

Concept	Milestone 1	Milestone 2	Milestone 3
<p>Agility, Balance, Co-ordination (Athletics, gymnastics and dance)</p>	<ul style="list-style-type: none"> - To move in different directions. - To explore ways to balance. - To explore various coordination activities. - To jump from standing thinking about the position of the feet. - To attempt to jump over small obstacles. - To recognise and run at different speeds depending on distance. 	<ul style="list-style-type: none"> - To move in different directions adjusting speed and body position. - To explore ways to balance using equipment. - To coordinate in a variety of situations. - To understand the difference between a one and two footed take-off and landing. - To jump over obstacles thinking about increasing height. - To understand why we run at different 	<ul style="list-style-type: none"> - To move fluently in different directions thinking about control. - To balance confidently using equipment and perform a series of balances. - To coordinate the body through a range of obstacles. - To run and jump focussing on distance - Jump specifically using height and use this in athletic events. - To understand why we run at different

	<ul style="list-style-type: none"> - To throw a variety of objects towards a target using one hand. - To copy and explore basic movements with increasing control. - To balance and perform basic rolls and body shapes with increasing control. - To move at different levels, directions and speed when reminded. 	<p>speeds and apply this on some activities.</p> <ul style="list-style-type: none"> - To throw a variety of objects towards a target using a variety of throwing actions. - To vary how we travel in performances. - To balance with control. - To use turns when travelling. - To land with increasing control. - To move at different levels, directions and speeds with control. 	<p>speeds and apply this on competitive athletic events.</p> <ul style="list-style-type: none"> - To choose the appropriate technique to throw objects towards a target. - To create a dance with a range of different levels, directions and speeds.
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<p>Team games (Games, OAA)</p>	<ul style="list-style-type: none"> - Send a ball in the direction of another person. - Work with a partner and in a small group to complete an activity. 	<ul style="list-style-type: none"> - To understand why we need to learn skills prior to playing games. - To begin to use ball skills in simple games. - To make a positive impact when working as part of a group to complete a range of activities. 	<ul style="list-style-type: none"> - To understand why we need to learn skills prior to playing games. - To begin to use skills to influence a game. - Combine passing and receiving skills within games.
<p>Basic Movements - running, jumping, catching, throwing (Dance, Gymnastics, Athletics, Games)</p>	<ul style="list-style-type: none"> - To perform a two footed jump. - To handle a ball with some confidence. - To stop a ball with some control. - To receive a ball with some control. 	<ul style="list-style-type: none"> - To pass and receive a range of items. - To pass and receive a range of items when moving with control. 	<ul style="list-style-type: none"> - To pass and receive when moving with a ball in opposed situations.

<p>Movement Patterns (Dance and Gymnastics)</p>	<ul style="list-style-type: none"> - To link movements together to create a sequence. - To copy simple dance moves with increasing control. - To move depending on how the music makes you feel and explain why you felt that way. 	<ul style="list-style-type: none"> - To perform a routine with a range of body shapes and equipment. - To copy a range of dance moves with some accuracy. - To create a dance motif and perform to peers. 	<ul style="list-style-type: none"> - To create a range of dance routines to a variety of different music and styles.
<p>Assessment and feedback</p>	<ul style="list-style-type: none"> - To give positive and constructive feedback to a partner or group. - To perform different body shapes using equipment. - 	<ul style="list-style-type: none"> - To give positive and constructive feedback to a partner or group. - To suggest ways to improve skills. 	<ul style="list-style-type: none"> - To adapt and improve performance by taking on feedback from peers and teachers. - To assess and discuss routines made by themselves and others using dance language. - To compare, develop and adapt dance

			<p>routines, listening to feedback from peers and feedback.</p>
<p>Performance</p>	<ul style="list-style-type: none"> - To perform basic rolls and body shapes 	<ul style="list-style-type: none"> - To perform a range of rolls with increasing control. - To vary how we travel in performances. 	<ul style="list-style-type: none"> - To adapt and improve performance to include a partner or small group. - To perform a range of dance routines to a variety of different music and styles. - To perform a routine with a range of body shapes and balances with increasing control and precision. - Perform cartwheels and handstands with increasing control.

