

PE Continuum 2016/2017

<p>LKS2</p> <p>Bleep Test</p> <p>Forward roll.</p> <p>Can perform a standing two footed jump over 1m</p> <p>Can throw a small ball against a wall and catch without it hitting the floor</p> <p>Can throw a small ball against a wall and catch with one hand without it bouncing</p> <p>Can use an overarm technique to throw a small ball over a distance of 15m.</p> <p>Drop kick a football 4m away from the wall, hitting the wall above 1m.</p> <p>Can track and strike a moving ball using a rounders bat with one hand.</p> <p>Can dribble a size 3 basketball for 10m using 1 hand whilst walking</p> <p>Can touch the floor with hand whilst standing on one foot.</p> <p>Can touch your foot that is on the floor with the opposite hand whilst standing on one foot.</p>										
<p>LKS2</p> <p>Can balance on preferred foot for 10 secs</p> <p>Can balance on non preferred foot for ten seconds</p> <p>Can skip 10m consistently</p> <p>Can perform a two footed jump over 75cm</p> <p>Can throw a large ball against a wall and catch it without it touching the floor</p> <p>Can use an overarm technique to throw a small ball</p> <p>Can kick a stationary football over a one metre line from a distance of 4m</p> <p>Can strike a ball using a rounders bat with one hand from a batting tee with accurate direction</p> <p>Can dribble a size 3 basketball for 10m using 1 hand whilst walking</p>										
<p>KS1</p> <p>Can run 10m turn around and run back and stop.</p> <p>Can hop 5m in one direction and return hopping on the other foot.</p> <p>Can run around in a 5m square sticking to the lines at most times</p> <p>Can skip 10m consistently</p> <p>Can perform a standing two footed jump over 50cm</p> <p>Can catch a size 3 ball without it bouncing.</p> <p>Can use an overarm technique to throw a small ball.</p> <p>Can kick a large moving ball with good contact.</p> <p>Can strike a ball from a batting tee at least one time in every two attempts.</p> <p>Can dribble a size 3 basketball for using one or two hands</p> <p>Can dribble a football 10m and stop the ball without using hands.</p>										
<p>FS</p> <p>Runs safely around hall.</p> <p>Can stand up without using hands.</p> <p>Can kick a stationary large ball.</p> <p>Can hop for 5 hops on either foot.</p> <p>Can balance on one foot for 3 seconds</p> <p>Can catch a large ball without it bouncing.</p> <p>Can jump off an 50cm high object and lands appropriately.</p> <p>Can balance along a bench and perform a helicopter spin without falling off.</p>										