



PE Milestones

PE –EYFS ELGs Reception
Games
Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing
Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
Dance
Progress towards a more fluent style of moving, with developing control and grace.
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions
Gymnastics
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions
Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
Develop overall body-strength, balance, co-ordination and agility.
Athletics
Combine different movements with ease and fluency.

PE - Y1
Games
Use rolling, hitting, running, jumping, throwing, catching and kicking skills.
Show understanding of basic tactics 1v1, 2v1, 3v1.
Understand and demonstrate working as a team
To lead a partner and a small group when appropriate.
Dance
Copy and remember basic moves and positions in dance
Move with control
Develop movement to communicate mood or feelings
Gymnastics
Copy and remember simple actions
Travel and roll using a variety of different methods
Hold simple positions whilst balancing on different points of the body
Athletics
Show a change of pace whilst running
Be able to run at a steady pace for two minutes or longer
Be able to throw under arm and overarm
Show different ways of jumping
PE – Y2
Games

Use the terms 'opponent' and 'team-mate'.
Identify basic characteristics of attacking and defending.
Develop a variety of throwing techniques
Use rolling, hitting, running, jumping, catching and kicking skills in combination.
Develop tactics.
Lead others when appropriate.
Dance
Copy, remember and be able to repeat moves and positions.
Move with careful control and coordination.
Link two or more actions to perform a sequence
Choose movements to communicate a mood, feeling or idea.
Gymnastics
Copy and remember actions and move with some control and awareness of space.
Show contrasts (such as small/tall, straight/curved and wide/narrow).
Link two or more actions to make a sequence
Travel by rolling forwards, backwards and sideways.
Hold a position whilst balancing on different points of the body.
Stretch and curl to develop flexibility.
Climb safely on equipment .and jump in a variety of ways and land with increasing control and balance.
Athletics
Be able to show a change of pace whilst running
Be able to run at a steady pace for two minutes or longer
Be able to throw under arm and overarm
Show different ways of jumping

PE – Y3
Games
Understand basic principles of attacking and defending and devise simple strategies in adapted games.
Throw and catch a ball with some control and accuracy.
Strike and field a ball with some accuracy
Hold possession of a ball in an overload situation (ie 5v2) and pass to team mates at appropriate times in a small sided game
Lead others in small groups or pairs
Dance
. Link a combination of actions to perform a sequence.
Move in a fluent and expressive manner
Change speed and levels within a performance and develop sequences.
Gymnastics
Plan, perform and repeat simple sequences.
Move in a clear, fluent and expressive manner showing changes of direction, speed and level during a short performance.
Travel in a variety of ways, including flight showing good control
Develop some kinesthetic sense in order to improve the placement and alignment of body parts in simple moves

Balance using equipment and swing and hang from equipment safely (using hands).
Athletics
Sprint using good technique for 30 metres and run 1000metres or further and sustain moderate speed.
Throw with good technique at a target or cover a distance
Jump in a number of ways landing safely.
Compete with others and aim to improve.

PE – Y4
Games
Understand principles of attacking and defending and devise simple strategies to cause problems for the opposition.
Throw and catch with control and accuracy.
Strike a ball and field with control
Follow the rules of the game and play fairly.
Maintain possession of a ball (with, e.g. feet, a hockey stick or hands) and pass to team mates at appropriate times.
Lead others and act as a respectful team
Dance
Plan, perform and repeat and refine sequences.
Move in a clear, fluent and expressive manner.
Create dances and movements that convey a definite idea using changes of speed, shapes, dynamics, and levels within a performance.
Develop physical strength and suppleness by practicing moves and stretching.
Gymnastics
Plan, perform and repeat and refine sequences.
Move in a clear, fluent and expressive manner showing changes of direction, speed and level during a performance.
Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
Swing and hang from equipment safely (using hands).
Swimming
Swim 20 metres or more unaided
Have a good understanding of water safety issues.
Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
Coordinate leg and arm movements appropriately
Swim at the surface and below the water.
Gain confidence in the water and show a positive approach to learning aquatic skills
Athletics
Sprint over a short distance up to 60 metres and run over a longer distance of 1500 or more conserving energy in order to sustain performance.
Use a range of throwing techniques (such as under arm, over arm).
Throw with some accuracy to hit a target or cover a distance.
Jump in a number of ways, using a run up where appropriate.
Compete with others and aim to improve personal best performances.
Outdoor and adventurous activities
Arrive properly equipped for outdoor and adventurous activity
Support others and seek support if required when the situation dictates.

