



EYFS and Key Stage 1

	EYFS Milestones	Key Stage 1 Milestones	
	Reception	Year 1	Year 2
Acquiring and developing skills	<p>EYFS Areas of Learning: Physical Development: Moving and Handling</p> <ul style="list-style-type: none"> Experiments with different ways of movement Jumps off and object and lands appropriately Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles Travels with confidence and skill around, under, over and through balancing and climbing equipment Children understand the important of good health and fitness, a healthy diet and talk about ways to stay health and safe. They can manage their own basic hygiene and personal needs. 	<ul style="list-style-type: none"> be confident and safe in the spaces used to play games explore and use skills, actions and ideas individually and in combination to suit the game they are playing 	<ul style="list-style-type: none"> improve the way they coordinate and control their bodies and a range of equipment remember, repeat and link combinations of skills
Selecting and applying skills, tactics and compositional ideas		<ul style="list-style-type: none"> choose and use skills effectively for particular games 	<ul style="list-style-type: none"> choose, use and vary simple tactics
Knowledge and understanding of fitness and health		<ul style="list-style-type: none"> know that being active is good for them and fun 	<ul style="list-style-type: none"> recognise and describe what their bodies feel like during different types of activity
Evaluating and improving performance		<p><u>Early Learning Goal</u> Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	<ul style="list-style-type: none"> watch, copy and describe what others are doing describe what they are doing

Physical Education Net Games Lessons

YEAR A

	Foundation	Year 1 and Year 2
Autumn		<p><u>Net and Wall Games</u> I am learning how to get into the ready position to receive the ball. I am learning how to send and receive the ball. I am learning how to use a racket to return a ball. I am learning how to use a racket to return a ball with accuracy. I am learning how to use the skills you have learned to play a game. I am learning how to use the skills you have learned to play a competitive game.</p>
Spring		
Summer	<p><u>Net and Wall Games</u> I am learning how to throw underarm. I am learning how to aim when throwing underarm. I am learning how to control the ball when using a tennis racket. I am learning how to control a ball using a uni-stick. I am learning how to throw overarm. I am learning how to field a ball correctly.</p>	

YEAR B

	Foundation	Year 1 and Year 2
Autumn		Not in this term
Spring		<p>I am learning how to accurately feed a ball over a net. I am learning how to feed and hit a small soft ball with my hands.</p>

		<p>I am learning how to use a racket.</p> <p>I am learning how to feed a ball accurately to their partner.</p> <p>I am learning how to send a ball accurately using a racket.</p> <p>I am learning how to evaluate my own performance.</p> <p>I am learning how to hit the ball over a net to bounce twice on the other side to score points.</p> <p>I am learning how to play well as a team and help each other.</p> <p>I am learning how to hit a ball accurately at different targets,</p>
Summer		Not in this term.

Key Stage 2

	Lower Key Stage 2 Milestones		Upper Key Stage 2 Milestones	
	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills	<ul style="list-style-type: none"> consolidate and improve the quality of their techniques and their ability to link movements develop the range and consistency of their skills in all games 	<ul style="list-style-type: none"> develop the range and consistency of their skills in all games 	<ul style="list-style-type: none"> develop a broader range of techniques and skills for attacking and defending develop consistency in their skills 	<ul style="list-style-type: none"> choose, combine and perform skills more fluently and effectively in invasion, striking and net games
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> improve their ability to choose and use simple tactics and strategies keep, adapt and make rules for striking and fielding and net games 	<ul style="list-style-type: none"> devise and use rules keep, adapt and make rules for striking and fielding and net games use and adapt tactics in different situations 	<ul style="list-style-type: none"> know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations choose and apply skills more consistently in all activities 	<ul style="list-style-type: none"> understand, choose and apply a range of tactics and strategies for defence and attack use these tactics and strategies more consistently in similar games

Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • know and describe the short-term effects of different exercise activities on the body • know how to improve stamina • begin to understand the importance of warming up 	<ul style="list-style-type: none"> • recognise which activities help their speed, strength and stamina and know when they are important in games • recognise how specific activities affect their bodies 	<ul style="list-style-type: none"> • know and understand the basic principles of warming up, and understand why it is important for a good-quality performance • understand why exercise is good for their fitness, health and wellbeing 	<ul style="list-style-type: none"> • understand why exercise is good for their fitness, health and wellbeing • understand the need to prepare properly for games
Evaluating and improving performance	<ul style="list-style-type: none"> • recognise good performance and identify the parts of a performance that need improving • use what they have learned to improve their work • 	<ul style="list-style-type: none"> • explain their ideas and plans • recognise aspects of their work that need improving • suggest practices to improve their play 	<ul style="list-style-type: none"> • choose and use information to evaluate their own and others' work • suggest improvements in own and others' performances 	<ul style="list-style-type: none"> • develop their ability to evaluate their own and others' work, and to suggest ways to improve it • know why warming up and cooling down are important

Physical Education Net Games Lessons

YEAR A

	Year 3 and 4	Year 5 and 6
Autumn	<p><u>Tennis</u> I am learning how to control a tennis ball with a tennis racket and work effectively with a partner. I am learning how to complete a throw and catch match successfully with a partner using some tactics. I am learning how to perform a forehand tennis shot with accuracy. I am learning how to perform a backhand tennis shot with accuracy. I am learning how to perform a serve in tennis to start a game and use tactics in the game. I am learning how to compete in a Tennis Tournament.</p>	Not in this term.
Spring	Not in this term	Not in this term.

Summer	Not in this term	<p><u>Tennis</u></p> <p>I am learning how to compete in a Tennis Tournament.</p> <p>I am learning how to complete a serve in tennis to start a game.</p> <p>I am learning how to complete a volley shot in tennis.</p> <p>I am learning how to complete a shot and recover to ready position.</p> <p>I am learning how to compete in a doubles match.</p> <p>I am learning how to compete in a Tennis Tournament.</p>
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YEAR B

	Year 3 and 4	Year 5 and 6
Autumn	Not in this term.	Not in this term.
Spring	Not in this term.	Not in this term.
Summer	<p><u>Volleyball</u></p> <p>I am learning how to use the correct volleyball hand technique.</p> <p>I am learning how to perform the dig technique.</p> <p>I am learning how to use the volleyball technique to send the ball over the net.</p> <p>I am learning how to play during a game situation, learning the rules of the game.</p> <p>I am learning how to score in a match situation.</p> <p>I am learning how to use the skills I have learnt to play in a match/competition.</p>	<p><u>Badminton</u></p> <p>I am learning how to control a shuttle with a backhand thumb grip using a badminton racket and work effectively with a partner.</p> <p>I am learning how to control a shuttle with a forehand 'v' grip using a badminton racket and work effectively with a partner.</p> <p>I am learning how to use changes of grip to hit the shuttle on the backhand and forehand sides and start a rally using a recognised serving technique within the rules of the game.</p> <p>I am learning how to use chasse steps and a lunge whilst moving to play the shuttle and strike net shots using a pushing action with the appropriate grip to rally with a partner.</p> <p>I am learning how to use underarm and overarm techniques to rally with a partner and demonstrate tactics to compete against an opponent.</p> <p>I am learning how to compete in a team badminton match following the rules of serving.</p>

