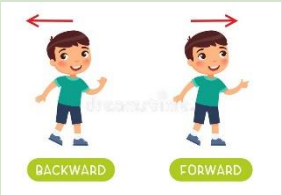




Key Vocabulary

Run	To make oneself go forward by moving the legs very quickly
Jog	To run at a slow, steady pace for exercise.
Turn	To change direction
Stretch	To reach out or extend
Step	The movement made by lifting one foot and putting it down in another place.
Safe	To be careful; to provide protection to others and own self.
Aim	To point carefully with the hope of hitting your target
Throw	To send through the air with force by using the arm and wrist
Kick	To strike with the foot
Trap	A trick used to catch someone or something
Forward	
Backward	

In EYFS you learnt to:

- Kick a stationary ball with either foot.
- Grasp and release with two hands to throw and catch a large ball, beanbag and other objects.
- Show increasing control over an object when pushing, patting, throwing, catching or kicking it

In Year One you will learn to:

- I can stop a ball with basic control
- I can send a ball in the direction of another person and collect a ball
- I can take part in sending and receiving activities with a partner

