PE End of Year Milestones

PE area	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Share space and run with your head up. React quickly to a signal. Jump from two feet to two feet. Aim a throw at a target.	Jump from one foot to two feet, jump for height and link a run with a jump. Run efficiently within a lane and maintain running form during a short race. Use a controlled throwing action to throw accurately and for distance.	Get ready to start and react quickly to a signal. Coordinate a run with a jump. Explore different ways to leap, jump and hop. Throw for distance. Show agility, balance and coordination during activities.	Add a short run-up to a jump and develop different jumping styles. Throw with a run-up. Demonstrate a range of running, jumping and throwing techniques with control.	Use the correct technique to start a sprint and improve coordination to run faster. Practise the scissor kick and take off consistently from the same foot. Throw overarm accurately. Clear hurdles consistently and run a relay as part of a team.	Hurdle efficiently and sprint between hurdles. Throw overarm with power to increase distance. Improve the technique and consistency of jumps. Perform running, jumping and throwing techniques accurately in competitive situations. Aim to improve on previous performances.	Change pace and run at different tempos. Sustain a steady pace over longer distances. Use the pull technique to throw with accuracy and power. Throw after a paced run-up and increase throwing force and distance.	Throw with greater control, accuracy and efficiency. Combine sprinting with hurdling and pass a relay baton efficiently as part of a team. Use correct techniques for triple jump, high jump and standing vertical jump.
Gymnastics	Travel close to the ground and find a space away from others. Explore spinning on body patches (back, front or bottom) and points (knees, feet or hands). Balance on simple points and patches using different body parts.	Travel safely around apparatus and use space without bumping into others. Jump off low apparatus and land with control. Balance on hands and feet, knees or body patches. Explore an arabesque.	Travel on hands and feet using bunny jumps, scrambling, sliding, pushing and spinning. Perform pencil and star jumps and explore a quarter-turn jump. Perform teddy bear, pencil and egg rolls. Link movements on the floor and apparatus with	Take weight on hands and feet in arches and bridges. Develop forward, shoulder and backward rolls. Perform tuck jumps and half-turn jumps. Practise supporting your body in a controlled inverted position.	Transfer weight when practising cartwheels and walkovers. Develop balances on points, including frogstands, headstands and handstands. Use good timing, posture and extension during movements.	Perform a sequence with changes in level and use symmetrical and asymmetrical balances. Work with a partner to explore counterbalance and counter-tension. Work in canon and show clear relationships	Move smoothly between skills using a variety of transitions. Perform pike and straddle jumps. Vary rolls by moving from two feet to one, from straddle to pike and from pike to straddle. Mirror a partner and perform in front of, behind or beside them.	Use feedback to improve your own performance. Evaluate others' work using simple gymnastics terminology. Use different pathways when performing as part of a group.

		Identify what a controlled movement or balance looks like.	clear starting and finishing positions.			between group members. Offer feedback on a partner's performance.		
Dance	Travel safely and creatively in a shared space. Explore high and low movements. Use pictures to make shapes and actions.	Work with a partner. Remember and perform a short teacher-led sequence. Describe what a good performance looks like.	Travel safely at different levels and along different pathways. Communicate with a partner and perform a short motif in unison.	Use a poem to create imaginative actions. Use levels, directions and unison in a duet. Identify what works, give feedback and use it to improve.	Develop a motif with agility, balance, coordination and precision. Turn actions on the spot into travelling movements using different levels and pathways. Work cooperatively in pairs and give useful feedback.	Communicate in a group and perform with good timing, posture and extension. Use a poem and words from a mind map to inspire actions. Create a 16-count duet from pictures. Use canon and changes of formation. Discuss the theme.	Perform a motif in unison with good timing. Turn three or four actions into a travelling phrase using changes of level, pathway and direction. Use chance to decide the order of movements.	Use mirroring and changes of level and direction in choreography. Compare performances using simple dance terminology. Use feedback to improve your own performance.
Target Games	React quickly to a signal and take turns. Roll a ball with two hands and throw underarm in a set direction.	Throw underarm towards a target with some accuracy. Kick a ball towards a target. Roll with increasing accuracy and work with others.	Punt a ball and kick with more power. Encourage a partner to improve their punt. Explore different ways of jumping.	Coordinate a punt with either foot and strike a target with some force. Strike a ball into space with increasing accuracy. Throw overarm to a partner on one bounce and aim at a target.	Throw underarm at a target with either hand. Take turns in challenges. Kick with either foot and aim at moving targets.	Roll with good technique and accuracy using either hand. Punt with either foot, controlling the height and direction. Aim to beat previous performances.	Strike accurately and aim so the ball hits a target on its second bounce. Throw flatter, further and with more force, using a paced run-up.	Throw with greater control, accuracy and efficiency. Use a golf putter effectively and perform a controlled golf swing. Communicate effectively with teammates.

