



Year 1 End of Year Physical Education Expectations

Working at the Expected Standard (EXP):

Pupil(s) are confidently and independently able to apply their knowledge:

Diet and Hygiene

- To understand that food is a basic requirement and is needed to keep us healthy and give us energy to grow.
- To explain how to stay safe in the sun.
- To begin to identify ways of stopping harmful germs.
- To identify the hazardous sign on bottles.
- To understand that a doctor can make them feel better.

Healthy Bodies

- To identify and name some large bones.
- To understand why the brain, heart and lungs are important body parts.
- To begin to understand how our body heals itself (bruising / scabs / etc)

Healthy Mind

- To identify that exercise is good for our minds.
- To recognise basic emotions in themselves and understand why these might happen.
- To begin to set realistic goals to achieve.
- To understand the term 'determination'.
- To identify whether a target has been met.



Personal and Social

- To identify the importance of having friends.
- To listen to advice.
- To understand the importance of family.
- To share a view or opinion.

Acquiring and Developing Skills

- To hold a balance while walking along a straight line.
- To zig zag through a series of markers, about 2m apart.
- To hop on the spot using the same foot.
- To jump for distance.
- To jump for height.
- To catch a bean bag.
- To throw a small ball underarm, using the correct technique.

Applying Skills and Using Tactics

- To link skills and actions in different ways to suit different activities.
 - To establish sequences of actions and skills which have a clear beginning, middle and end.
 - To describe and comment on performance.
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