

Milestone Document

Reception

	Reception	Milestones
Autumn 1	Fundamentals	Negotiates space with confidence and success Can engage in conversations with others Moves freely with pleasure and with confidence in range of different ways Runs fluently and negotiates space successfully changing speed and direction Travels in different ways when using a piece of equipment Able to manage risks when faced with new challenges
Autumn 2		
Spring 1	Dance	Explore and copy basic body actions Use their bodies to music Work and support others
Spring 2	Gymnastics	Can show control on different body parts Can travel around in different ways avoiding obstacles Use different pieces of equipment to travel and balance.
Summer 1	Athletics	Begin to take turns and share sometimes supporting others Begins to show understand when counting objects to 10 Can negotiate space with people and equipment Control of an object when pushing, patting, throwing and kicking Can respond to instructions Shows increasing control when using different sized balls
Summer 2		

Year 1	Milestones	Year 2	Milestones
Gymnastics	Use different Gymnastics shapes - Tuck, Pike & Straddle Use the floor and apparatus for different jumps Link 3 elements together to create a movement phrase in a pair.	Gymnastics	Perform balances with control on different body parts large and small Create sequence with a beginning middle and end in a pair (4 elements) Use apparatus in different ways along, over, across.
FUNS	Understands how to balance for a period of time Can begin to move in a variety of ways eg. skipping, hopping Can jump in rhythm and balance	FUNS	Can balance for 10 seconds on 1 leg Can move in a variety of different ways with confidence on both legs Can jump from 2 and land on 1 with control
Dance	Can move showing good control Can move expressively and fluently Can remember, repeat and link movement phrases. Understand what the beat is	Dance	Understand different levels and directions and how this makes a dance look good. Can move with control and coordination Can link movement fluently
Invasion	Can pass a ball using a suitable technique Can move around using different Fundamental movement skills Understand how to keep the ball under control using pushing, patting and dribbling	Invasion	Can pass a ball using a suitable technique with accuracy. Can pass the ball and move with the ball in a small group. Can change the direction of the ball.
Athletics	Run at different speeds Choose an appropriate throw for the distance Explore different jumps	Athletics	Chose and maintain an appropriate running pace for the distance Reach a target with most of their throws Use a variety of different jumps
Net & Wall	Can move into different positions to pat the equipment Can roll the ball along the floor Can tell you the ball in the left hand right leg forwards or vice versa.	Striking & Fielding	Accurately throw using underarm Begin to use overarm and understand that overarm goes further Understand a small game of throwing (striking) and collection (fielding).

Team Building	Understand what we need for team building - talking nicely/ listening Can give 1 instruction at a time Can follow the instruction given	Team Building	Can demonstrate nice communication/ listening skills/ giving clear instructions Giving more than one instruction at once eg. move forwards 2 steps then turn etc Begin to support those that are struggling
Ball Skills	Understand how to use different types of ball Understand how to keep the ball under control using pushing, patting and dribbling Understand how to change the direction the ball is traveling in	Attacking and Defending	Understand who a defender is. Can change direction to move away from the defender Understand not to pass the ball through the defender

Year 3	Milestones	Year 4	Milestones
FUNS Link with rest of curriculum	Can begin to travel using coordination eg hopscotch Can balance on one leg with eyes closed Can jump in different directions using half turn and full turn.	FUNS Link with rest of curriculum	Can travel in different directions forwards and backwards using a variety of different movement patterns. Can balance on one leg on a line with eyes closed Can jump using different jumps egs tuck jumps
Dance	Use different levels and speeds effectively Compose dance phrases with 6 elements repeated Perform routines accurately and time with group using the beat	Dance	Improvise with dance moves matching the topic Compose, develop and adapt routine as part of a group. Confidently using the beat of the music
Gymnastics	Use Gymnastics shapes arch and dish Use mirror and matching balances on the floor Create a sequence using 6 elements in a pair	Gymnastics	Use mirror and matching balances on apparatus Use following, parting, side by side, jumps and travels Create a sequence using 6 elements in a pair with 3 themes following, matching & side by side.
Invasion	Move with a ball using the correct technique Understand how to pass the ball using the correct technique Understand the basic rules of the game	Invasion	Move with a ball showing consistency, control and speed Can consistently pass the ball using the correct technique with accuracy Can begin to put into practice the basic rules of the game
Athletics	Can pass a baton while running Begin to use a push and pull throw Link a variety of jumps together - hop, jump, hop.	Athletics	Run using increased control and coordination Use a push and pull throw and understand when they should be used Use arms to propel self-forwards or upwards
Net & Wall Tennis	Demonstrate appropriate hitting skills Move into the correct position to hit the ball Understand the basic rules of the game	Striking & Fielding Cricket	Accuracy of striking the ball Throw the ball using increased speed and accuracy in a game Able to field effectively using appropriate techniques

OAA	Experience and range of roles within a team Orientating a map to match what can be seen Orientate themselves around a trail accurately.		
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Year 5	Milestones	Year 6	Milestones
Gymnastics	Create pairs balances - counter tension/ counter balance Move fluently between actions Can move at different levels, speeds and direction	Gymnastics	Create group balances - counter tension/ counter balance Create group sequence using 4 - 6 people (6 elements including 3 group balances)
Invasion	Use the correct techniques when holding, dribbling, passing and tackling the ball Show good control and accuracy when dribbling and pass the ball Pupils can see the similarities between hockey, football and basketball	Invasion	Understand the basic rules of the game Take part in a small sided game using safe practices Can move the ball in different directions through moving and passing to keep possession/ protect the ball.
FUNS Link with rest of curriculum	Can balance on one leg introducing heel raises Can travel using different movements which can be used in a game eg side step and turn eg Can jumping linking different movements together eg tuck half turn	FUNS Link with rest of curriculum	Can balance on a line with eyes closed Can travel in different direction eg zig zagging Can jump in different directions landing on 1 foot
OAA	Use clear communication effectively to complete a particular role Identify the key on the map and begin to use it. Begin to use navigation equipment for the trail	OAA	Demonstrate successful team when working as a team Use navigation equipment to improve a trail Prepare an orienteering course for others to follow.
Athletics	Run over obstacles - hurdles Begin to use sling throws Understand how to increase the distance and height of jump	Athletics	Use sounds technique for running events - arms, body legs Perform all throws with accuracy in direction and distance Use a variety of run ups to increase height or distance of jump
Tennis	Use hand eye coordination to hit a moving or stationary ball successfully	Cricket	Hit ball over a longer distance

	Can transfer the underarm throw skill to an underarm serve		Understand where we should hit the ball tactically in a small game Use an appropriate bowling technique with accuracy
Dance	Explore, improvise and combine ideas with others in group Portray different emotions through movement Create dances with a clear beginning, middle and end.	Dance	Use ideas such as canon to enhance routine Portray style and expressive qualities Compose more complex dance phrases