

Aspects of PE  
Fundamental Skills

Reception	<p>I can consistently follow instructions which involve 2 or more instructions.</p> <p>I can show a good understanding of space and moving at different speeds.</p> <p>I can jump, hop, run, stop and change direction consistently.</p>
Year 1	<p>I can change direction at a number of speeds.</p> <p>I can link hopping and jumping moves.</p> <p>I can dodge, twist and show coordination on movement sequences</p>
Year 2	<p>I can jump and land with control</p> <p>I can demonstrate and ID different styles of throwing for different distances</p> <p>I can change direction and show appropriate spacial awareness</p>