

## Milestones for Physical Education

Y1.1	I travel at different speeds
Y1.2	I find space and use it safely
Y1.3	I hop on one leg
Y1.4	I jump and land with my two feet together
Y1.5	I hold a balance on one leg
Y1.6	I skip
Y1.7	I choose movements that suit ideas and feelings
Y1.8	I catch a ball
Y1.9	I am confident in shallow water
Y1.10	I change for PE and change back in a quick and orderly way
Y2.11	I hold a balance on two parts of my body but just using one foot
Y2.12	I climb confidently on large apparatus
Y2.13	I take a full part in small team games
Y2.14	I throw a ball near to where I want it to go
Y2.15	I work well in a team, helping it to play together
Y2.16	I swim 10 metres using a recognised stroke
Y2.17	I make up and perform movement patterns to create a dance
Y2.18	I pass a ball while moving
Y2.19	I swim on my back
Y2.20	I confidently swim 25 metres using a recognised stroke
Y2.21	I perform a safe self-rescue in water
Y2.22	I change for PE and change back in a quick and orderly way – within 5 minutes
Y3.23	I do a proper forward roll
Y3.24	I jump off a balance beam or vaulting horse and land correctly
Y3.25	I plan and carry out an effective warm-up
Y3.26	I run fast: 75m in 18.5 seconds
Y3.27	I pass a ball accurately using a kick or throw
Y3.28	I do a standing jump
Y3.29	I create and perform a dance, varying the speed of movement
Y3.30	I reach out to catch a ball
Y4.31	I walk the full length of a balance beam
Y4.32	I do a proper backward roll
Y4.33	I do a chest pass and a bounce pass successfully
Y4.34	I vault over a vaulting horse or nesting table
Y4.35	I create and perform a dance, with complex phases
Y4.36	I throw a ball accurately
Y4.37	I use advice / coaching to improve my performance
Y4.38	I catch a ball that has been struck or thrown from a long distance
Y4.39	I attack and defend effectively
Y4.40	I do a chest pass and a bounce pass successfully when I am moving
Y4.41	I change for PE and change back in a quick and orderly way – within 4 minutes
Y5.42	I do a supported handstand
Y5.43	I improve my 'personal best' in at least two athletics activities
Y5.44	I run with an efficient style suitable for distance running
Y5.45	I throw and catch different balls, including a rugby ball, at speed
Y5.46	I do a standing jump
Y5.47	I throw a vortex over a particular distance
Y5.48	I create and perform a dance, with complex phases
Y5.49	I show a competitive spirit when playing in team games
Y6.50	I perform a technically correct breaststroke
Y6.51	I perform a technically correct back stroke
Y6.52	I perform a technically correct front crawl
Y6.53	I understand and confidently play a range of team games
Y6.54	I change for PE and change back in a quick and orderly way – within 3 minutes
Y6.55	I perform a safe self-rescue in different water conditions
Y6.56	I confidently swim 25 metres sustaining one of the above strokes
Y6.57	I create and perform a dance, with complex phases
Y6.58	I sprint, including a proper sprint start and dip finish
Y6.59	I coordinate a triple jump
Y6.60	I do a standing jump
Y6.61	I throw a vortex over a particular distance
Y6.62	I improve my 'personal best' in three athletics activities; 1 track and 2 field