

Learning Objective	Milestone 3	Key Indicators	Basic	Advancing	Deep
To develop practical skills in order to participate, compete and lead a healthy lifestyle	Games	Compete in competitive games using a range of skills, including; choosing and combining techniques in game situations, working alone, or with team mate in order to gain points or possession, striking a bowled or volleyed ball with accuracy, using forehand and backhand when playing racket games, fielding defending and attacking tactically by anticipating the direction of play, choosing the most appropriate tactics for a game, upholding the spirit of fair play and respect in all competitive situations, leading others when called upon and acting as a good role model within a team.	Games skills are becoming frequently well applied and show some level of control and coordination. Solo and team efforts are becoming sustained and a range of tactics, moves and techniques are increasingly applied to games. There are some good examples of beginning to anticipate the direction of play and planning ahead as a result. There is increasing confidence in attacking and defending and the spirit of fair play is generally upheld.	Generally,, games skills are well developed in most areas. Control and coordination is good and tactics, move and techniques well developed. Solo and team efforts are sustained in a wide range of game situations. The direction of play is usually anticipated and used to plan ahead, giving a competitive advantage over opponents. Attacking and defending is confident and the roles of team player and leader are developed well, always within the spirit of fair play.	Games skills are well developed in all areas and highly developed in some. Exceptional control and coordination is shown in a wide range of situations. Tactics are very well planned. Competitive efforts are sustained in a wide range of situations. Highly perceptive observations of the movement of play help in planning excellent strategies to gain a competitive advantage over opponents. The roles of leader and team player are very well developed and there is a strong spirit of fair play.
	Dance	Perform dance movements and pieces using a range or practical skills, including: composing creative and imaginative dance sequences, performing expressively and holding a precise and strong body posture, performing and creating complex sequences, expressing an idea in original and imaginative ways, planning to perform with high energy, slow grace or other themes and maintaining this throughout a piece, performing complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).	There are some good examples of developing dance skills. Composition of creative and imaginative dance sequences is beginning to develop and performance becoming strong and controlled. More complex sequences are attempted and there are some good attempts to combine high energy and slower, more graceful movements. There is some evidence of some gymnastics skills being used within pieces.	Dance skills are generally well developed in most areas. Composition of pieces is creative and imaginative and performances strong with good posture. More complex sequences are developed, which show original and expressive ideas. A good mixture of high energy and slower, more graceful movements are planned and sustained throughout a performance. There is a strong display of strength and stamina and a good use of gymnastics skills.	Dance skills are well developed in all areas and are highly developed in some. Compositions are excellent and show highly creative and imaginative ideas. Performances are very strong and show excellent body position and posture. Complex sequences are devised and contain highly original and expressive ideas. Well-judged changes in energy levels are chosen very appropriately. Strength and stamina are exceptional.

	Swimming	Swim over 100 metres unaided and using a range of skills, including; using breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming, using controlled strokes, turning efficiently at the end of a length.	There are some good examples of swimming skills developing well. A range of strokes are developing and they are beginning to show control. Efficient turns are starting to develop.	Swimming skills are generally well developed. Three strokes are used and generally show good breathing and controlled movements. Efficient turns are made at the end of a length.	Swimming skills are well developed in all areas and highly developed in some. Three strokes are used with controlled breathing and coordinated and controlled movements. Very efficient turns are made at the end of a length.
	Gymnastics	Perform gymnastics movements and pieces using a variety of skills, including: complex and well-executed sequences that include a full range of movements, holding shapes that are strong, fluent and expressive, including, in a sequences, set pieces, choosing the most appropriate linking elements, varying speed, direct, level and body rotation during floor performances, demonstrating good kinaesthetic awareness, using equipment to vault and to swing (remaining upright).	There are some good examples of gymnastics skills developing well. Complex sequences that include a full range of movements are beginning to be developed and executed well. Shapes are beginning to be held well and set pieces are beginning to be performed well. Sequences are generally well remembered and accurate. Variations to speed and direction are developed well, with some good attempts to rotate the body. There is a growing awareness of the body's position and equipment to vault and swing has been experienced.	Gymnastics skills are generally well developed in most areas. Complex sequences contain a full range of movement are well executed. Strong, fluent and expressive shapes are held well, including set pieces. Appropriate linking elements are chosen and decisions about speed, direction, level and body rotation are well made. Strong positions show a good bodily awareness. The use of equipment to vault and swing is developing well.	Gymnastics skills are well developed in all areas and highly developed in some. Complex sequences are very well executed and show excellent fluency and expression. Highly appropriate linking elements are chosen and variations in speed, direction, level and body rotation are very well judged. Confident and controlled use of equipment to vault and swing is developing.
	Athletics	Compete in athletics competitions using a range of skills, including: combining sprinting with low hurdles over 60 metres, choosing the best position for running over a variety of distances, throwing accurately and refining performance by analysing technique and body shape, showing control in take-offs and landings when jumping, keeping track of personal best performances and setting targets for improvement.	There are some good examples of athletics skills developing well. The ability to combine sprinting and hurdling is developing and there is some awareness that various running positions are required for different distances. Throwing is becoming more controlled and there is some degree of analysis of technique. Take-offs and landings when jumping are becoming more controlled and, with encouragement, targets are set for improvement.	Athletics skills are generally well developed in most areas. Sprinting with hurdles is well developed over 60 metres and good decisions are made on body position for running over a variety of distances. Throwing is generally accurate and refinements through analysis of technique are naturally made. Take-offs and landings are controlled and targets to beat personal bests in a range of activities are set.	Athletics skills are well developed in all areas and highly developed in some. Sprinting with hurdles over 60 metres is very efficient and there is a very good awareness of the different running positions required for a variety of distances. Throwing is very accurate and there is a high degree of analysis of technique. Take-offs and landings are very accurate and well planned. Targets to beat personal bests are made and achieved.
	Outdoor and adventurous activities	Take part in outdoor and adventurous activities using a range of skills, including: selecting appropriate equipment, identifying possible risks and ways to manage them, asking for and listening carefully to expert advice, embracing both leadership and team roles and gaining the commitment and respect of a team, empathising with others	There are some good examples of outdoor and adventurous activities skills developing well. When reminded, appropriate equipment is selected and packed. There is generally a good awareness of some risks and, with encouragement, suggestions on how they can be managed are given. Team roles are played well and there is some accomplishment at leadership level. A	Outdoor and adventurous activity skills are generally well developed. The correct equipment is selected and packed appropriately. Possible risk are identified and suggestions given as to how they may be minimised, seeking the advice of experts, if required. Both leadership and team roles are embraced and some good examples of showing support and encouragement are developing. Experts	Outdoor and adventurous activity skills are well developed in all areas and in some they are highly developed. Possible risks beyond the obvious are identified and very good suggestions given as to how to minimise them. A very watchful eye is given to changing conditions and plans are adapted accordingly. Advice of experts is always sought if there is any doubt. Both leadership and team roles are embraced in a wide

		and offering support without being asked, seeking support from the team and the experts if in any doubt, remaining positive even in the most challenging circumstances, rallying others if need be, using a range of devices in order to orientate, quickly assessing changing conditions and adapting plans to ensure safety comes first.	positive disposition is usually seen, even in challenging circumstances.	are always consulted if there is any doubt and a positive outlook maintained throughout. There is a growing awareness of the need to watch out for changing conditions, adapting plans as necessary.	variety of different contexts and some excellent examples of support and encouragement rallies the morale of others. A positive outlook and good companionship which gains the respect and commitment of a team are displayed.
Outcomes					