

PE and swimming milestones 2023-2024



Nursery Static balance- one leg Static balance-floor balance Dynamic balance- on a line Counter balance -with a partner Coordination-ball skills Agility-ball chasin Agility-jumping to landing Nursery Static balance- seated Static balance- seated Static balance- seated Static balance- the children will develop and apply their static balance through focussed thematic stories, songs and games. Static balance- songs and games. Static balance- stories, songs and games. Dynamic balance to agility-jumping to landing Coordination-sending and receiving Coordination- footwork Agility- reaction/response Static balance- through focussed thematic stories, songs and games. Static balance- through focussed The children will develop and apply their static balance- through focussed The children will develop and apply their dynamic balance through focussed thematic stories, songs and games. The children will develop and apply their coordination- through focussed thematic stories, songs and games. Static balance- adigames. Static balance- adigames. Static balance- adigames. Counter balance with ad sending and games. Agility-reaction and response Static balance- balance Reception Static balance- one leg Static balance- on aline Static balance- on a line Coordination- sending and receiving Agility-reaction and response Static balance- balance		Autumn 1 Personal	Autumn 2 Social	Spring 1 Cognitive	Spring 2 creative	Summer 1 Physical	Summer 2 Health and safety
Static balance- one leg Static balance- one leg Dynamic balance to agility-jumping and landing Stance partner response Static balance- balance Coordination- footwork Coordination- landing Dynamic balance- on a line Coordination-ball skills Coordination- sending and receiving Static balance- balance	Nursery	Static balance- one leg Static balance- seated The children will develop and apply their static balance through focussed thematic stories,	Static balance-floor balance Static balance- Stance The children will develop and apply their static balance through focussed thematic stories, songs	Dynamic balance- on a line Dynamic balance to agility-jumping to landing The children will develop and apply their dynamic balance through focussed thematic stories, songs and	Counter balance -with a partner Coordination-sending and receiving The children will develop and apply their counter balance and sending and receiving skills through focussed thematic stories, songs and	Coordination-ball skills Coordination- footwork The children will develop and apply their coordination through focussed thematic stories,	Agility-ball chasing Agility- reaction/response The children will develop and apply their agility through focussed thematic stories, songs and
develop and apply their footwork and one leg balance develop and apply their jumping, landing and seated balance bala balance bala bala bala bala balance bala bala bala bala bala bala bala bal	Reception	leg Coordination- footwork The children will develop and apply their footwork and one leg balance	Dynamic balance to agility-jumping and landing The children will develop and apply their jumping, landing	Stance Dynamic balance- on a line The children will develop and apply their dynamic	partner Coordination-ball skills The children will develop and apply their ball skills and counter balance with a	response Coordination- sending and receiving The children will develop and apply their sending and	Static balance- floor

	thematic stories, songs and games.	thematic stories, songs and games.	focussed thematic stories, songs and games.	stories, songs and games.	response through focussed thematic stories, songs and games.	stories, songs and games.
	Static balance- one leg Coordination- footwork	Static balance- seated Dynamic balance to agility-jumping and landing	Static balance- Stance Dynamic balance- on a line	Counter balance with a partner Coordination-ball skills	Agility-reaction and response Coordination- sending and receiving	Static balance-floor balance Static balance-
Year 1	In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, thematic stories and games.	n this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, thematic stories and games	The children will develop and apply their dynamic balance on a line and stance through focussed thematic stories, songs and games.	The children will develop and apply their ball skills and counter balance with a partner through focussed thematic stories, songs and games.	The children will develop and apply their sending and receiving and reaction and response through focussed thematic stories, songs and games.	floor work The children will develop and apply their ball chasing and floor balance through focussed thematic stories, songs and games.
	Static balance- one leg Coordination-	Static balance- seated Dynamic balance to agility-jumping and	Static balance- Stance	Counter balance with a partner	Agility-reaction and response Coordination-	Static balance-floor balance Static balance- floor
Year 2	footwork In this unit, the children will develop and apply their footwork and one	n this unit, the children will develop and apply their jumping and landing and seated balance through	Dynamic balance- on a line The children will develop and apply their dynamic balance on a line	Coordination-ball skills The children will develop and apply their ball skills and counter balance with a	sending and receiving The children will develop and apply their sending and receiving and	The children will develop and apply their ball chasing and floor balance through focussed thematic
	leg balance through focused skill	focused skill development sessions,	and stance through focussed thematic	partner through focussed thematic	reaction and response through	stories, songs and games.

