ROCKCLIFFE FIRST SCHOOL: PE Milestones

	By the end of Reception *The following milestones contribute to the Physical Development area of learning and are assessed as part of the gross and fine motor skills development within the Early Years Framework*
Throwing and Catching / Ball Skills	• Show increasing control when throwing and catching a large ball • Shows increasing control over an object when pushing, passing, throwing, catching or kicking it
Dance	• Use their bodies to respond to stories, topics and music
Fitness	• Begin to improve speed, agility, balance, coordination, strength and physical fitness
Fun and Games	• Run skillfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles • Moves freely with pleasure and confidence
Working with Others	• Begin to take turns and share during partner or group work, sometimes with the support of others • Keeps play going by responding to what others are saying or doing
Fundamentals	• Able to dress themselves with support if necessary • Has awareness of boundaries and expectations in P.E to ensure everyone's safety

	By the end of Year 1
Invasion Games	• Play simple games understanding the rules of the game. • Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control.
Net and Wall	• Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking an object • Catch/stop and send/pass a ball – developing technique of throwing and receiving.
Striking and Fielding	• Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. • Understand and follow simple rules for games and compete in physical activities both against self and against others.

Outdoor and Adventurous	• Begin to plan how to solve problems. • Participate in games following rules and playing fairly.
Dance/Gymnastics	• Move confidently and safely in your own and general space, using changes of speed, level and direction. • Create linked movements, combining different ways of travelling, with beginnings, middles and ends. • To develop balance and coordination.
Fundamentals (Movement skills, Throwing/Catching, Ball Skills, Athletics, Fitness)	• Understand the benefits of regular exercise. • Explore and practice a variety of movements including running, jumping, and throwing techniques. • Improve and develop coordination, control and balance, and negotiate space. • Show understanding of the correct running technique.

	By the end of Year 2
Invasion Games	• Participate in team games. • Decide when and where to run, showing good awareness of surroundings • Pass a ball with control
Net and Wall	• Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. • Use and move with a racket with control.
Striking and Fielding	• Understand simple tactics like hitting the ball into space to help score more points. • Show good awareness of others when playing games.
Outdoor and Adventurous	• Introduction to map reading. Be able to use some basic features on a map to select and plan a route. • Work well in big groups, sharing, taking turns, and cooperating with others.
Dance/Gymnastics	• Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. • Jump and land safely, and with control, when performing off the floor and apparatus. • Perform and link movements with control using a range of body actions and body parts.
Fundamentals (Movement skills, Throwing/Catching, Ball Skills, Athletics, Fitness)	• Begin to show control, coordination, and consistency when running at speed • Develop the safe jumping technique to gain height and distance. • Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique).

	By the end of Year 3
Invasion Games	• Perform basic skills needed for games with control and accuracy. • Move with a ball keeping it under close control. • Shoot/ score with some success.
Net and Wall	• Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. • Perform a basic forehand action.
Striking and Fielding	• Throw a ball increasing distances. • Hit a ball with correct technique. • Work well as part of a team, particularly when fielding to make it harder for the batter.
Outdoor and Adventurous	• Participate in team games, working cooperatively, solving problems with others. • Communicate effectively with other people and discus plans to achieve success.
Dance/Gymnastics	• Perform gymnastics skills and sequences more accurately and consistently, both on and off apparatus. • To learn and develop the technique of adding spinning when travelling. • Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer.
Fundamentals (Movement skills, Throwing/Catching, Ball Skills, Athletics, Fitness)	• Show control, coordination and consistency when running, throwing, and jumping. • Develop upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique • Understand what core strength is and develop it using correct techniques

	By the end of Year 4
Invasion Games	• Apply basic attacking and defending principles such as finding and using space in game situations. • Learn how to pass, catching successfully and improving skills whilst on the move. • Show growing control and consistency during games
Net and Wall	• Work together to keep a rally going, returning the ball/shuttle to a partner. • Adopt a good 'ready position' to move and catch a ball. • Perform a basic forehand action with control and accuracy.

Striking and Fielding	• Show control, coordination and consistency when throwing and catching a ball. • Hit a ball with increasing control, accurately towards a target. • Communicate, collaborate, and compete with others, following the rules of the game
Outdoor and Adventurous	• Develop a basic understanding of map reading/making and apply these skills and techniques in games • Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination
Dance/Gymnastics	• Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. • Explore and create characters and narratives in response to a range of stimuli
Fundamentals (Movement skills, Throwing/Catching, Ball Skills, Athletics, Fitness)	• Combine basic jump actions to form a jump combination, using a controlled jumping technique. • Demonstrate correct techniques of core strength exercises with control. • Perform competitively with others.
Swimming and Water Safety	• Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water