







PE Milestones

Knowledge Categories	Big Idea (National Curriculum)	Year R	Years 1 and 2	Years 3 and 4	Years 5 and 6
 Health and Wellbeing	To understand how to stay healthy in your body and mind.	<p>To make safe choices.</p> <p>Develop ideas on what a healthy mind and body is.</p> <p>Begin to recognise consequences of actions.</p>	<p>Recognise emotions.</p> <p>Understanding of habits that encourage good mental health.</p> <p>To face new challenges with an open mind.</p>	<p>Positive interactions with others.</p> <p>Exploring relaxation techniques.</p> <p>Apply relaxation techniques to control and manage emotions.</p>	<p>Understand how to keep a healthy body.</p> <p>Develop strength, flexibility and cardio fitness.</p> <p>Recognise and apply techniques to maintain a healthy body and mind.</p>
 Movement	Learn about and develop fundamental movement skills.	<p>Explore walking in different pathways.</p> <p>Explore moving and making shapes.</p> <p>Create their own movement sequences.</p>	<p>Develop combining movements together.</p> <p>Create movements with expression leading to motifs.</p> <p>Create contrast and transition across movements.</p>	<p>Extend sequences with a partner.</p> <p>Develop sequences with bridges.</p> <p>Create symmetry and asymmetry in a sequence of movements.</p>	<p>Develop sequences with interlinking moves.</p> <p>Introduce counter tension and counter balances to movements.</p> <p>Create movements using improvisation.</p>



 <p>Ball Skills</p>	<p>Learn, practise and apply ball skills to a range of activities.</p>	<p>Explore pushing, rolling and balancing.</p> <p>Explore moving with a ball using our feet.</p> <p>Explore throwing and catching</p>	<p>Develop moving with a ball using our feet.</p> <p>Develop keeping possession (hands and feet).</p> <p>Develop passing and receiving (hands and feet).</p>	<p>Apply throwing into a game.</p> <p>Introduce dribbling and shooting (keeping control).</p> <p>Introduce bowling and striking the ball.</p>	<p>Refine passing, receiving and dribbling.</p> <p>Refine shooting.</p> <p>Consolidating batting, bowling and fielding.</p>
 <p>Tactics</p>	<p>Learn, practise and apply tactical skills in a range of activities.</p>	<p>Taking turns.</p> <p>Playing by the rules.</p> <p>Keeping score.</p>	<p>Understanding attacking and defending.</p> <p>Understand the transition between attack and defence.</p> <p>Explore strategies as a team or individually.</p>	<p>Introduce out-witting an opponent.</p> <p>Develop collaboration and communication.</p> <p>Apply learning into 3 vs 3 games</p>	<p>Introduce leadership.</p> <p>Develop officiating.</p> <p>Organise and manage team formations.</p>
Vocabulary		EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
		<p>Accuracy</p> <p>Aiming</p> <p>Apparatus</p> <p>Attacker</p> <p>Balance</p> <p>Balloon</p>	<p>Acceleration</p> <p>Agility</p> <p>Aiming</p> <p>Batter</p> <p>Chest Pass</p> <p>Choreography</p>	<p>½ a rounder</p> <p>Apparatus</p> <p>Asymmetrical</p> <p>Backhand</p> <p>Ball Carrier</p>	<p>Adapt</p> <p>Advantage</p> <p>Back/End Line (Dodgeball)</p> <p>Backcourt Violation</p> <p>Backstop</p>



	Beat Big Bouncing Catching Champion Dancers Champion Gymnastics Change of Direction Control (Ball Skills) Control (Dance) Defender Distance Dribbling (Feet) Dribbling (Rackets, Bats and Balls) Expression Height High Hitting Hopping Jumping Landing Low Marching Moving Opponent	Communication Competition Consequence Cooperation Coordination Courage Dodge Emotion Fairness Fielder Flow Inclusion Interesting Leader Linking Motif Motivation Narrow Passing Personal best Referee Rhythm Roll Score Skipping Sportsmanship Stimulus Strategy Tactics Team	Barrier (Hockey) Base/Posts Baseline Block Bounce Pass Bowling Bridge Canon Change Over Course Distance Dominant Hand Drag Back Ducking Footwork Forehand Forward Pass Free Hit (Hockey) Free Kick Free Pass Goal Keeper Hole In Intercepting Jack (Boccia) Launcher (Wedge) Levels	Batting/Bowling Square (Rounders) Bye (Cricket) Cardiovascular System Centre Line (Dodgeball) Circuit Training Compositional Control Point Counter Attack Counter Balance Counter Tension Defender Discrimination Double Dribble Doubles Eliminated (Dodgeball) Equipment Evaluation Events False Starts Fitness Fitness Test Flexibility Flight Formation Four Runs Free Hit
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	Opposite Over Partner Play Possession Power Pushing Rhythm Rolling Rules Safe Sequence Shapes Sharing Small Space Speed Stopping Tagging or Tag Tempo Throwing Timing Transition Travel Vehicle Walking	Teamwork Trust Unison Warm-up Zig-zag	Map Marking Navigate Off-side Orienteering Out of Bounds Pace Penalty Pivot Rally Ramp (Boccia) Relay Responsibility Retrieving Return Roller (Putter) Rounder Route Shooting Shots (Golf) Shoulder Pass Stride Pattern Tee The Long Barrier Timing Triple Threat Try	Goal Side Hazard High Press Improvisation Interconnecting Knock On (Tag Rugby) Landing Lap Leg Bye Loop Pass Man to Man Marking Marking Match Play Matching Mirroring Miss Pass No Ball Out Fielder Over Penalty Shot Possession Prejudice Pressure Rebound Recover Retrievers (Dodgeball) Run Out (Cricket)
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