**Health and Wellbeing – Physical Education**

**Block 1 – Small Ball Skills**

**General skills**

* Run/move around the room and stop on command
* Run/move around the room without collision
* Alter speed of movement on command
* Manoeuvre around objects without collision
* Alter plane of movement on command ie high, low
* Skip (not using a rope)around the room
* Take turns

**Throwing**

* One hand
* Two hands
* Underarm
* Overarm
* Bouncing – one hand
* Bowling
* Rolling
* Passing

**Striking**

* Cricket bat
* Small bat
* Hands

**Catching**

* Two hands
* One hand
* Lap
* Net

**Performing and evaluating**

* Showing own work to others
* Demonstrating a skill
* Communicating when another/others have shown/demonstrated a skill/action (using usual mode of communication)
* Communicating improvement in self (using usual mode of communication)
* Communicating improvement in others (using usual mode of communication)