	development sessions, thematic stories and games.	thematic stories and games	stories, songs and games.	stories, songs and games.	focussed thematic stories, songs and games.	
Year 3	Static balance- one leg Coordination- footwork In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Static balance- seated Dynamic balance to agility-jumping and landing In this unit, the children will develop and apply their jumping and landing and seated balance focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Static balance- Stance Dynamic balance- on a line In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Counter balance with a partner Coordination-ball skills In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Agility-reaction and response Coordination- sending and receiving In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Static balance-floor balance Static balance- floor work In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.
Year 4	Static balance- one leg Coordination- footwork In this unit, the children will develop and apply their footwork and one leg balance through focused skill development	Static balance- seated Dynamic balance to agility-jumping and landing In this unit, the children will develop and apply their jumping and landing and seated balance focused skill development sessions, healthy competition,	Coordination-ball skills Dynamic balance- on a line In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy	Counterbalance-with a partner Coordination-sending and receiving In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition,	Agility- reaction/response Static balance-floor work In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy	Agility-ball chasing Static balance-stance In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.

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	sessions, healthy	cooperative games	competition,	cooperative games and	competition,	
	competition,	and Personal Best	cooperative games	group Personal Best	cooperative games	
	cooperative games	challenges.	and Personal Best	challenges.	and group Personal	
	and Personal Best		challenges.		Best challenges.	
	challenges.					
	Coordination-ball				Dynamic balance to	
	skills	Dynamic balance- on a	Static balance-		agility-jumping and	
	Agility-	line	stance	Static balance-seated	landing	Coordination-sending
	reaction/response	Counter balance- with	Coordination-	Static balance-floor	lanung	and receiving
			footwork	work	Static balance-one	
	In this unit, the	a partner	TOOLWOIK	WORK		Agility-ball chasing
	children will develop		the data set of the	the state of the s	leg	
	and apply their ball	In this unit, the	In this unit, the	In this unit, the	to the second second	In this unit, the
	skills and reaction	children will develop	children will develop	children will develop	In this unit, the	children will develop
	and response	and apply their	and apply their	and apply their seated	children will develop	and apply their
Year 5	, through focused skill	dynamic balance on a	stance and footwork	balance and floor work	and apply their	sending and receiving
	development	line and counter	through focused	balance through	jumping and landing	and ball chasing
	sessions,	balance with a partner	skill development	focused skill	and one leg balance	through focused skill
	modified/non-	through focused skill	sessions,	development sessions,	through focused skill	development sessions,
	traditional games	development sessions,	modified/non-	modified/non-	development	modified/non-
	and sports and	modified/non-	traditional games	traditional games and	sessions,	traditional games and
	healthy competition.	traditional games and	and sports and	sports and healthy	modified/non-	sports and healthy
	nearing competition.	sports and healthy	healthy	competition.	traditional games	competition.
		competition.	competition.		and sports and	competition.
					healthy competition.	
	Coordination- ball	Dynamic balance- on a	Static balance-	Static balance-seated	Dynamic balance to	Coordination-sending
	skills	line	stance	Static balance-floor	agility-jumping and	and receiving
	Agility- Action and	Counter balance- with	Coordination-	work	landing	-
	response	a partner	footwork		C C	Agility-ball chasing
	•	·		In this unit, the	Static balance-one	<i>c</i> , <i>c</i>
	In this unit, the	In this unit, the	In this unit, the	children will develop	leg	In this unit, the
Year 6	children will develop	children will develop	children will develop	and apply their seated	~	children will develop
	and apply their ball	and apply their	and apply their	balance and floor work	In this unit, the	and apply their
	skills and reaction	dynamic balance on a	stance and footwork	balance through	children will develop	sending and receiving
	and response	line and counter	through focused	focused skill	and apply their	and ball chasing
	through focused skill	balance with a partner	skill development	development sessions,	jumping and landing	through focused skill
	development	through focused skill	sessions,	modified/non-	and one leg balance	development sessions,
	sessions,	development sessions,	modified/non-	traditional games and	through focused skill	modified/non-
	353310113,	uevelopment sessions,	moumeu/non-	ti auttional games and	unough locuseu skill	moumeu/non-

modified/non-	modified/non-	traditional games	sports and healthy	development	traditional games and
traditional games	traditional games and	and sports and	competition.	sessions,	sports and healthy
and sports and	sports and healthy	healthy		modified/non-	competition.
healthy competition.	competition.	competition.		traditional games	
				and sports and	
				healthy competition.	

