

...throw underarm.

...use equipment safely.

...hit a ball with a bat.

...move with control and care.

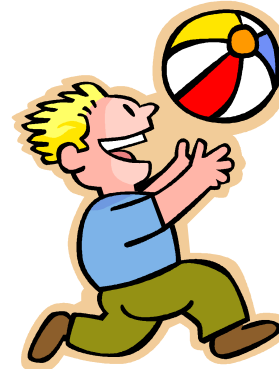
...move and stop safely.

...repeat actions and skills.

...throw and catch with both hands.

...copy actions.

...throw and kick in different ways.



The Year 1 Sports Person  
'I can...'

...make my body curled, tense, stretched and relaxed.

...move safely in a space.

...control my body when travelling and balancing.

...make up a short dance.

...roll, curl, travel and balance in different ways.

...copy dance moves.

...copy sequences and repeat them.

...move to music.

...perform my own dance moves.