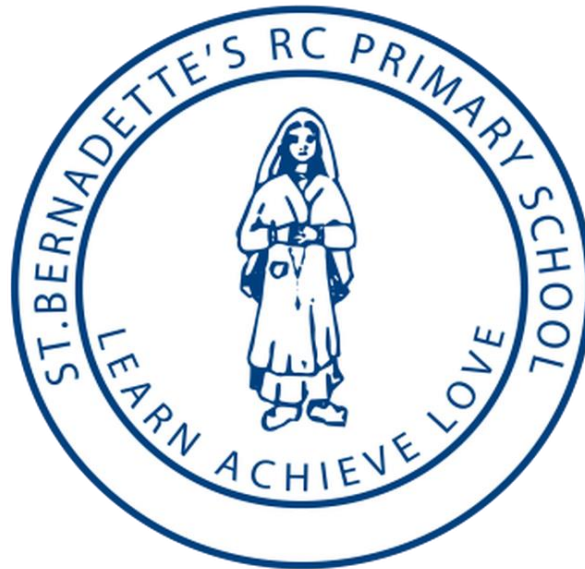


ST BERNADETTE'S RC PRIMARY SCHOOL



PE MILESTONES



St Bernadette's RC Primary School

PE MILESTONES



The National Curriculum for PE aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
 - are physically active for sustained periods of time
 - engage in competitive sports and activities
 - lead healthy, active lives.

PE – Progression in Skills

	Milestone EYFS		Milestone 2 – End of Year 2		Milestone 3 – End of Year 4		Milestone 4 – End of Year 6	
	Nur	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Throughout EYFS		By the end of Year 2		By the end of Year 4		By the end of Year 6	
Running, Jumping, Throwing and Catching	<ul style="list-style-type: none"> Show body control when travelling Travel with awareness of others Show coordination and balance within small and big movements Show coordination, control and balance when travelling through equipment Show determination over long periods of time Apply agility, balance, and coordination, individually and with others. 		<ul style="list-style-type: none"> I can run changing speed and direction I can jump from standing I can run and take a jump I can throw objects with one hand with some accuracy I can throw objects using under and overarm I can compete against myself to run faster I recognise a change in temperature, breathing and heart rate when exercising 		<ul style="list-style-type: none"> I can display endurance in running I can improve my running technique for speed I can sprint over a short distance I can catch a ball with one hand I can throw accurately in a range of ways I can jump accurately in a range of ways 		<ul style="list-style-type: none"> I can identify and explain good athletic performances I can throw, run and jump displaying good control I can demonstrate good stamina when running I can compete against myself and others I can run and jump simultaneously I can apply athletic techniques to competitive situations I can describe how I can improve my performance I understand how exercise can improve my health in the long term I can apply my skills tactically in competitive situations 	



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PE MILESTONES



Agility, Balance and Coordination	<ul style="list-style-type: none"> • Show body control when travelling • Travel with awareness of others • Show coordination and balance within small and big movements • Show coordination, control and balance when travelling through equipment • Show determination over long periods of time • Apply agility, balance, and coordination, individually and with others 	<ul style="list-style-type: none"> • I can perform simple steps at varying levels and speeds • I can create basic sequences • I can hold a balance for a sustained period • I am becoming aware of how I control my body • I can roll and control a ball or hoop • I can hit a ball with a bat 	<ul style="list-style-type: none"> • I can pass accurately while moving • I can influence a game by using different tactics • I can follow the rules of a game I can move with a ball against an opposition • I can warm up safely before a game and discuss how to warm up • I can accurately use forehand in racquet games 	<ul style="list-style-type: none"> • I can master complex foot patterns while navigating equipment or playing games. • I can create space for others through effective movement and decision-making. • I can explain and apply strategies to exploit spaces and opportunities from opponents. • I can control different equipment while being aware of my surroundings. • I can recognize when to change speed effectively during a game. • I can use various techniques for attacking and defending. • I can apply skills to outmaneuver defenders. • I can adapt my movements based on others' actions and positions. • I can show quick reactions, control, balance, and good posture while passing others.
Team Games		<ul style="list-style-type: none"> • I can stop a ball with control • I can catch a ball with control • I can pass a ball to someone else with some accuracy • I can take part in a small team game with opposition • I can decide where to stand during a team game 	<ul style="list-style-type: none"> • I can display good spatial awareness • I can explain how my performances can be improved • I can understand the effect that warming up has on the body • I can use dance and gymnastics vocabulary to compare and improve my work • I can move with fluency 	<ul style="list-style-type: none"> • I can advise others on their technique • I can develop my own warm up and cool down activities • I can explain the long-term effects of exercise • I can pass and move within a game • I can play competitively whilst still displaying a good attitude



St Bernadette's RC Primary School PE MILESTONES



				<ul style="list-style-type: none"> I can strike a bowled ball with accuracy
Dance, Flexibility, Strength and movement	<ul style="list-style-type: none"> Show body control when travelling Travel with awareness of others Show coordination and balance within small and big movements Show coordination, control and balance when travelling through equipment Show determination over long periods of time Apply agility, balance, and coordination, individually and with others 	<ul style="list-style-type: none"> I can move varying the speed and level I can respond to a stimulus I am beginning to control my movements I am beginning to co-ordinate my movements I can climb safely I can show rhythm in dance 	<ul style="list-style-type: none"> I can move varying the speed and level I can respond to a stimulus I am beginning to control my movements I am beginning to co-ordinate my movements I can climb safely I can show rhythm in dance 	<ul style="list-style-type: none"> I can move expressively I can create more complex sequences I can show feelings and emotions with the movements I can link ideas with fluency I chose I can use rhythm effectively I can create my own warm up and know what effect it has on the body I can combine shapes and balances in performance I prepare and perform to an audience
Evaluation		<ul style="list-style-type: none"> I can suggest improvements in others' work I can suggest improvements in my own work I recognise a change in temperature, breathing and heart rate when exercising I can change speed and direction while running 	<ul style="list-style-type: none"> I can suggest improvements in others' work I can suggest improvements in my own work I recognise a change in temperature, breathing and heart rate when exercising I can change speed and direction while running 	<ul style="list-style-type: none"> I can analyse and comment on skills and techniques and how these are applied in my own and others' work I can modify and refine skills and techniques to improve my performance