	N/A	N/A	N/A	To work with confidence in the water.	To work with confidence in the water.	To work with confidence in the water.
Swimming				Explore and use skills, actions and ideas individually and in combination eg use arms to pull and push the water; use legs in kicking actions; hold their breath under water.	Explore and use skills, actions and ideas individually and in combination eg use arms to pull and push the water; use legs in kicking actions; hold their breath under water.	Explore and use skills, actions and ideas individually and in combination eg use arms to pull and push the water; use legs in kicking actions; hold their breath under water.
				To remember, repeat and link skills	To remember, repeat and link skills	To remember, repeat and link skills
				To perform a front and back stroke	To perform a front and back stroke	To perform a front and back stroke
				To swim a minimum of 25m	To swim a minimum of 25m	To swim a minimum of 25m

Personal development PE milestones 2023-2023

	Autumn 1 Personal	Autumn 2 Social	Spring 1 Cognitive	Spring 2 creative	Summer 1 Physical	Summer 2 Health and safety
Nursery	I can follow instructions, practise safely and work on simple tasks by myself. I enjoy working on simple tasks with help.	I can work sensibly with others, taking turns and sharing. I can play with others and take turns and share, with help.	I can understand and follow simple rules and can name some things I am good at. I can follow simple instructions.	I can explore and describe different movements. I can observe and copy others	I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together. I can move confidently in different ways.	I am aware of why exercise is important for good health. I am aware of the changes to the way I feel when I exercise
Reception	I can follow instructions, practise safely and work on simple tasks by myself. I enjoy working on simple tasks with help.	I can work sensibly with others, taking turns and sharing. I can play with others and take turns and share, with help.	I can understand and follow simple rules and can name some things I am good at. I can follow simple Instructions.	I can explore and describe different movements. I can observe and copy others	I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together. I can move confidently in different ways.	I am aware of why exercise is important for good health. I am aware of the changes to the way I feel when I exercise
Year 1	<u>Stay on task</u> This unit focuses on developing every child's ability to focus and stay on task.	Understand others This unit focuses on developing every child's ability to take turns and encourage others.	Observe and describe This unit focuses on developing every child's ability to name some things they are good at.	Explore and describe This unit focuses on developing every child's ability to explore and describe different movements.	Control movement This unit focuses on developing every child's ability to perform a range of skills with control and consistency.	Exercise and body This unit focuses on developing every child's ability to express how their body feels before,

Year 2	Keep trying This unit focuses on developing every child's ability to keep trying and persevere with a task.	Help and encourage This unit focuses on developing every child's ability to help, praise and encourage others	Understand performance This unit focuses on developing every child's ability to recognise similarities and differences in performance.	Link movements This unit focuses on developing every child's ability to select and link different movements together using stimuli.	Sequence movements and skills This unit focuses on developing every child's ability to sequence different movements and skills together.	during and after exercise. Practise safely This unit focuses on developing every child's ability to use equipment appropriately and move and land safely.
Year 3	Know where I am in my learning This unit focuses on developing every child's ability to know where they are in their learning and use this to help improve their performance through practice.	Share ideas This unit focuses on developing every child's ability to have the confidence to share their ideas in different ways	Recognise success This unit focuses on developing every child's ability to identify and explain things they are doing well.	Respond differently This unit focuses on developing every child's ability to respond differently to different tasks and activities.	Perform and repeat This unit focuses on developing every child's ability to perform and repeat different movements and sequences with control and consistency.	Know how and why the body changes This unit focuses on developing every child's ability to describe how and why their body changes during and after exercise.
Year 4	Accept challenge This unit focuses on developing every child's ability to challenge themselves in order to improve and cope	Support others This unit focuses on developing every child's ability to show patience, listen to and support others.	Identify areas to improve This unit focuses on developing every child's ability to identify specific areas they need to improve in	Recognise and respond This unit focuses on developing every child's ability to recognise similarities and differences in movement/expression	Select and apply This unit focuses on developing every child's ability to successfully select and apply different skills with control and consistency.	Prepare for activity This unit focuses on developing every child's ability to understand why and how to prepare for and recover from activity.

	well when tasks become challenging.			and use this to inform their ideas.		
Year 5	React positively to challenge This unit focuses on developing every child's ability to see new challenges as opportunities to learn and develop.	Provide helpful feedback This unit focuses on developing every child's ability to give helpful feedback to help others improve	Judge performance This unit focuses on developing every child's ability to understand ways to judge performance	Express ideas This unit focuses on developing every child's ability to link actions and create sequences that express their ideas	Combining skills in specific contexts This unit focuses on developing every child's ability to use combinations of skills in specific contexts	Describe basic fitness components This unit focuses on developing every child's ability to understand and describe the basic fitness components.
Year 6	Consistently try to improve This unit focuses on developing every child's ability to try and improve through the perseverance and regular practice	Organise and guide others This unit focuses on developing every child's ability to organise roles and responsibilities within a group	Make good decisions This unit focuses on developing every child's ability to use their awareness of space/others to make good decisions.	Adapt/change activities This unit focuses on developing every child's ability to change tactics, rules or tasks to make activities more fun or challenging.	Link actions to flow This unit focuses on developing every child's ability to accurately perform different movements ad actions together so they flow	<u>Monitor activity</u> This unit focuses on developing every child's ability to monitor and record their activity