



LEVENS CE SCHOOL

Curriculum Milestones- PE Part 2

Relevant areas of EYFS framework

Physical Development: ELG: Gross Motor Skills Negotiate space safely with consideration for themselves and others. Demonstrate strength, balance and co-ordination. Move energetically such as running, jumping, dancing, hopping skipping and climbing.

Expressive Arts and Design ELG: Being imaginative and expressive Perform songs, rhymes, poems and stories and Try to move in time with music.

By the end of Nursery	<ul style="list-style-type: none">• Ride scooters and balance bikes confidently, changing direction and speed.• Develop coordination, balance and upper body strength when climbing and moving across the trim trail and using the large outdoor loose parts.• Running: Arms in the middle of the body (not up high). Longer strides.• Hopping: Non-support knee bent with foot behind support leg, knee in front.• Jumping: Arms initiate the jump. Extension of legs becoming more consistent.• Catching: Arms encircle the ball as it approaches. Ball is hugged to chest.• Throwing – Underarm: eyes monitor the target and the ball. Ball held in front of body. Steps forward with the same foot as the throwing arm. Forward arm swing.• Throwing – Overarm: Action resembles a sling rather than a push. Rotation of the body. May step on either leg.
By the end of Reception	<ul style="list-style-type: none">• To show strength, balance and coordination when playing.• Move confidently and safely in a variety of different ways, using a range of equipment.• Running: Arms moving in opposition. Heel- toe contact.• Hopping: Non-support knee behind support leg. More body lean. Bilateral arm action.• Jumping: Arms swing back and move forward from the crouch. Full extension of legs. Body leans forward on landing.• Catching: Single step sometimes used to approach the ball/object. Arms scoop the ball/object to the chest.• Throwing – Underarm: Head and body stable with eyes focused on target area. Steps forward with opposite foot to throwing arm. Well timed release. Follows through with straight arm.• Throwing – Overarm: Arm is swing back and forwards high over the shoulder. Steps forward with same leg as throwing arm. Body and shoulders turn toward the throwing side.

	Games/Invasion Games KS1 National Curriculum Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. KS2 National Curriculum Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Striking and Fielding Games KS1 National Curriculum Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. KS2 National Curriculum Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Net and Wall Games KS1 National Curriculum Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. KS2 National Curriculum Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Swimming KS1 National Curriculum N/A KS2 National Curriculum Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.
Year 1	<ul style="list-style-type: none"> Perform fundamental skills at a developing level in: traveling skills, sending skills and receiving skills. Side gallop, underarm throw, overarm throw, running, rolling a ball, bouncing a ball and catching a ball. 			N/A
By the end of	<ul style="list-style-type: none"> Perform fundamental movement skills at a developing level and start to master some basic movements in: travelling skills, sending skills and receiving skills. Underarm throw, overarm throw, catching, running, dodging, striking a ball, side gallop, striking a ball off a tee and striking with a drop feed. 			N/A
Year 3	<ul style="list-style-type: none"> Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. Running, dodging, chest pass, bounce pass, catching a ball, swing pass, one handed pass and one-handed bounce pass. Develop simple attacking skills. Knowledge: to move into a space to receive a ball, to pass a ball to a player in space when playing an invasion game. 	<ul style="list-style-type: none"> Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. Bowl underarm, strike a ball off a tee, perform a straight drive, catch a ball, field a ball and return it quickly. Knowledge: Batters/strikers hit the ball into a space away from the fielders, batters/strikers run as quickly as they can, fielders judge where the ball is going to be hit and try and intercept it. 	<ul style="list-style-type: none"> Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. Ready position, underarm throw, overarm throw, hold a racket, strike a ball with a racket. Knowledge: to use a simple tactic such as directing the ball to a space, to make it difficult for an opponent. 	Beginners and developing swimmers: <ul style="list-style-type: none"> Enjoy being in water. Develop safe entry and exit into the water. Be able to keep afloat. Show breath control when moving in the water. Explore how to move in and under the water. Identify and describe the differences between different leg and arm actions.

<p style="text-align: center;">By the end of Year 4</p>	<ul style="list-style-type: none"> • Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy. • Running, chest pass, bounce pass, dribbling a ball, swing pass, catching a ball, one-handed pass, one-handed bounce pass and shooting a ball. • Develop attacking skills. • Knowledge: to move into a space to receive a ball, to feint or disguise a pass of a ball to outwit a defender. 	<ul style="list-style-type: none"> • Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy. • Bowl underarm, strike a ball off a tee, perform a straight drive, catch a ball, field a ball and return it quickly. • Knowledge: Batters/strikers hit the ball into a space away from the fielders, batters/strikers run as quickly as they can, fielders judge where the ball is going to be hit and try and intercept it. 	<ul style="list-style-type: none"> • Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy. • Ready position, underarm throw, overarm throw, hold a racket, strike a ball with a racket. • Knowledge: to use a simple tactic such as choosing a good place to stand when receiving the ball. 	<ul style="list-style-type: none"> • Swim between 10 and 20 metres, using their arms and legs to propel themselves. • Recognise how the water affects their temperature.
<p style="text-align: center;">Year 5</p>	<ul style="list-style-type: none"> • Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. • Running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting, swing pass, catching a ball, kicking a ball, push pass, dribbling, receiving a pass and shooting. • Collaborate as a team and develop defending skills. • Knowledge: to use a range of passes, to pass ahead of supporting players, to get away from a defender to receive a pass, to close down space. 	<ul style="list-style-type: none"> • Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. • Bowl underarm, bowl overarm, strike a ball off a tee, strike a bowled ball, field a ball and throw back overarm. • Knowledge: batters to run as quickly as possible to score and strike the ball into space away from fielders. Fielders to retrieve the hit object as quickly as possible to limit the number of runs scored. 	<ul style="list-style-type: none"> • Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. • Throwing a ball, holding a racket correctly, forehand, backhand, volley, underhand serve. • Knowledge: to use tactics effectively such as striking the ball with purpose and varying the speed. To strike the ball into spaces they can see. 	<p>Be the end of Year 6:</p> <ul style="list-style-type: none"> • Swim continuously for 25 metres or more without touching the side or the floor of the pool. • Use a range of strokes e.g. front crawl, backstroke, breaststroke. • Be able to alternate between their front and back. • Know the dangers of water locally and nationally. • Know how to use appropriate survival and self-rescue skills. • Demonstrate survival and self rescue skills such as treading

<p style="text-align: center;">By the end of Year 6</p>	<ul style="list-style-type: none"> • Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. • Running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting, swing pass, catching a ball, kicking a ball, push pass, dribbling, receiving a pass and shooting. • Knowledge: to use a range of passes, to get away from a defender to receive a pass, to send the ball wide and/or deep to supporting players, to close down space, to intercept a pass. 	<ul style="list-style-type: none"> • Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. • Bowl underarm, bowl overarm, strike a ball off a tee, strike a bowled ball, field a ball and throw back overarm. • Knowledge: batters to run as quickly as possible to score and strike the ball into space away from fielders. Fielders to retrieve the hit object as quickly as possible to limit the number of runs scored. 	<ul style="list-style-type: none"> • Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. • Throwing a ball, holding a racket correctly, forehand, backhand, volley, underhand serve. • Knowledge: to know the need for different tactics including hitting the ball with purpose, varying the speed, height and direction and positioning themselves well on the court. 	<p>water and floating on front and back using different shapes.</p>
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