



## Wallace Fields Infant School & Nursery

### End of Year Milestones

**What must the children achieve in PE in order to be ready for next year? (6-10)**

#### **Year One:**

- To perform a variety of basic gymnastics actions showing control (taking off and landing).
- Able to build simple movement patterns from given actions.
- To practice basic movements including running, jumping, throwing and catching.
- To recognise rules and apply them in competitive and cooperative games.
- Move towards a moving ball to return.
- Develop sending skills with a variety of balls.
- Able to hit objects with hand or bat.
- Throw and catch a variety of balls and objects.
- To learn and refine a range of running which includes varying pathways and speeds (starting and stopping at speed).

#### **Year Two:**

- Perform with control and consistency basic actions at different speeds and on different levels.
- Work as part of a group to create and perform short movement sequences to music.
- Can send a ball using feet and can receive ball using feet.
- Begin to hit and return a ball using a variety of hand and racquet with some consistency.
- Hit and run to score points in games.
- Develop power, agility, co-ordination and balance over a variety of activities.