



Learning Objective	Milestone 1	Key Indicators	Basic	Advancing	Deep
To develop practical skills in order to participate, compete and lead a healthy lifestyle	Games	Take part in competitive games using a range of skills, tactics and language, including; rolling, hitting, running, jumping, catching and kicking, using tactics, using the terms opponent and team-mate and developing leadership skills.	There are examples of some skills developing and strengths emerging in some areas.	Generally, skills are developing well in most areas. Tactics are used well and language is developing. There are some good examples of emerging leadership skills.	Skills are well develop in almost all areas and there are a few areas where they are highly developed. Well-developed tactics are used, language is fluent and there are some excellent examples of leadership skills.
	Dance	Perform dances using a range of skills including; copying and remembering moves and positions, careful control and coordination, sequences of actions, communicating a mood or idea.	Dance skills are beginning to develop with some control and coordination shown. There is an awareness of sequences of movement.	Generally, skills are developing well in most areas. Moves are becoming fluent, coordinated and controlled and sequences of actions are followed. There are some good examples of actions devised to communicate a mood.	Dance skills are well developed in all areas and there are a few areas where they are highly developed. Moves show excellent fluency, movement and coordination. Sequences are devised and remembered and mood is communicated very well.
	Swimming	Swim unaided up to 25 metres using a basic stroke, controlled leg movements and breathing correctly.	Swimming skills are beginning to develop with some control and coordination shown.	Generally, swimming skills are developing well in most areas.	Swimming skills are well developed in all areas and there are a few areas where they are highly developed.
	Gymnastics	Perform gymnastics pieces, developing a range of skills including: copying and remembering actions, moving with some control and awareness of space, linking two or more actions to make a sequence, showing contrasts (such as small/tall, straight/curved and wide/narrow), travelling by rolling forwards, backwards and sideways, holding a position whilst balancing on different body parts, climbing safely on equipment, stretching and curling to develop flexibility, jumping in a variety of ways and landing with increasing control and balance.	Gymnastics skills are beginning to develop with some control and coordination shown. There is some awareness of space, and movement in a variety of ways is developing, including jumping and landing. Actions are linked to make a sequence.	Generally, gymnastics skills are developing well in most areas. Movement, and sequences of movements, are generally coordinated and controlled. Travelling in a variety of ways is generally well developed and balance is usually maintained in a variety of situations.	Gymnastics skills are well developed in all areas and there are a few areas where they are highly developed. There is a high degree of control in a wide variety of movements and in travelling. Balance and poise is excellent and sequences of actions are devised and performed with great care.
	Outdoor and adventurous activities	Not applicable in Years 1 and 2	Not applicable.	Not applicable.	Not applicable.
	Athletics	Athletics activities are combined with games in Years 1 and 2.	Not applicable.	Not applicable.	Not applicable.

Outcomes		
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