



## Band 1 - Physical Education

Swimming, Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics, Evaluating and improving performance

### Swimming

Enter the water safely and move in all directions for a short distance

*I am confident in getting into the water and moving around in different directions*

Be at ease with water showered from above and wetting the face

*I don't mind getting water splashed on my face*

Maintain a floating position with aids or support

*I can float in the water on my back or front with the aid of a float*

Push and glide in a horizontal position from the side

*I can push off from the side and float across the pool*

Demonstrate an understanding of water safety

*I know how to stay safe in water - stay in depth / signal for help / follow instructions and signs / etc.*

### Diet and Hygiene

Understand that food is a basic requirement and is needed to keep us healthy and give us energy to grow

*I know that my body needs food to help me grow and stay healthy*

Explain how to stay safe in the sun

*I know that too much exposure to the sun can cause me harm and sun block can help protect me*

Begin to identify ways of stopping harmful germs

*I know that I need to keep clean and healthy to help prevent germs spreading*

Identify the hazardous sign on bottles

*I know that there are symbols on a bottle or packet that tells me when it contains something that can harm me*

Understand that a doctor can help make them feel better

*I know that a doctor has special knowledge and skills to help keep me fit and healthy and that I should follow the advice they give*

### Healthy Bodies

Identify and name some large bones

*I can name some of the bones in my body*

Understand why the brain, heart and lungs are important body parts

*I know why the brain, heart and lungs are important body parts*

Begin to understand how our body heals itself (bruising / scabs / etc.)

*I know why, that if I injure my body it will bruise and if I have a cut, it will scab over as it heals*

### Healthy mind

Identify that exercise is good for our minds

*I know that exercise has a positive effect on our minds*

Recognise basic emotions in themselves and why these may happen

*I know that my feelings can change depending on what is happening around me*

Begin to set realistic goals to achieve

*I know what I would like to achieve and whether this is realistic or not*

Understand the term 'determination'

*I know determination means not giving up when things are difficult*

Identify whether a target has been met

*I know when I have achieved what I set out to do*



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### Personal and social

Identify the importance of having friends

*I can say why it is important to have different friends*

Listen to advice

*I can listen to other people's suggestions*

Understand the importance of family

*I know that people in my family are important and care for me*

Share a view or opinion

*I can share my ideas about something*

### Applying skills and using tactics

Link skills and actions in different ways to suit different activities

*I can use my skills to perform in sports and activities*

Establish sequences of actions and skills which have a clear beginning, middle and ending

*I can perform a sequence of actions which have a clear start, middle and ending*

### Evaluating and improving performance

Describe and comment on performance

*I can analyse my own, and others' performance*

### Acquiring and developing skills

Hold a balance whilst walking along a straight line

*I can walk along a straight line without swaying to one side or another*

Zig zag through a series of markers spaced evenly, about 2m apart

*I can run in between posts placed in a long line bending my legs and body to help me change direction*

Hop on the spot using the same foot

*I can hop on one leg on the spot, using my arms to help me balance, without putting my other foot down*

Jump for distance

*I can jump a long distance using my arms and legs to help push me forward and land safely*

Jump for height

*I can jump high, bending my knees and swinging my arms to help move me higher*

Catch a bean bag

*I can catch a bean bag by placing my body in line to meet the flight of the bag and I cup my hands so the bag cannot fall out*

Throw a small ball underarm, using the correct technique

*I can throw a small ball underarm accurately so that it reaches its target*

