

## PE and swimming milestones 2023-2024

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

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

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

	sessions, healthy competition, cooperative games and Personal Best challenges.	cooperative games and Personal Best challenges.	competition, cooperative games and Personal Best challenges.	cooperative games and group Personal Best challenges.	competition, cooperative games and group Personal Best challenges.	
<b>Year 5</b>	<p>Coordination-ball skills Agility-reaction/response</p> <p>In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>Dynamic balance- on a line Counter balance- with a partner</p> <p>In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>Static balance-stance Coordination-footwork</p> <p>In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>Static balance-seated Static balance-floor work</p> <p>In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>Dynamic balance to agility-jumping and landing</p> <p>Static balance-one leg</p> <p>In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>Coordination-sending and receiving</p> <p>Agility-ball chasing</p> <p>In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>
<b>Year 6</b>	<p>Coordination- ball skills Agility- Action and response</p> <p>In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions,</p>	<p>Dynamic balance- on a line Counter balance- with a partner</p> <p>In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions,</p>	<p>Static balance-stance Coordination-footwork</p> <p>In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-</p>	<p>Static balance-seated Static balance-floor work</p> <p>In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and</p>	<p>Dynamic balance to agility-jumping and landing</p> <p>Static balance-one leg</p> <p>In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill</p>	<p>Coordination-sending and receiving</p> <p>Agility-ball chasing</p> <p>In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-</p>

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

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

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