

# Expectations

## Bronze

- Use basic underarm rolling and hitting skills
- Sometimes use over arm skills
- Intercept, retrieve and stop a medium sized object with some consistency
- Sometimes catch a beanbag and medium sized object
- Hit and kick a ball in a variety of ways, depending on the needs of the game
- Choose a different ways of hitting, throwing, striking or kicking an object
- Decide where to stand to make it difficult for their opponents
- Describe what they and others are doing
- Describe how their body's feel during exercise

## Silver

- Use a small range of underarm throwing and rolling skills accurately
- Use a small range of collecting and receiving skills
- Show some awareness of the space available and basic awareness of others around the space
- Play simple versions of games, with a partner or a passive opponent
- Choose and use a small range of basic skills and ideas
- Recognise when the heart beats faster or they get out of breath
- Describe some basic rules and the way to score

## Gold

- Track, intercept, stop and catch objects consistently
- Move fluently
- Control their body and limbs well
- Show good awareness of space and the movements and actions taking place around them
- Make early decisions in games and in partner work
- Choose a range of skills that suit the needs of the game and outwit their opponents
- Show good understanding of why physical activity is fun and makes them feel good
- Describe simple tactics and skills they can use in games

