

Milestones

Physical Education – Year 1



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 before, during and after exercise.			
Carry and place equipment safely.			
Dance Skills			
Copy and repeat a range of movements.			
Create dances using a range of shapes, movements and dynamics.			
Use simple choreographic devises such as unison and mirroring.			
Clap, stamp, tap and move to a steady beat.			
Begin to improvise independently.			
Perform			
Create and perform a sequence with a clear start and finish.			
Perform using a wide range of movements with some co-ordination.			
Evaluate			
Watch and describe the performance of others.			
Begin to say how they could improve.			

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Gymnastics	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels before, during and after exercise.			
Carry and place equipment safely.			
Acquiring and Developing Skills in Gymnastics			
Practise and perform the Key Elements of gymnastics.			
Link two actions to make a sequence.			
Copy actions and movement sequences.			
Recognise and copy contrasting actions (small/tall, narrow/wide).			
Travel in different ways, changing speed and direction.			
Carry out simple stretches.			
Carry out a range of simple jumps, landing safely.			
Move around, over, under and through objects and equipment with control.			
Begin to move with control and care.			
KEY ELEMENTS – Rolling.... Roll in different ways with control:			
Egg Roll Pencil Roll Dish Roll Teddy Bear Roll Rock-and-roll (from crouch)			
KEY ELEMENTS – Jumping and Vaulting.... Jump in different ways with control:			
2 feet to 1 foot (leap) 1 foot to 1 foot (leap) 2 feet to 2 feet (forwards, backwards and sideways) 1 foot to same foot (hop forwards and backwards) 1 foot to other foot (whilst travelling) 1 foot to 2 feet			
Straight Jump Star Jump			

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Gymnastics	Basic:	Expected:	Deep:
Tuck Jump Half Turn Jump			
Straight and star Jump off low apparatus			
KEY ELEMENTS – Balancing..... Stretch and balance in different ways with control.			
Understand what balance is.			
Balance in a variety of shapes in standing balances and kneeling balances.			
Balance on 2 feet and 1 foot, making interesting bod shapes.			
Balance on a variety of large body parts ie back, side, bottom.			
Balance on top of low apparatus.			
Balance against mid-level apparatus.			
Mirror balances with a partner.			
Use balance as the beginning and end of a short, taught sequence.			
KEY ELEMENTS – Travelling..... Travel in different ways with control.			
Tiptoe, step, jump, skip, hop and gallop. All of the above: forwards, backwards, sideways and whilst turning.			
Travel forwards along low level apparatus.			
Turn in a controlled manner.			
KEY ELEMENTS – Weight on hands..... Take weight on hands in different ways with control.			
Bunny hop on floor.			
Bunny hop with hands on low apparatus.			
Front support.			
Performance			
Create, practise and perform a sequence of three 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 before and after exercise.			
Carry and place equipment safely.			
Striking and Hitting a ball			
Practise basic striking, sending and receiving.			
Use hitting skills in a game.			
Throwing and catching			
Throw underarm and overarm.			
Catch and bounce a ball independently.			
Use rolling skills in a game.			
Practise accurate throwing and consistent catching.			
Travelling with a ball			
Travel with a ball in different ways.			
Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.			
Passing a ball			
Pass the ball to another player in a game.			
Use kicking skills in a game.			
Using Space			
Using different ways of travelling in different directions or pathways.			
Run at different speeds.			
Begin to use space in a game.			
Attacking and Defending			
Begin to use the terms attacking and defending.			
Use simple defensive skills such as marking a player or defending a space.			

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Games	Basic:	Expected:	Deep:
Use simple attacking skills such as dodging to get past a defender.			
Tactics and Rules			
Follow simple rules to play games, including team games.			
Use simple defensive skills such as marking a player or defending a space.			
Use simple attacking skills such as dodging to get past a defender.			
Compete/Perform			
Perform a range of actions and body parts with some co-ordination.			
Begin to perform learnt skills with some control.			
Engage in competitive activities and team games.			
Evaluate			
Watch and describe performances.			
Begin to say how they could improve.			

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Athletics	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels before, during and after exercise.			
Carry and place equipment safely.			
Running			
Vary their pace and speed when running.			
Run with basic technique over different distances.			
Show good posture and balance.			
Jog and sprint in a straight line.			
Change direction when jogging and sprinting.			
Maintain control as they change direction when jogging and sprinting.			
Jumping			
Perform different types of jump.			
Perform a short jumping sequence.			
Jump as far as possible.			
Land safely and with control.			
Work with a partner to develop control of their jumps.			
Throwing			
Throw underarm and overarm.			
Throw a ball toward a target with increasing accuracy.			
Increase the distance they can throw by using more power.			
Compete/Perform			
Begin to perform learnt skills with some control.			
Engage in competitive activities and team games.			
Evaluate			
Watch and describe performances.			
Begin to say how they could improve.			