

	Year 1	Year 2
Threshold Concepts	Developing fundamental movement skills, to become increasingly competent and confident in improving their agility, balance and coordination, individually and with others.	Developing confidence and competence in taking part in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
Key Objectives	<p>I can run at different speeds and change direction                      I can hit a ball using equipment                      I can repeat actions and link them                      I can sometimes catch a beanbag or medium sized ball                      I can find space.                      I am beginning to roll a ball towards a target using my hands and feet                      I can run for 1 minute.</p> <p>I can recognise changes in my body when I exercise.                      I know how to score points.                      I can work cooperatively with a partner</p> <p>Respect: I can use equipment properly.                      Teamwork: I can work with a partner.                      Self-Belief: I can try my best most of the time.                      Passion: I can try my best most of the time.                      Honesty: I can tell the truth.                      Determination: I can try my best most of the time.</p>	<p>I can run at different speeds and change direction with balance and control.                      I can throw and hit a ball in a variety of ways.                      I can plan and repeat sequences                      I can sometimes catch a ball without a bounce                      I can dodge and find space away from the other team.                      I can pass the ball to a partner with my hands and feet                      I can run for 2 minutes.</p> <p>I can describe how my body feels during exercise                      I know how to score points and can remember the score                      I can work with a partner and am beginning to work in a small group                      I can use some simple tactics                      I can reflect when I was successful.</p> <p>Respect: I can share equipment.                      Teamwork: I can help a partner.                      Self-Belief: I can try my best all the time.                      Passion: I can try my best all the time.                      Honesty: I can admit when I am wrong.                      Determination: I try my best all the time.</p>

	Year 3	Year 4
Threshold Concepts	Developing body management (i.e. strength and balance) and developing basic principles in games such as attacking and defending.	Developing and applying a broader range of skills to more specific sports (i.e. chest pass, javelin throw), learning how to use them in different ways and to link them together in different situations.
Key Objectives	<p>I can dribble, pass, receive and shoot with some control.                      I can strike a ball after a bounce.                      I can complete actions with increased balance and control.                      I can bowl a ball towards a target.                      I can run at fast, medium and slow speeds.                      I can return a ball to a partner.                      I can run for 4 minutes.</p> <p>I understand why it is important to warm up.                      I am learning the rules of the game and I am beginning to use them.                      I can work with a partner and a small group.                      I am developing an understanding of tactics and I am beginning to use them in games.                      I can identify when I was successful.                      With help, I can recognise how performance could be improved</p> <p>Respect: I can have respect for the rules and follow them.                      Teamwork: I can encourage my team.                      Self-Belief: I can try new skills with a positive attitude.                      Passion: I can try again if I fail.                      Honesty: I can follow the rules.                      Determination: I know what I need to improve.</p>	<p>I can dribble, pass, receive and shoot with increased control                      I can strike a bowled ball after a bounce                      I can perform balances with a partner                      I can bowl a ball with some accuracy and consistency                      I can jump for distance and height with control and balance.                      I can use a range of basic racket skills.                      I can run for 6 minutes</p> <p>I can explain what happens in my body when I warm up                      I understand the rules of the game and I can use them often                      I can work effectively with a partner and a small group                      I can choose and use simple tactics for different games.                      I can identify when I was successful and what I need to do to improve                      I can watch, describe and suggest possible improvements to others' sports performances and my own.</p> <p>Respect: I can have respect for my team by helping and encouraging them.                      Teamwork: I can include everyone in my team.                      Self-Belief: I can identify what I need to do to improve.                      Passion: I never give up until I'm successful.                      Honesty: I can make the right choices when active.                      Determination: I know what I need to improve and how I will do it.</p>

	Year 5	Year 6
Threshold Concepts	Developing successful communication, collaboration and sportsmanship in a range of co-operative and competitive situations.	Developing an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own and others success.
Key Objectives	<p>I can dribble, pass, receive and shoot with some control under pressure</p> <p>I can sometimes strike a bowled ball that hasn't bounced</p> <p>I can create sequences using apparatus</p> <p>I can develop a wider range of skills and use under some pressure</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I can move into space to help my team.</p> <p>I can run for 8 minutes</p> <p>I can lead a partner through short warm-up routines</p> <p>I understand the rules of the game and can use them to play fairly</p> <p>I can work effectively with a partner or small group agreeing on team strategies</p> <p>I understand the need for tactics and have begun to use some effectively</p> <p>I can identify good sporting performance and explain why it is good</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve</p> <p>Respect: I can have respect for the opposition and play fair.</p> <p>Teamwork: I can identify strengths and weaknesses in my team.</p>	<p>I can dribble, pass, receive and shoot with increased control under pressure</p> <p>I can strike a bowled ball that hasn't bounced with increased consistency</p> <p>I can perform counter balances and counter tension</p> <p>I can select appropriate actions for the situation</p> <p>I can exchange a baton with success.</p> <p>I can use marking, and/or interception to improve my defence.</p> <p>I can run for 10 minutes.</p> <p>I can lead a small group through a short warm-up routine</p> <p>I understand the rules of the game and I can use them to play fairly</p> <p>I can gather ideas within a group, selecting and applying the best idea</p> <p>I understand and can use some tactics in a game</p> <p>I can identify good sporting performance and make suggestions of how they could improve further</p> <p>I can identify my own and others' strengths and areas for development and can suggest ways to improve</p> <p>Respect: I can have respect for the referee and accept decisions.</p> <p>Teamwork: I can help other teams by identifying strengths</p>

# Windsor Academy Trust

## Curriculum Milestones - PE



	<p>Self-Belief: I can correct previous mistakes. Passion: I can motivate my team even if we're losing. Honesty: I can admit to mistakes. Determination: I can create goals and know what I need to do to achieve them.</p>	<p>and weaknesses. Self-Belief: I understand the technique I need to change to improve. Passion: I can create goals and targets even if my team are losing. Honesty: I can help the officials with the correct call by being honest. Determination: I can recognise mental barriers that can prevent performers reaching their goals.</p>
		<p><b>Swimming Milestone by end of Year 6</b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.</p>