



PE milestones 2025-2026

	Autumn 1 Personal	Autumn 2 Social	Spring 1 Cognitive	Spring 2 creative	Summer 1 Physical	Summer 2 Health and safety
Nursery	<p>Static balance- one leg</p> <p>Static balance- seated</p> <p>The children will develop and apply their static balance through focused 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 focused 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 focused 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 focused 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 focused 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 focused thematic stories, songs and games.</p>

PE milestones including personal development and swimming

<p>Reception</p>	<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>
	<p>thematic stories, songs and games.</p>	<p>thematic stories, songs and games.</p>	<p>focussed thematic stories, songs and games.</p>	<p>stories, songs and games.</p>	<p>response through focussed thematic stories, songs and games.</p>	<p>stories, songs and games.</p>

PE milestones including personal development and swimming

<p>Year 1</p>	<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>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</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>
<p>Year 2</p>	<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>n 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>
	<p>development sessions, thematic stories and games.</p>	<p>thematic stories and games</p>	<p>stories, songs and games.</p>	<p>stories, songs and games.</p>	<p>focussed thematic stories, songs and games.</p>	

PE milestones including personal development and swimming

<p>Year 3</p>	<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>
<p>Year 4</p>	<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>

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	<p>sessions, healthy competition, cooperative games and Personal Best challenges.</p>	<p>cooperative games and Personal Best challenges.</p>	<p>competition, cooperative games and Personal Best challenges.</p>	<p>cooperative games and group Personal Best challenges.</p>	<p>competition, cooperative games and group Personal Best challenges.</p>	
<p>Year 5</p>	<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>

PE milestones including personal development and swimming

<p style="text-align: center;">Year 6</p>	<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>
	<p>modified/non-traditional games and sports and healthy competition.</p>	<p>modified/non-traditional games and sports and healthy competition.</p>	<p>traditional games and sports and healthy competition.</p>	<p>sports and healthy competition.</p>	<p>development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>traditional games and sports and healthy competition.</p>

PE milestones including personal development and swimming

<p style="text-align: center;">Swimming</p>	N/A	N/A	N/A	<p>To work with confidence in the water.</p> <p>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.</p> <p>To remember, repeat and link skills</p> <p>To perform a front and back stroke</p> <p>To swim a minimum of 25m</p>	<p>To work with confidence in the water.</p> <p>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.</p> <p>To remember, repeat and link skills</p> <p>To perform a front and back stroke</p> <p>To swim a minimum of 25m</p>	<p>To work with confidence in the water.</p> <p>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.</p> <p>To remember, repeat and link skills</p> <p>To perform a front and back stroke</p> <p>To swim a minimum of 25m</p>

PE milestones including personal development and swimming

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
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PE milestones including personal development and swimming

<p>Nursery</p>	<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>
<p>Reception</p>	<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>
<p>Year 1</p>	<p><u>Stay on task</u></p> <p>This unit focuses on developing every child's ability to focus and stay on task.</p>	<p><u>Understand others</u></p> <p>This unit focuses on developing every child's ability to take turns and encourage others.</p>	<p><u>Observe and describe</u></p> <p>This unit focuses on developing every child's ability to name some things they are good at.</p>	<p><u>Explore and describe</u></p> <p>This unit focuses on developing every child's ability to explore and describe different movements.</p>	<p><u>Control movement</u></p> <p>This unit focuses on developing every child's ability to perform a range of skills with control and consistency.</p>	<p><u>Exercise and body</u></p> <p>This unit focuses on developing every child's ability to express how their body feels before,</p>

