

Learning Objective	Milestone 2	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 variety of skills, including; throwing and catching with control and accuracy, striking and fielding a ball with control, choosing appropriate tactics to cause problems for the opposition, following the rules of the game and playing fairly, maintaining possession of a ball, passing to team-mates at appropriate times, leading others and acting as a respectful team member.	There are some good examples of skills developing and strengths are emerging in some areas. Throwing and catching is becoming accurate, ball skills are developing and there is some development of more advanced tactics. Fair play is understood and there is some good cooperation with team-mates.	Generally, skills are developing well in most areas. Control and accuracy are developing well in a range of situations. Advanced tactics are devised and used well to gain advantage over opponents. Fair play is generally adopted and there is a good level of communication and cooperation with team-mates.	Skills are well developed in almost all areas and there are a few areas where they are highly developed. Excellent control, accuracy and well-devised tactics are shown which often outwits opponents. Fair play is always paramount and there is an excellent sense of team.
	Dance	Perform dance movements and pieces by using a range of skills including: planning, performing and repeating sequences, moving in a clear, fluent and expressive manner, refining movements into sequences, creating dances and movements that convey a definite idea, changing speed and levels within a performance, developing physical strength and suppleness by practising moves and stretching.	Dance skills are beginning to develop with some control and coordination shown. There are some good examples of planning and performing sequences of moves which are becoming clear, fluent and expressive. Dances are beginning to convey ideas well and change in speed and level shown a growing strength and suppleness.	Dance skills are generally developing well in most areas. Planning and performances of sequences of moves are well developed and movement is clear, fluent and expressive. Dances convey a definite idea well and strength and suppleness is shown in well-coordinated changes in height, speed, level and direction.	Dance skills are well developed in all areas and there are a few areas where they are highly developed. Performances shown excellent movement that is strong, fluent, coordinated and highly expressive. Ideas for expressing a mood are defined and implemented extremely effectively. Shapes are strong and stretches show a high level of suppleness.
	Swimming	Swim unaided up to 25 and 50 metres unaided, using more than one stroke, coordinated breathing and arm and leg movements both at and below the surface.	Swimming skills are developing with some control and coordination shown for more than one stroke. There are some examples of swimming below the surface of the water.	Generally, swimming skills are developing well in most areas. More than one stroke is used and coordination is generally good at and below the surface of the water.	Swimming skills are well developed in all areas and there are few areas where they are highly developed. Speed is achieved very well and more than one stroke is used. There is fluent, coordinated movement at and below the surface of the water.
	Gymnastics	Perform gymnastic movements and pieces using a range of skills, including: planning, performing and repeating sequences, moving in a clear, fluent and expressive manner, refining movements into sequences, showing changes of direction, speed and level during a performance,	Gymnastics skills are developing with some control and coordination shown. Sequences of movements are developing and beginning to show clarity, fluency and expression. There are some good examples of weight transference and	Generally, gymnastics skills are developing well in most areas. Planning and refinement is effective and sequences are clear, fluent and expressive. Good changes in direction, speed, levels and balance are fluent. Alignment of body parts is strong and	Gymnastics skills are well developed in all areas and there are a few areas where they are highly developed. Planning of exceptionally well-refined sequences that are fluent and expressive are performed with a high level of control and poise. Dynamic movement that is powerful and dramatic is gained through excellent

		travelling in a variety of ways including flight by transferring weight to generate power in movements, showing a kinaesthetic sense in order to improve the placement and alignment of body parts, swinging and hanging from equipment safely (using hands).	growing awareness of where the body is in space.	there is a good awareness of the body's position.	strength, balance and awareness of body position.
	Athletics	Compete in athletics activities using a variety of skills, including: sprinting over a short distance up to 60 metres, running over a longer distance, conserving energy in order to sustain performance, using a range of throwing techniques with accuracy to hit a target or cover a distance, jumping in a number of ways, using a run up where appropriate, improving personal best performances.	There are some good examples of athletic skills developing. Short sprints and longer distance running are developing well. Jumping and landing is becoming controlled and throwing techniques are becoming fluid and accurate.	Generally, athletics skills are well developed. Sprints are becoming powerful and an ability to conserve energy over longer distances gives a competitive advantage. Jumping is becoming strong and landings controlled. Throwing is becoming accurate and powerful.	Athletics skills are well developed in all areas and highly developed in some. Sprints are powerful and speed is sustained over the distance, whilst over longer distances, careful planning of pace conserves energy. Jumping is strong, controlled and landings carefully planned. Throwing is accurate and powerful.
	Outdoor and adventurous activities	Take part in outdoor adventurous activity, using a range of skills, including: arriving properly equipped, managing risks, leading and becoming part of a team, supporting others and seeking support, showing resilience, using maps, compasses and digital devices, remaining aware of changing conditions and changing plans if necessary.	There are some good examples of developing outdoor and adventurous skills. When guided, the right equipment is used and there is some awareness of risk. There are some good examples of playing an important role in a team and orientation skills are beginning to emerge.	Outdoor and adventurous activity skills are generally developing well. The right equipment is brought to activities and there is a good awareness of risks and steps are suggested to help manage them. Teamwork is well developed including some leadership responsibilities. Orientation skills are well developed.	Outdoor and adventurous activity skills are well developed in all areas and are highly developed in some. There is a very good level of planning of equipment, which is always suitable and appropriately packed. Risk management is very well understood and leadership roles are developing well. Orientation skills are very good.
Outcomes					