



BEYOND THE PHYSICAL

# LEARNING JOURNEY

## agility balance coordination

I can change direction quickly with control

I can balance on different body parts on the floor and on equipment

I can use different body parts at the same time

I can move quickly but safely around obstacles

I can show dynamic balance when moving

I can show control when working with different objects

I can support others by following rules

I can collaborate with and compete against others

I can be respectful and encouraging to others

 Curriculum Link

Athletics

'participate in fun activities and physical challenges enabling them to begin to learn, understand and develop the core skills of running, jumping and throwing individually and in a co-operative context, using a variety of equipment'

**KS2**

evade invade capture

duel win lose