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						during and after exercise.
Year 2	<p><u>Keep trying</u></p> <p>This unit focuses on developing every child's ability to keep trying and persevere with a task.</p>	<p><u>Help and encourage</u></p> <p>This unit focuses on developing every child's ability to help, praise and encourage others</p>	<p><u>Understand performance</u></p> <p>This unit focuses on developing every child's ability to recognise similarities and differences in performance.</p>	<p><u>Link movements</u></p> <p>This unit focuses on developing every child's ability to select and link different movements together using stimuli.</p>	<p><u>Sequence movements and skills</u></p> <p>This unit focuses on developing every child's ability to sequence different movements and skills together.</p>	<p><u>Practise safely</u></p> <p>This unit focuses on developing every child's ability to use equipment appropriately and move and land safely.</p>
Year 3	<p><u>Know where I am in my learning</u></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><u>Share ideas</u></p> <p>This unit focuses on developing every child's ability to have the confidence to share their ideas in different ways</p>	<p><u>Recognise success</u></p> <p>This unit focuses on developing every child's ability to identify and explain things they are doing well.</p>	<p><u>Respond differently</u></p> <p>This unit focuses on developing every child's ability to respond differently to different tasks and activities.</p>	<p><u>Perform and repeat</u></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><u>Know how and why the body changes</u></p> <p>This unit focuses on developing every child's ability to describe how and why their body changes during and after exercise.</p>

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<p>Year 4</p>	<p><u>Accept challenge</u></p> <p>This unit focuses on developing every child's ability to challenge themselves in order to improve and cope</p>	<p><u>Support others</u></p> <p>This unit focuses on developing every child's ability to show patience, listen to and support others.</p>	<p><u>Identify areas to improve</u></p> <p>This unit focuses on developing every child's ability to identify specific areas they need to improve in</p>	<p><u>Recognise and respond</u></p> <p>This unit focuses on developing every child's ability to recognise similarities and differences in movement/expression</p>	<p><u>Select and apply</u></p> <p>This unit focuses on developing every child's ability to successfully select and apply different skills with control and consistency.</p>	<p><u>Prepare for activity</u></p> <p>This unit focuses on developing every child's ability to understand why and how to prepare for and recover from activity.</p>
	<p>well when tasks become challenging.</p>			<p>and use this to inform their ideas.</p>		
<p>Year 5</p>	<p><u>React positively to challenge</u></p> <p>This unit focuses on developing every child's ability to see new challenges as opportunities to learn and develop.</p>	<p><u>Provide helpful feedback</u></p> <p>This unit focuses on developing every child's ability to give helpful feedback to help others improve</p>	<p><u>Judge performance</u></p> <p>This unit focuses on developing every child's ability to understand ways to judge performance</p>	<p><u>Express ideas</u></p> <p>This unit focuses on developing every child's ability to link actions and create sequences that express their ideas</p>	<p><u>Combining skills in specific contexts</u></p> <p>This unit focuses on developing every child's ability to use combinations of skills in specific contexts</p>	<p><u>Describe basic fitness components</u></p> <p>This unit focuses on developing every child's ability to understand and describe the basic fitness components.</p>
<p>Year 6</p>	<p><u>Consistently try to improve</u></p> <p>This unit focuses on developing every child's ability to try and improve through the perseverance and regular practice</p>	<p><u>Organise and guide others</u></p> <p>This unit focuses on developing every child's ability to organise roles and responsibilities within a group</p>	<p><u>Make good decisions</u></p> <p>This unit focuses on developing every child's ability to use their awareness of space/others to make good decisions.</p>	<p><u>Adapt/change activities</u></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><u>Link actions to flow</u></p> <p>This unit focuses on developing every child's ability to accurately perform different movements ad actions together so they flow</p>	<p><u>Monitor activity</u></p> <p>This unit focuses on developing every child's ability to monitor and record their activity</p>

Swimming Milestones

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	<u>N/A</u>	<u>N/A</u>			<p>To work with confidence in the water.</p> <p>Explore and use skills actions and ideas individually and in combination e.g use arms to pull and push the water; use legs in kicking actions; hold their breath under water.</p> <p>To remember, link and repeat skills.</p> <p>To perform a front and a back stroke.</p> <p>To swim a minimum of 25m.</p>	

PE milestones including personal development and swimming

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