

Multiskills

		Year 1	Year 2
Physical	Movement	Walking Running Foot patterns Change of direction Jumping Fluency	Dodging Change of speed Chasing Turning
	Skills	Negotiate obstacles: Under Over Round Through	Passing Catching Rolling Aiming
Cognitive		Pathways Spatial awareness Copying	Awareness of other players Moving into space
Health and Wellbeing	Fitness Character Safety Emotional well-being	Enjoy participating Participate safely	Develop strength and balance
Personal	Interactions Rules Teams Personal best	Have confidence to perform	Work co-operatively in pairs and groups