



**Key Vocabulary**

Run	To make oneself go forward by moving the legs very quickly
Sideways	Move from one side to another
Agile	Moving quickly and gracefully
Control	To exercise restraint and regulate movements
Step	The movement made by lifting one foot and putting it down in another place.
Aim	To point carefully with the hope of hitting a target
Catch	To take hold of something that is falling or thrown
Throw	To send through the air with force by using the arm, wrist and hand.
Target	Aim; an object or mark

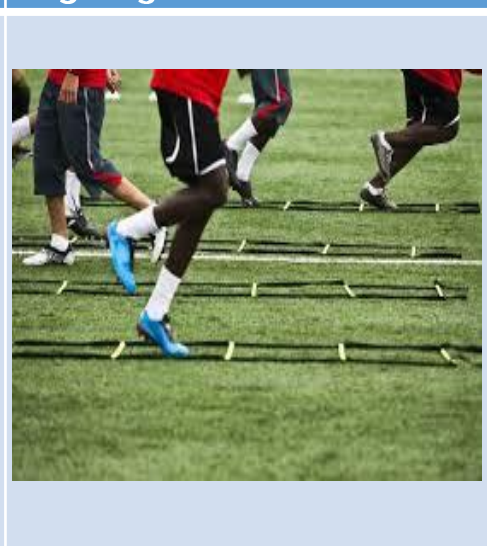
Forward

Backward

**Hurdles**



**Agility ladders**



**Running**



**PE Skills learnt prior to this unit (EYFS):**

- Run with spatial awareness, negotiate space, adjusting speed or direction.
- Negotiate space successfully when playing racing and chasing games with others, adjusting speed and direction.

**PE Skills learnt in this unit (Year 1):**

- 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
- I can run with controlled movements, safely
- I can jump accurately from a standing position.