

KS 1 PE Coverage of skills over 2 year rolling programme.

Learning Objective	Milestone 1 (By end of Year 2)
Gymnastic Movements <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<ul style="list-style-type: none">• plan and perform a sequence of movements• roll, curl, travel and balance in different ways• improve sequence based on feedback• think of more than one way to create a sequence which follows some 'rules'
Basic movements and Team Games <i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<ul style="list-style-type: none">• use hitting, kicking and/or rolling in a game• throw and kick in different ways• decide the best space to be in during a game• use a tactic in a game• follow rules
Dance <i>perform dances using simple movement patterns</i>	<ul style="list-style-type: none">• change rhythm, speed, level and direction in dance• make a sequence by linking sections together• copy or make up a short dance• move safely in a space• use dance to show a mood or feeling

KS 2 PE Coverage of skills over 4 year rolling programme.

Learning Objective	Milestone 2 (By end of Year 4)	Milestone 3 (By end of year 6)
<p>Athletics <i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<ul style="list-style-type: none"> • sprint over a short distance and show stamina when running over a long distance • jump in different ways • throw in different ways and hit a target, when needed • take part in a relay, remembering when to run and what to do 	<ul style="list-style-type: none"> • demonstrate stamina and increase strength • controlled when taking off and landing • throw with increasing accuracy • combine running and jumping
<p>Competitive Games <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<ul style="list-style-type: none"> • throw and catch accurately with one hand • hit a ball accurately with control • vary tactics and adapt skills depending on what is happening in a game • be aware of space and use it to support team-mates and to cause problems for the opposition • know and use rules fairly 	<ul style="list-style-type: none"> • agree and explain rules to others • work as a team and communicate a plan • lead others in a game situation when the need arises • choose a specific tactic for defending and attacking • use a number of techniques to pass, dribble and shoot
<p>Gymnastics <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p>	<ul style="list-style-type: none"> • move in a controlled way • include change of speed and direction in a sequence • work with a partner to create, repeat and improve a sequence with at least three phases • explain how strength and suppleness affect performance 	<ul style="list-style-type: none"> • combine own work with that of others • sequences to specific timings • make complex extended sequences • combine action, balance and shape • perform consistently to different audiences
<p>Dance <i>perform dances using a range of movement patterns</i></p>	<ul style="list-style-type: none"> • take the lead when working with a partner or group • use dance to communicate an idea • improvise freely and translate ideas from a stimulus into movement • share and create phrases with a partner and small group • remember and repeat dance perform phrases 	<ul style="list-style-type: none"> • develop sequences in a specific style • choose own music and style • develop sequences in a specific style • choose own music and style
<p>Outdoor and Adventurous Activity <i>take part in outdoor and adventurous activity challenges both individually and within a team</i></p>	<ul style="list-style-type: none"> • follow a map in a familiar context • use clues to follow a route • follow a route safely • follow a route within a time limit 	<ul style="list-style-type: none"> • plan with others, taking account of safety and danger on land and water • in undertaking a challenging activity set own targets and level of challenge • use clues and a compass to navigate a route. • demonstrate stamina and team work when rowing a bell boat
<p>Swimming and water safety</p>		<ul style="list-style-type: none"> • 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