



# KS1 SPORTS STARS

**DURING KS1 CHILDREN'S LEARNING IN PE SHOULD INCLUDE THE FOLLOWING:**

- ✓ **Opportunities to extend their agility, balance and coordination, individually and with others.**
- ✓ **Opportunities to engage in competitive (both against self and against others) and co-operative physical activities.**

**BY THE END OF KS1 A CHILD ATTAINING TYPICALLY WILL BE ABLE TO:**

**Master basic movements including running, jumping, throwing and catching**

**Begin to apply balance, agility and co-ordination to a range of activities.**

**Participate in team games, developing simple tactics for attacking and defending.**

**Perform dances using simple movement patterns.**

**BY THE END OF KS1 A CHILD ATTAINING TYPICALLY WILL BE ABLE TO UNDERSTAND AND USE THE FOLLOWING VOCABULARY:**

**TACTICS**

**BALANCE**

**RUN**

**ATTACK**

**DEFEND**

**ACCURACY**

**COORDINATION**

**JUMP**

**THROW**

**AGILITY**

**PARTICIPATION**