PE Year 1																	
I can run at different speeds.																	
I can jump from standing.																	
I can throw an object with one hand.																	
I can catch a large ball with two hands.																	
I can balance on different parts of my body.																	
I can move safely around the room/playground.																	
I can perform simple steps in a controlled manner.																	
I can send a ball to someone else as part of a team game.																	
I can move to catch or collect.																	
I can perform dances using simple movement patterns.																	