




Key Content		
Perform a variety of movements and skills with good body tension.	Perform and repeat longer sequences with clear shapes and controlled movement.	Perform a sequence of movements with some changes in level, direction or speed
Key Vocabulary	Physical Skills	Fundamental Movement Skills
<p><b>Agility</b>– ability to move quickly and easily.</p> <p><b>Reaction</b>– how you respond to a situation or event.</p> <p><b>Sequence</b>– a set of movements that follow each other in a particular order.</p> <p><b>Body tension</b>– tensing your muscles to hold a certain position such as balancing.</p> <p><b>Controlled movement</b>– moving without wobbling or falling over.</p> <p><b>Static Balance</b>– holding a balance completely still without moving.</p>	<h2>Physical Skills</h2> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can link actions together so that they flow.</li> <li>I can perform a variety of movements and skills with good body tension.</li> </ul> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can select and apply a range of skills with good control and consistency.</li> <li>I can perform and repeat longer sequences with clear shapes and controlled movement.</li> </ul> <p><b>Emerging</b></p> <ul style="list-style-type: none"> <li>I can perform a sequence of movements with some changes in level, direction or speed.</li> <li>I can perform a range of skills with some control and consistency.</li> </ul> 	<p><b>Agility- Reaction and Response skills</b></p>  <p>From a distance of 1, 2, and 3 metres:</p> <p>React quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p> <p>React quickly and catch a small ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p> <p><b>Static Balance</b></p>  <p>Maintaining balance throughout:</p> <ol style="list-style-type: none"> <li>I can hold a full front support position.</li> <li>I can lift 1 arm and point to the ceiling with either hand in a front support.</li> </ol> <p>I can transfer a cone on and off my back in a front support.</p>