

Milestones

Physical Education – EYFS



By the end of the year, pupils who have experienced the elements of the milestones will have a 'basic' understanding and level of skill. The majority will have an 'expected' understanding and level of skill. Whilst some will have a 'deep' understanding, knowledge and level of skill.

Dance	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels when still and when exercising.			
Carry and place mats safely.			
Dance Skills			
Copy a range of movements.			
Change the speed and direction of movements.			
Clap, stamp and tap to a steady beat.			
Create movement phrases which demonstrate their own ideas.			
Perform			
Perform a learnt set of movements in a short sequence.			
Control their body when performing a sequence.			
Evaluate			
Talk about what they have done.			
Talk about what others have done.			

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Gymnastics	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels when still and when exercising.			
Carry and place mats safely.			
Acquiring and Developing Skills in Gymnastics			
Early Learning Goals			
Move freely and with pleasure in a range of ways such as walking, running, hopping, skipping crawling, jumping, slithering and sliding.			
Move confidently in a range of ways and negotiate space safely, adjusting speed or changing direction to avoid obstacles.			
Show good control and co-ordination in large and small movements.			
Travel, roll, stretch, balance, jump and take weight on hands in different ways.			
Move around, over, under and through objects and equipment with control.			
Practise and perform the Key Elements of gymnastics.			
KEY ELEMENTS – Rolling.... Roll in different ways with developing control:			
Egg Roll			
Pencil Roll			
Dish Roll			
Teddy Bear Roll			
Rock-and-roll (from sitting)			
KEY ELEMENTS – Jumping and Vaulting.... Jump in different ways with developing control:			
2 feet to 2 feet (on the spot)			
1 foot to same foot (hop on the spot)			
1 foot to other foot (on the spot)			
1 foot to 2 feet			
2 feet to 1 foot			
Straight Jump			
Star Jump			

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Gymnastics	Basic:	Expected:	Deep:
Tuck Jump			
Half Turn Jump			
Straight Jump off low apparatus			
KEY ELEMENTS – Balancing..... Stretch and balance in different ways with developing control.			
Understand what balance is.			
Show developing control when balancing on different large body parts eg back, side, bottom.			
Standing balance on 2 feet, and 1 foot, making different body shapes.			
Balance on and against a variety of low level apparatus.			
KEY ELEMENTS – Travelling..... Travel in different ways with developing control.			
<u>Early Learning Goals</u> Move freely and with pleasure in a range of ways such as walking, running, hopping, skipping crawling, jumping, slithering and sliding.			
Tiptoe, step, jump and hop; forwards, backwards and sideways.			
Turn whilst travelling.			
KEY ELEMENTS – Weight on hands..... Take weight on hands in different ways with developing control.			
Balance with 1 or 2 hands on floor.			
Bunny hop on floor.			
Bunny hop with hands on low apparatus.			
Performance			
Create, practise and perform a sequence of two of the key elements of gymnastics individually on the floor.			

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Games	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels when still and when exercising.			
Striking and Hitting a ball			
Hit a ball with a bat or racquet while stationary.			
Hit a ball with a bat or racquet while moving.			
Throwing and catching			
Roll equipment in different ways.			
Throw underarm.			
Throw an object at a target.			
Catch equipment using two hands.			
Travelling with a ball			
Move in different ways with a ball, including bouncing and kicking.			
Use equipment to control moving a ball.			
Passing a ball			
Kick or hit a ball at a target.			
Kick or hit a ball through a target.			
Using Space			
Move safely around space and equipment.			
Travel in different ways including sideways and backwards.			
Attacking and Defending			
Play a range of chasing games.			
Tactics and Rules			
Follow simple rules.			
Compete/Perform			
Control my body when performing			
Participate in simple games.			
Evaluate			
Talk about what they have done.			
Talk about what others have done.			

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Athletics	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels when exercising.			
Running			
Run in different ways for a variety of purposes.			
Jumping			
Jump in a range of ways, landing safely.			
Throwing			
Roll equipment in different ways.			
Throw underarm.			
Throw an object at a target.			
Compete/Perform			
Control their body when performing a sequence of movements.			
Participate in simple games.			
Evaluate			
Talk about what they have done			
Talk about what others have done.			