

Physical Education Curriculum Milestones

Year 1	Multi Skills: To use balance, coordination, ball skills and work as part of a team.
Year 1	Dodgeball (Social Focus): To play fairly and accept rules.
Year 1	Gymnastics: To perform a sequence with control and a strong body.
Year 1	Dance: To remember simple dance moves and perform with some control.
Year 1	Kwik Cricket: To participate in a game using ball control skills to throw and catch.
Year 1	Tennis: To hit a ball with some control.
Year 1	Athletics: To co-operate and work as part of a team and compete against others. To run, jump and throw.
Year 2	Ball Skills: To throw and catch a ball successfully.
Year 2	Dodgeball (Social Focus): To play fairly and accept the rules being gracious in victory or defeat.
Year 2	Gymnastics: To perform a sequence with control, a strong body and always show a good start and finish.
Year 2	Dance: To remember a sequence of dance moves and perform with control.
Year 2	Multi Skills: To use balance, coordination, ball skills and work as part of a team competing with myself and others. To evaluate and recognise success.
Year 2	Tennis: To hit a ball with control and accuracy.
Year 2	Athletics: To co-operate and work as part of a team, compete against others and encourage my teammates. To run, jump and throw.
Year 2	Kwik Cricket: To participate in a game using good ball control skills to throw and catch.
Year 3	Invasion Games (Football Focus): To stop the ball, pass the ball, dribble the ball and shoot the ball.
Year 3	Invasion Games (Netball Focus): To catch pass pivot and shoot with the ball
Year 3	Invasion Games (Tag Rugby Focus): To tag players pass the ball backwards receive the ball
Year 3	Gymnastics: To mount apparatus perform a sequence of movements and balances on a mat
Year 3	Multi-Skills: Train to improve skills of balance coordination and agility
Year 3	Invasion Games (Quicksticks Focus): To stop the ball dribble and push the ball
Year 3	Dance (Street Cheer): Devise a sequence of moves following a sports chant
Year 3	Net / Wall Games: To move while bouncing the ball return the ball and serve under-arm
Year 3	Athletics: To run at different paces throw pass a relay batten
Year 3	Striking and Fielding (Cricket Focus): To catch throw underarm and strike a moving ball
Year 3	Sportsmanship: To support others a praise success
Year 4	Swimming and Water Safety:

Year 4	Swim competently confidently and proficiently over a distance of at least 25 metres
Year 4	Use a range of strokes effectively [for example front crawl backstroke and breaststroke]
Year 4	Perform safe self-rescue in different water-based situations
Year 4	Invasion Games (Netball Focus): Work as part of a team competing in small sided games
Year 4	Invasion Games (Tag Rugby Focus): Work as part of a team in small sided games
Year 4	MultiSkills: To work as part of team to measure agility balance and co-ordination skills
Year 4	Gymnastics: To perform a sequence of movements and balances using matching and mirroring for points
Year 4	Invasion Games (Quicksticks): Work as part of a team to play small sided games
Year 4	Dance (Roman Gladiators): Work with others to create a canon sequence that reflects gladiator training.
Year 4	Net / Wall Games: complete rallies using forehand and backhand strokes
Year 4	Striking and Fielding (Cricket Focus): showing a variety of batting and fielding skills working as part of a team
Year 4	Sportsmanship: To win or loose gracefully and to support others
Year 4	Outdoor and Adventurous Activities (Woodrow): To accept personal challenge and work to improve ourselves
Year 5	Activity Leadership: To lead a task with simple rules
Year 5	Invasion Games: To work as part of a team defending and intercepting passes
Year 5	Invasion Games (Tag Rugby Focus): To work with the players around me to defend effectively
Year 5	Gymnastics: To perform a linked sequence on apparatus earning points for a team
Year 5	Multi-skills: To carry out a training program and to measure its impact
Year 5	Invasion Games (Quicksticks Focus): To use dribbling push shots strikes and movement off the ball.
Year 5	Dance (Body Combat): To devise and perform a dance with at least 3 phases showing a range movements and understanding of the audience
Year 5	Net / Wall Games: To play games serving overarm returning on both forehand and backhand sides and making choices about shot placement
Year 5	Athletics: To use pace appropriate to the distance to be run to use correct technique when throwing a variety of objects
Year 5	Striking and Fielding (Cricket Focus): To play as part of a team selecting suitable shots when batting and making effective fielding choices
Year 5	Outdoor and Andventurous Activities: To follow instructions to navigate around a site safely finding specific locations
Year 5	Sportsmanship: To win or lose gracefully in competitive situations and to support others.
Year 6	Activity Leadership: To lead a game with a number of rules
Year 6	Invasion Games: To adjust play and tactics to suit attacking and defending roles
Year 6	Invasion Games (Tag Rugby): To adjust play and tactics depending on which team has the ball
Year 6	Gymnastics: To plan and perform a linked sequence of movements and balances (on and off apparatus) scoring points for a team

Year 6	Multi-skills: To plan and carry out a training program measuring and evaluating its impact
Year 6	Invasion Games (Quicksticks Focus) To play games using dribbling push shots strikes and movement off the ball.
Year 6	Net / Wall Games: To carry out games of tennis independently using a range of shots and selecting these appropriately
Year 6	Athletics: To use good technique across the variety running jumping and throwing events
Year 6	Striking & Fielding (Rounders Focus): To take part in rounders games using standard rules and showing an understanding of tactics and shot choice
Year 6	Outdoor and Adventurous Activities (River Dart): To take on challenge and appreciate that this can develop our characters
Year 6	Sportsmanship: To recognise that sports have both a unifying and dividing potential and to take part in a spirit of fair play