



*At Moorings Way Infants and Meon Infants, we become confident in our movements (Agility, Balance & Co-ordination-ABC), body and mind by developing an holistic approach...*

**Social**

**EYFS**

- I can play with others, take turns and share with help.

**Year 1**

**Physical**

**EYFS**

- I can move confidently in different ways.
- I can negotiate space.
- I can explore different ways to travel.

**ABC**

- I can stand still for 10 seconds.
- I can explore ways to balance by lifting one body part.
- I can jump with both feet.
- I can roll a ball and collect it.
- I can catch a large ball after 2 bounces.
- I can side-step, gallop and hop.

**Year 1**

**Personal**

**EYFS**

- I enjoy working on simple tasks with help
- I am confident to try new activities.

**Year 1**

**Creative**

**EYFS**

- I can observe and copy others.
- I am beginning to use movement to express my feelings.

**Year 1**

**Cognitive**

**EYFS**

- I can follow simple instructions.
- I can talk about what I have done.

**Year 1**

**Health & Wellbeing**

**EYFS**

- I am aware of the changes to the way I feel during exercise.
- I know that it is important to sometimes be calm and quiet to help me keep healthy.

**Year 1**



- I can work sensibly with others, taking turns and sharing.

- I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.

### ABC

- I can complete stand still for 30 seconds.
- I can balance whilst transferring a small piece of equipment from one side to the other.
- I can jump with 2 feet with a quarter turn in both directions.
- I can attempt to hit a ball thrown towards me.
- I can begin to use and hold a racket correctly
- I can throw towards a target with accuracy.
- I can catch a tennis ball after one bounce.
- I can combine a side-step with 180° front pivot.

- I can follow instructions, practise safely and work on simple tasks by myself.
- I can take part in competitions and races and know it's the taking part that counts.

- I can explore and describe different movements.
- I can make up my own rules and versions of activities.

- I can understand and follow simple rules. I can name some things I am good at.
- I can begin to order instructions, movements and skills.

- I am aware of why physical exercise is important to me.
- I am aware of my breath and know it's important to me.
- I am aware that I have lots of body parts, including my brain and they all need to stay healthy.



### Year 2

- I can help, praise and encourage others in their learning.

### Year 2

- I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, speed or direction.

### ABC

- I can complete 5 mini squats.
- I can balance and return a piece of equipment back to the opposite side.
- I can stand on a low beam with a strong stance for 10 seconds.
- I can jump from 2 feet to 1 and freeze- on both feet.
- I can skip with knee and opposite elbow at 90°.
- I can react and catch a tennis ball- balancing on one leg.
- I can hopscotch forwards and backwards.

### Year 2

- I try several times, if at first I don't succeed I ask for help when it's appropriate.
- I can take part in competitions and races against other schools.

### Year 2

- I can begin to compare my movements and skills with those of others.
- I can select and link movements together to fit a theme.
- I can make up my own rules and versions of activities, taking turns with my peers.

### Year 2

- I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.
- I can understand the simple tactics of fielding and defending.
- I can understand and follow simple rules for a variety of games.

### Year 2

- I can say how my body feels before, during and after exercise. I use equipment appropriately and can move and land safely.
- I am aware of my own body and its capabilities.
- I know how I can move and breathe to create space and calm if I want to.



- I can use and hold a racket correctly.
- I can attempt to hit a ball/shuttlecock.
- I can throw using a variety of athletics equipment.