and Catching (Outdoor Games)

throw	catch	aim
Send an object with control to a target.	Receive an object safely with your hands.	Choose a target and try to hit it accurately.
underarm	overarm	ready
Move from low down with control.	Throw over your head with control.	Be prepared, watch and get set.

PROGRESSION: YEAR 1 → YEAR 2

Across both Indoor PE and Outdoor Games, children will show:

YEAR ONE Developing competence

- ★ Begin to show control in our movements.
- ★ Use skills with support and guidance.
- ★ Make simple decisions in activities.
- ★ Throw and catch with some accuracy.
- ★ Work with others in simple games.

YEAR TWO Increasing complexity

- ★ Show more control, fluency and confidence.
- ★ Use skills in more complex situations.
- ★ Make better decisions and solve problems.
- ★ Throw and catch with greater accuracy.
- ★ Support and lead others in games.

★ Competency and complexity – we build and improve each year! ★

OUR LEARNING JOURNEY

INDOOR PE: Agility and Balance



OUTDOOR (Games): Throwing and Catching



★ LET'S WORK TOGETHER! ★

We take turns, listen to each other and celebrate everyone's success. Together we can be our best!



PSHE LINK Being Confident & Resilient

We are confident when we...

- ✓ Try new challenges.
- ✓ Keep practising even when it is hard.
- ✓ Believe we can improve.
- ✓ Help and encourage our friends.

We are resilient when we...

- ✓ We don't give up.
- ✓ We learn from our mistakes.
- ✓ We keep going and try again.
- ✓ We are proud of our effort.

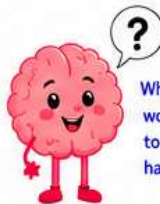


MAKE CONNECTIONS – TALK ABOUT IT!

- ✓ How do we stay balanced?
- ✓ What helps us change direction quickly?
- ✓ How can we throw accurately?
- ✓ What makes a good catch?
- ✓ How can we be a good partner in games?



CURIOSITY



What new skills would you like to try this half term?

HOME LEARNING IDEAS

- ★ Practise balancing on one leg while brushing your teeth.
- ★ Play catch with a family member using a soft ball.
- ★ Set up an obstacle course at home and try to move through it safely.
- ★ Try a new game at the park and practise throwing and catching.

? ASK ME...

- ✓ What is agility?
- ✓ How do you stay balanced?
- ✓ How do you throw accurately?
- ✓ What helps you catch successfully?
- ✓ What did you enjoy most in PE today?



MY CHECKLIST I can...

- ☐ move in different ways with control?
- ☐ balance in different situations?
- ☐ throw with accuracy?
- ☐ catch with soft hands?
- ☐ work well with my partner or team?
- ☒ try my best and improve?

I CAN'T DO IT...YET!

I can't do it...YET!
But I will keep trying!
YET means I am learning, growing and getting better.
Mistakes help my brain grow!
I believe in myself!
I may not know it now, but with effort and practice, I will get better and learn more!



WELL DONE!

