



The Power of P.E

P.E Outcomes for Year 1



1. Throw and catch displaying a degree of competency, in isolation and in varied environments
2. Demonstrate changes of direction, level & speed
3. Show an awareness of how the body functions/changes during exercise
4. Repeat and Perform sequences of movements
5. Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team
7. With guidance participate displaying respect, fair play and working well with others