Net and Wall Games	Send a large, soft ball towards a partner. Move into position to receive the ball.	Track the ball and strike it in the air with one hand. Use an open palm to send a ball and move to receive it back. Explore a short rally over a low net with a partner.	Send and receive a ball accurately and move quickly into position to catch it. Use a good grip and stance. Return a partner's feed after one bounce.	Throw with accuracy and power. Strike a small ball with an open palm. Keep a rally going and strike more consistently on the forehand. Explore a self-fed backhand and use different shots in a simple game.	Use a ready position and move into place to play a shot. Hit consistent forehand returns and position yourself to play backhands. Serve from the baseline into the opponent's court.	Play consistent backhands and forehand and backhand volleys directed downwards. Move into position for a range of shots. Choose powerful or delicate shots and use tactics against an opponent. Umpire and keep score.	Control where forehand and self-fed backhand shots land. Volley accurately on both sides. Play delicate shots near the net. Use a split step and explain when it helps. Get underneath the ball to dig or bump it. Practise setting and spiking.	Select and use a smash, lob, serve or tip shot. Use bumps, sets, spikes and blocks in a full-sided volleyball game.
Striking and Fielding Games	Stop a ball with your hands. Chase and retrieve a rolling ball. Explore striking a ball off a tee.	Throw underarm accurately. Work with a partner to retrieve a ball and communicate with teammates.	Catch a ball thrown directly to you. Pick up a ball with one or two hands. Run between wickets to score runs.	Throw overarm at a target from a side-on position. Bowl overarm from standing. Strike accurately and return a partner's feed after one bounce.	Move to catch or consistently stop a ball. Use a good wicketkeeping position and take balls on both sides of the wicket. Bowl from close to the stumps and from the crease.	Walk in with the bowler when fielding. Call for high catches and cushion the ball with soft hands. Play different batting shots. Stand in the correct position at the non-striker's end and call clearly.	Bowl a legal delivery with a run-up. Control where the ball goes and score on both sides of the wicket. Choose suitable fielding techniques and adjust field placements for different batters and bowlers.	Bowl using more than one technique, such as spin or seam. Judge the length of a delivery and decide whether to play forward or back. Anticipate where the ball will go and back up other fielders independently.
Outdoor and Adventurous Activities	Find a space and move safely around others. Walk forwards and backwards and stop on a signal.	Follow simple instructions while moving. Work as part of a team and explain how to stay safe when trying a new challenge.	Follow and give clear directions. Jump and keep your balance. Reach, lift and put objects down with control. Lead a partner in a suitable warm-up.	Follow a simple map to find clues and solve maths clues with others. Move with control, make decisions and listen to others before agreeing what to do.	Work in a small group to negotiate and solve problems. Use a map to identify areas of the school grounds and use photographs to find checkpoints.	Follow the rules, plan a route on a map and make decisions on the move during a timed team challenge.	Use non-verbal communication to solve problems. Give clear instructions to guide a blindfolded partner through a supervised obstacle activity. Think creatively to solve challenges	Work with a partner or group to find checkpoints using a map, including letter-coded checkpoints. Communicate clearly and work quickly and effectively against the clock.

				Run at a pace the group can maintain.			and navigate using a map.	