



	MILESTONE 1	MILESTONE 2	MILESTONE 3
Games	<ul style="list-style-type: none"> Take part in competitive games using a range of skills, tactics and language, including: rolling, hitting, running, jumping, catching and kicking, using tactics. Using the terms opponent and team-mate and developing leadership skills. 	<ul style="list-style-type: none"> Take part in competitive games using a variety of skills, including: <ul style="list-style-type: none"> throwing and catching with control and accuracy striking and fielding a ball with control choosing appropriate tactics to cause problems for the opposition following the rules of the game and playing fairly maintaining possession of a ball, passing to team-mates at appropriate times Leading others and acting as a respectful team member. 	<ul style="list-style-type: none"> Compete in competitive games using a range of skills, including: <ul style="list-style-type: none"> choosing and combining techniques in game situations, working alone, or with team mates in order to gain points or possession striking a bowled or volleyed ball with accuracy using forehand and backhand when playing racket games fielding, defending and attacking tactically by anticipating the direction of play, choosing the most appropriate tactics for a game upholding the spirit of fair play and respect in all competitive situations Leading others when called upon and acting as a good role model within a team.
Dance	<ul style="list-style-type: none"> Perform dances using a range of skills, including: <ul style="list-style-type: none"> copying and remembering moves and positions careful control and coordination sequences of actions Communicating a mood or idea. 	<ul style="list-style-type: none"> Perform dance movements and pieces by using a range of skills, including: <ul style="list-style-type: none"> planning, performing and repeating sequences moving in a clear, fluent and expressive manner, refining movements into sequences and creating dances and movements that convey a definite idea changing speed and levels within a performance Developing physical strength and suppleness by practising moves and stretching. 	<ul style="list-style-type: none"> Perform dance movements and pieces using a range of practical skills, including: <ul style="list-style-type: none"> composing creative and imaginative dance sequences performing expressively and holding a precise and strong body posture performing and creating complex sequences expressing an idea in original and imaginative ways, planning to perform with high energy, slow grace or other themes and maintaining this throughout a piece Performing complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).
Gymnastics	<ul style="list-style-type: none"> Perform gymnastics pieces, developing a range of skills including: <ul style="list-style-type: none"> copying and remembering actions moving with some control and awareness of space linking two or more actions to make a sequence showing contrasts (such as small/tall, straight/ curved and wide/narrow) travelling by rolling forwards, backwards and sideways, holding a position whilst balancing on different points of the body climbing safely on equipment, stretching and curling to develop flexibility jumping in a variety of ways and landing with increasing control and balance. 	<ul style="list-style-type: none"> Perform gymnastic movements and pieces using a range of skills, including: <ul style="list-style-type: none"> planning, performing and repeating sequences moving in a clear, fluent and expressive manner refining movements into sequences, showing changes of direction, speed and level during a performance travelling in a variety of ways including flight by transferring weight to generate power in movements showing a kinaesthetic sense in order to improve the placement and alignment of body parts Swinging and hanging from equipment safely (using hands). 	<ul style="list-style-type: none"> Perform gymnastic movements and pieces using a variety of skills, including: <ul style="list-style-type: none"> complex and well-executed sequences that include a full range of movements holding shapes that are strong, fluent and expressive, including, in a sequence, set pieces, choosing the most appropriate linking elements varying speed, direction, level and body rotation during floor performances Demonstrating good kinaesthetic awareness, using equipment to vault and to swing (remaining upright).

Swimming	<ul style="list-style-type: none"> Swim unaided up to 25 metres using a basic stroke Controlled leg movements and breathing correctly. 	<ul style="list-style-type: none"> Swim between 25 and 50 metres unaided, using more than one stroke Coordinated breathing and arm and leg movements both at and below the surface. 	<ul style="list-style-type: none"> Swim over 100 metres unaided and using a range of skills, including: <ul style="list-style-type: none"> using breast stroke, front crawl and back stroke ensuring that breathing is correct so as not to interrupt the pattern of swimming Using controlled strokes, turning efficiently at the end of a length.
Athletics	<ul style="list-style-type: none"> Athletic activities are combined with games in Years 1 and 2 	<ul style="list-style-type: none"> Compete in athletics activities using a variety of skills, including: sprinting over a short distance up to 60 metres running over a longer distance, conserving energy in order to sustain performance using a range of throwing techniques, throwing with accuracy to hit a target or cover a distance Jumping in a number of ways, using a run -up where appropriate, improving personal best performances. 	<ul style="list-style-type: none"> Compete in athletics competitions using a range of skills, including: <ul style="list-style-type: none"> combining sprinting with low hurdles over 60 metres choosing the best position for running over a variety of distances throwing accurately and refining performance by analysing technique and body shape showing control in take-offs and landings when jumping Keeping track of personal best performances and setting targets for improvement.
Outdoor and adventurous activities	<ul style="list-style-type: none"> Not applicable in Years 1 and 2 	<ul style="list-style-type: none"> Take part in outdoor and adventurous activity, using a range of skills, including: arriving properly equipped managing risks leading and being part of a team supporting others and seeking support showing resilience using maps, compasses and digital devices, remaining aware of changing conditions and changing plans if necessary. 	<ul style="list-style-type: none"> Take part in outdoor and adventurous activities using a range of skills, including: <ul style="list-style-type: none"> selecting appropriate equipment, identifying possible risks and ways to manage them asking for and listening carefully to expert advice embracing both leadership and team roles and gaining the commitment and respect of a team empathising with others and offering support without being asked, seeking support from the team and the experts if in any doubt remaining positive even in the most challenging circumstances, rallying others if need be using a range of devices in order to orientate Quickly assessing changing conditions and adapting plans to ensure safety comes first.