

Milestone 1: Movement knowledge for games, gymnastic and dance

Milestone 1

Games	Gymnastics	Dance
<p>Perform locomotion skills (running, jumping, hopping, skipping, etc.) using a mature pattern.</p> <p>Throw underarm in a mature pattern.</p> <p>Develop an overarm throw.</p> <p>Catch a large ball without cradling or trapping it against the body.</p> <p>Dribble a ball with hands or feet, while moving slowly in their own space.</p> <p>Kick a stationary ball from a short run-up.</p> <p>Strike a ball off a tee with a bat.</p> <p>Strike a ball with a short-handed bat.</p> <p>Send an object towards a target.</p> <p>Chase and retrieve a moving ball.</p> <p>Jump and land safely.</p> <p>Change direction.</p> <p>Use the ready position.</p>	<p>Copy and remember actions.</p> <p>Travel in a variety of ways (walking, running, hopping).</p> <p>Balance on a variety of large and small body parts (back, tummy, hands and feet).</p> <p>Perform a variety of rolls to include egg roll, log roll, rock to stand and forward roll.</p> <p>Link movements together into a short sequence using floor and apparatus.</p> <p>Remember, repeat and be able to refine movements in a sequence.</p> <p>Climb safely on equipment.</p> <p>Jump in a variety of ways (straight jump, tuck and star jump) and land with increasing control and balance.</p> <p>Take some weight on hands, e.g. in a bunny hop.</p> <p>Set up apparatus safely.</p> <p>Vault on to a bench.</p>	<p>Perform a range of actions with control and coordination.</p> <p>Respond with different ways of moving to a variety of stimuli, e.g. music, song or a book.</p> <p>Link actions to perform short dances.</p> <p>Repeat and remember simple movement patterns.</p> <p>Demonstrate stillness in a range of shapes.</p> <p>Explore actions that express ideas for a dance.</p> <p>Use a prop such as a scarf to experiment with moving.</p>



Movement



Tactics and strategy



Personal and social



Leadership



Healthy lifestyle

Milestone 1: Tactics and strategy knowledge for games, gymnastic and dance

Games	Gymnastics	Dance
<p>Make simple decisions, e.g. which target to aim for.</p> <p>Use the terms 'opponent' and 'teammate'.</p> <p>Vary fundamental movement skills by using the movement adaptations of how, where and with whom or what, e.g. how much force to use when aiming at a target.</p> <p>Decide when and where to pass.</p> <p>Keep possession by passing and receiving a ball.</p> <p>Recognise space on a court or pitch.</p> <p>Use a base position.</p> <p>Decide which base to pass to depending on position of opponent.</p>	<p>Vary fundamental movement skills by using the movement adaptations of how, where and with whom or what to add interest to a sequence, e.g. perform a tucked roll at a low level and a star jump at a high level.</p> <p>Make decisions on which actions are best performed on apparatus.</p> <p>Make decisions on the choice of actions to be performed ensuring smooth links.</p>	<p>Apply movement adaptations to their movement techniques, e.g. an unhappy walk.</p> <p>Express emotions through facial expressions, gestures and posture.</p> <p>Describe their choices of movement.</p> <p>Choose which actions to change with the movement adaptations of space, dynamics and relationships.</p>

Milestone 1



Movement



Tactics and strategy



Personal and social



Leadership



Healthy lifestyle

Milestone 1: Movement and tactics and strategy knowledge for swimming

<p>Movement</p>	<p>Enter and exit a pool safely using a jump.</p> <p>Move around a pool, walking, hopping, etc.</p> <p>Touch the bottom of the pool with different body parts.</p> <p>Push and glide from the side holding a float with face in the water, showing an understanding of streamlining.</p> <p>Float in different shapes.</p> <p>Begin to use correct front and back crawl techniques, with or without buoyancy aids.</p>
<p>Tactics and strategy</p>	<p>Change body shape to increase speed through the water.</p> <p>Choose the most appropriate way of entering and exiting the pool.</p>

Milestone 1



Movement



Tactics and strategy



Personal and social



Leadership



Healthy lifestyle

Milestone 1: Personal and social, leadership and healthy lifestyle knowledge (in all disciplines)

Milestone 1

Personal and social knowledge	Leadership knowledge	Healthy lifestyle knowledge
<p>Recognise that their behaviour can affect other people and take responsibility for this.</p> <p>Recognise that people's bodies and feelings can be hurt.</p> <p>Recognise what is fair and unfair, kind and unkind, right and wrong.</p> <p>Follow directions in group settings, following rules, taking turns.</p> <p>Accept feedback from the teacher.</p> <p>Use equipment and space appropriately.</p> <p>Share equipment and space with others.</p> <p>Follow class protocols with minimal reminders.</p> <p>Listen to others and play cooperatively.</p> <p>Identify and respect the differences and similarities between people.</p> <p>Recognise when people are being unkind to them or others, how to respond, who to tell and what to say.</p>	<p>Remember to bring their kit.</p> <p>Make appropriate equipment choices.</p> <p>Listen to others.</p> <p>Try hard.</p> <p>Follow the teacher's instructions.</p> <p>Look after and use equipment properly.</p> <p>Help a partner improve.</p>	<p>Be able to talk about the benefits of being active.</p> <p>Engage actively in PE lessons.</p> <p>Recognise that changes occur in their body when they move fast: their heart beats faster, they breathe faster and they feel slightly warmer.</p> <p>Recognise the importance of a warm-up.</p> <p>Differentiate between healthy and unhealthy foods.</p> <p>Recognise that physical activity is important for good health.</p> <p>Understand that some physical activities are challenging and difficult.</p> <p>Describe physical activities that they enjoy.</p> <p>Describe the enjoyment of playing with friends.</p> <p>Describe positive feelings that result from participating in physical activities.</p> <p>Recognise that working hard to achieve something can make them feel happy.</p> <p>Describe how physical activity makes them feel good.</p>



Movement



Tactics and strategy



Personal and social



Leadership



Healthy lifestyle