Show resilience when plans do not work and initiative to try new ways of working.
Use maps, compasses and digital devices to orientate themselves.
Remain aware of changing conditions and change plans if necessary.

PE – Y5
Games
Develop and combine techniques (running, throwing, catching, passing, jumping and kicking).
With guidance work out strategies to gain points or possession
Strike a moving ball with some accuracy.
Perform forehand and backhand in racket skills with a feeder and without.
In adapted small-sided games field, defend and attack tactically.
Understand fair play and respect in all competitive situations.
Lead small groups and act as a good role model.
Dance
Compose a variety of short dance sequences using imagination.
Perform with expression and hold precise and strong body postures .
Develop more complex and varied sequences
Express ideas and themes.
Work in a pair and group to develop a phrase
Gymnastics
Create sequences that include a range of movements including some of the following: • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills
Hold shapes that are strong, fluent and expressive.
Understand and begin to use appropriate linking elements in sequences.
Vary speed, direction, and level and body rotation during floor performances.
Demonstrate good kinesthetic awareness (placement of body parts)
With support use equipment to vault and to swing (remaining upright).
Swimming
Be able to perform survival skills and have a good understanding of water safety issues.
Explore and develop core aquatic skills (floating, sinking, diving and gliding).
Be able to swim 3 strokes with good technique.
Perform backstroke starts, two-handed turns and finishes.
Perform basic synchronized swimming and water polo skills
Athletics
Begin to combine running with low hurdles over 40 metres.
Explore and choose the best pace for running over a variety of distances.
Throw accurately and refine performance by analysing technique and body shape.
Show consistency in take off and landings when jumping.
Compete with others and understand how to improve
Outdoor and adventurous activities

Wear appropriate clothing for the activity and be able to explain why this is necessary.
Discuss and understand risks and reducing risks.
Be a positive team member
Work cooperatively to overcome orienteering problems

PE – Y6
Games
Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).
Work alone, or with teammates in order to gain points or possession.
Strike a bowled or volleyed ball with accuracy.
Use forehand and backhand when playing racket games.
Field, defend and attack tactically by anticipating the direction of play and choose the most appropriate tactics for a game.
Uphold the spirit of fair play and respect in all competitive situations
Lead others when called upon and act as a good role model within a team.
Dance
Compose a variety of short dance sequences using imagination.
Perform with expression and hold precise and strong body postures .
Develop more complex and varied sequences
Express ideas and themes.
Work in a pair and group to develop a phrase
Gymnastics
Create complex and well-executed sequences that include a full range of movements including: • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills.
Hold shapes that are strong, fluent and expressive.
Include in a sequence set pieces, choosing the most appropriate linking elements. Practise and refine these gymnastic techniques and perform to an audience.
Vary speed, direction, level and body rotation during floor performances.
Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
Use equipment to vault and to swing (remaining upright).
Swimming
Swim a minimum of 25 metres unaided.
Be confident and competent in core aquatic skills (floating, sinking, diving, gliding).
Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.
Swim fluently with controlled strokes in three of the four strokes.
Turn efficiently at the end of a length.
Play a mini water polo game using basic skills.
Athletics
Combine sprinting with low hurdles over 60 metres.
Understand and choose the best place for running over a variety of distances.

Throw accurately and refine performance by analysing technique and body shape.
Show control in take off and landings when jumping.
Compete with others and keep track of personal best performances, setting targets for improvement.
Outdoor and adventurous activities
Select appropriate equipment for outdoor and adventurous activity.
Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.
Remain positive even in the most challenging circumstances, rallying others if need be.
Use a range of devices in order to orientate themselves.
Quickly assess changing conditions and adapt plans to ensure safety comes first.