



What will we be doing in PE and why is it important?

Foundation Movement	Fundamental Sports Skill	Sport and Play Skills	Daily Living Activities
Squat	Vertical Jump, Sprint, Hop, Dodge	Landing from a jump or height, Skipping rope games, Elastics games, Shooting a hoop, Picking up a loose ball, Explosiveness on jumps (LJ,HJ,TJ)	Sitting down/standing up, Climbing stairs/ ladders, Manual handling actions, Tie a shoelace, Pick an object up off the floor or bottom shelf, Get in and out of bed, Joint Stability
Lunge	Sprint run, Skip, Hop, Kick, Balance, Catch	Basketball layup, Hand- ball, Racket sports, Single leg activity, Running activities, Sprint mechanics, Climbing, Agile footwork in team sports, Hockey jab	Climbing stairs, Walking, Running for the bus, Gardening, Kneeling, Cleaning, Standing up from the floor, Climbing a ladder
Push	Overarm throw Strike	Shooting a hoop, Striking with a bat/hockey stick, Support body weight, Absorbing body weight when falling, Cartwheels, Wheel-barrow walks, Swimming,	Cleaning, Operating machinery, Manoeuvring furniture and other large objects, Using a shopping trolley, Closing doors, Driving, Mowing
Pull	Throw Catch, Strike	Swings, Spinning, Parachute games, Climbing, Striking with a bat, Swinging, Tug- of-war, Swimming, Skipping rope games, Tennis serve, Netball throws	Walking the dog, Pulling to stand, Sweeping/cleaning, Opening doors/drawers, Picking up an object or child, Occupation tasks e.g pulling a rope, fire hose,
Hinge	Vertical Jump, Throw, Kick, Dodge	Handstand, Forward roll, Hand- ball, Dribbling a ball, Swings, Netball shot, Football strike	Leaning over, Forward bending, Sitting cross legged, Sitting down, Standing up
Rotation	Overarm Throw, Kick, Sprint run	Crawling, Cricket, Gymnastics, Hockey, Catching, Netball turning on the ball, Racket/hit- ting sports, Golf swing, Dribbling a ball, Arm and Head	Hold an infant on the hip, Rolling, Crawling, Standing, Walking and running, Turning in place, Stretching, Reaching

