



PE Key Areas and Milestones

Learning objectives will directly link to the key PE skills.

Subject:			
Key Threshold Concept	Milestone 1 (Y1 & 2)	Milestone 2 (Y3 & 4)	Milestone 3 (Y5 & 6)
Movement <i>Agility, balance and co-ordination.</i> <i>Running, jumping, throwing and catching.</i> <i>Flexibility, strength, technique, control and balance.</i>	<ul style="list-style-type: none"> • Make body curled, tense, stretched and relaxed • Control body when travelling and balancing • Copy sequences and repeat them • Roll, curl, travel and balance in different ways • Plan and perform a sequence of movements • Improve sequence based on feedback • Think of more than one way to create sequence which follows some 'rules' • Throw underarm • Throw and kick in different ways • Use hitting, kicking and/or rolling in a game 	<ul style="list-style-type: none"> • Move in a controlled way • Include a change of speed and direction in a sequence • Work with a partner to create, repeat and improve a sequence with at least three phases • Adapt sequences to suit different types of apparatus and criteria • Compare and contrast gymnastic sequences • Provide support and advice to others in gymnastics • Be prepared to listen to the ideas of others • Explain how strength and suppleness affect performance • Throw and catch accurately with one hand • Hit a ball accurately with control 	<ul style="list-style-type: none"> • Combine action, balance and shape • Make complex extended sequences • Sequences to specific timings • Perform consistently to different audiences. • Pick up on something that a partner does well and also on something that can be improved • Use a number of techniques to pass, dribble and shoot

		<ul style="list-style-type: none"> • Recognise own improvement in ball control • Run at fast, medium and slow speeds: changing speed and direction • Sprint over a short distance and show stamina when running over a long distance • Take part in a relay, remembering when to run and what to do • Jump in different ways • Throw in different ways and hit a target, when needed 	<ul style="list-style-type: none"> • Know why own performance was better or not as good as their least • Demonstrate stamina and increase strength • Controlled when taking off and landing • Throw with increasing accuracy • Combine running and jumping
<p>Games</p> <p><i>Tactics for attacking and defending.</i></p> <p><i>Competitive games (small sided) e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis.</i></p>	<ul style="list-style-type: none"> • Decide the best space to be in during a game • Follow rules • Use a tactic in a game 	<ul style="list-style-type: none"> • Be aware of space and use it to support team mates and to cause problems for the opposition • Know and use rules fairly • Vary tactics and adapt skills depending on what is happening. 	<ul style="list-style-type: none"> • Agree and explain rules to others • Choose a specific tactic for attacking and defending • Work as a team to communicate a plan • Lead others in a game situation when the need arises
Dance	<ul style="list-style-type: none"> • Perform own dance moves • Copy and make up a short dance • Move safely in a space 	<ul style="list-style-type: none"> • Improvise freely and translate ideas from a stimulus into movement. • Share and create phrases with a partner and small group • Remember and repeat dances • Take the lead when working with a partner or group 	<ul style="list-style-type: none"> • Compose own dances in a creative way • Dance shows clarity, fluency, accuracy and consistency • Develop sequences in a specific style • Choose own music and style • Perform dance to an accompaniment

	<ul style="list-style-type: none"> • Change rhythm, speed, level and direction in dance • Make a sequence by linking sections together • Use dance to show a mood or feeling 	<ul style="list-style-type: none"> • Use dance to communicate an idea • Provide support and advice to others in dance 	
Outdoor and Adventurous Activity	<ul style="list-style-type: none"> • 	<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"> • Follow a map into an unknown location • Use clues and a compass to navigate a route • Change route to overcome a problem • Use new information to change a route • Plan a route and a series of clues for someone else • Plan with others, taking account of safety and danger

*Outdoor and Adventurous Activity is separate from the three main areas.