

## by practicing these activities, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Speed & agility
- ✓ Competing with self & others
- ✓ Aerobic & speed endurance
- ✓ Balance & flexibility
- ✓ Control & accuracy
- ✓ Problem Solving
- ✓ Hand Eye Coordination
- ✓ Reactions
- ✓ Concentration

## national curriculum criteria:

### Key Stage 1 (Years 1 &2)

- ✓ Master basic movements including running, jumping, throwing, and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility, and coordination, and begin to apply these in a range of activities.