



Physical Education

Milestones

End of Early Years Foundation Stage	End of Key Stage 1
<p><u>Early learning goal – moving and handling</u></p> <p>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p><u>Early learning goal – Health and Self-Care</u></p> <p>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>	<p><u>Athletics</u></p> <p>Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination</p> <p><u>Dance</u></p> <p>Be able to link and perform a series of movements based on an imaginary character Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of opportunities to extend agility, balance and coordination;</p> <p><u>Gymnastics</u></p> <p>Develop core movement, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others</p> <p><u>Games (Fundamentals)</u></p> <p>Develop fundamental movement skills, becoming increasingly competent and confident;</p> <p>Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others;</p> <p>Engage in competitive and cooperative physical activities in a range of increasingly challenging situations.</p>

End of Lower Key Stage 2	End of Upper Key Stage 2
<p><u>Athletics</u> Become increasingly competent and confident, and access a broad range of opportunities to extend their agility, Balance and coordination</p> <p><u>Dance</u> Know and understand how to maximise personalities by making powerful face and body movement changes; Become increasingly competent and confident, and access a broad range of opportunities to extend agility, balance and coordination; Continue to apply and develop a broad range of skills, learning how to use them in different ways and link them to make actions and sequences of movement</p> <p><u>Gymnastics</u> Continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement</p> <p><u>Invasion Games</u> Continue to develop fundamental movement skills and become increasingly confident and competent; Apply a broader range of skills, learning how to use them in different ways Be able to engage in competitive and cooperative physical activities in a range of increasingly challenging situations, and enjoy communicating, collaborating and competing with each other;</p> <p><u>Net and Wall Games</u> Know and understand how to position themselves to make defending an area easier; Continue to develop fundamental movement skills and become increasingly confident and competent; Apply and develop a broader range of skills, learning how to use them in different ways Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;</p>	<p><u>Athletics</u> Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.</p> <p><u>Dance</u> Continue to apply and develop a broad range of skills, learning how to use them in different ways and link them to make actions and sequences of movement; Become more competent, confident and expert in techniques, and understand what makes a performance effective and how to apply these principles to their own and others work</p> <p><u>Gymnastics</u> Continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequence of movements; Enjoy communicating and collaborating;</p> <p><u>Invasion Games</u> Apply and develop a broader range of skills, using them in different ways and linking then to make actions and sequences of movement; Develop and understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success; Further develop and understand resilience and fairness in sports;</p> <p><u>Net and Wall Games</u> Continue to apply and develop a broader range of skills, learning how to use them in different ways Enjoy communicating, collaborating and competing with each other;</p>

Striking and Fielding Games

Apply and develop a broader range of skills, learning how to use them in different ways;

Be able to engage in competitive and cooperative physical activities in a range of increasingly challenging situations, and enjoying communicating and collaborating and competing with each other;

Start to develop and understand how to improve, and learn to evaluate and recognise their own success;

Outdoor and Adventurous Activity

Enjoy communicating, collaborating and competing in physical activities in a range of increasingly challenging situations;

Start to develop an understanding of how to improve in different activities, and learn how to evaluate and recognise their own success;

Become increasingly competent in a range of skills, and access a broad range of activities;

Apply and develop these skills, learning to use them in different ways

Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;

Striking and Fielding Games

Continue to develop fundamental movement skills and become increasingly competent and confident;

To know and understand the tactics in a range of striking and fielding games. E.g. in cricket multiple fielders attempt to stop the batter's play;

Apply and develop a broader range of skills, learning how to use them in different ways;

Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other;

Outdoor and Adventurous Activity

Continue to apply and develop a broader range of skills, learning how to use them in different ways;

Enjoy communicating, collaborating and competing with each other.

Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;

Swimming and water safety

Swim competently, confidently and proficiently over a distance of at least 25 metres

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

Perform safe self-rescue in different water-based situations.