

## KS1 - PE Phase Ladder

Gymnastics	Create different shapes
	Balance on hands, feet or seat
	Can copy stretching movements for different parts of the body
	Perform different rolls
	Combine simple balances
	Can travel in different directions
Dance	Link two or more actions
	Copy short phrases
	Can perform simple movement patterns- travel and change direction, turn
Games	Beginning to understand simple tactics for attacking and defending
	Can move into a given space within a game
	Stop a ball with feet before passing
	Hit a ball with a tennis style bat or racquet
	Move to a space to catch a ball
	Pass a ball using overarm, under arm and bounce pass
Athletics	Pass and receive a ball to a partner using hands or feet
	Jump side to side, both feet or one foot to one foot
	Use various throws to throw items
	Run 40m
	Sprint 20m