St Nicholas C of E Primary School

PE Curriculum Journey

Physical Development

EYFS

END OF EYFS

Can you practice throwing and catching a variety of different balls?

Can you dribble a ball using the inside of your foot?

Years 1 & 2

Can you catch and throw a variety of balls?

Can you work with a partner to complete a challenge?

Can you balance a ball and move with it on a racket?

Can you run at various speeds?

Can you begin to use the coordinates on a compass to navigate?

MILESTONE 1

Can you dribble to ball using the inside of your foot and get into space?

Can you balance with control and accuracy?

Can you beat your personal best?

Can you pass the ball to your partner and back?

Can you use your arms effectively to run?

Years 3 & 4

Can you perform a hop, step and jump (standing triple jump)?

Can you understand how to use a compass using a variety of co-ordinates?

Can you throw a vortex or javelin using the correct arm position?

Can you pass and receive a netball?

Can you tag a player?

Can you dribble with the ball and make a turn with control?

Can you throw at a wicket overarm?

Can you dribble the ball holding the stick in the correct position?

Can you set up your own orienteering course for another team to complete?

Can you tackle your opposition safely?

Can you dodge away from your opponents?

Can you mark a player staying on the balls of your feet?

MILESTONE 2

Can you receive the ball whilst performing the correct footwork?

Can you communicate with team to develop tactics for attacking and defending?

Can you pass and receive a ball in a game situation without getting tagged?

Can you serve diagonally underarm?

Can you develop communication skills in a variety of ways including verbal, non-verbal and by using sign language?

Can you participate in a variety of athletic activities?

MILESTONE 3

Year 7

Years 5 & 6

	Movement
	Athletics
	Team Games
	Outdoor Adventure