



BEYOND THE PHYSICAL

I can move confidently and competently in multiple directions

I can show consistent control of myself and objects within different challenges

I can decide which movements I can perform most effectively with different body parts

I can explain to others where improvements in performance can be made

I can show creativity to adapt challenges to suit my own and others' ability

I can maintain my balance using different body parts through a range of movements

LEARNING JOURNEY

agility balance coordination

 **National Curriculum Link**

'Use running, jumping, throwing and catching in isolation and in combination'
'Develop flexibility, strength, technique, control and balance'
'Compare their performances with previous ones and demonstrate improvement to achieve their personal best'

I can show ways to move quickly in multiple directions and contexts

I can adapt my body and movements to best suit different objects or activities

I can discuss activities where I had more or less success

UKS2

evade invade capture

serve set slam