



St Matthew's Catholic Primary School

P.E. end of year milestones 2023-2024



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| Early Years Foundation Stage | <ul style="list-style-type: none">● Moving and handling: 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.● Health and self-care: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. |
| End of Key Stage One | <ul style="list-style-type: none">● master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities● Participate in team games, developing simple tactics for attacking and defending● Perform dances using simple movement patterns. |
| End of Key Stage Two | <ul style="list-style-type: none">● Use running, jumping, throwing and catching in isolation and in combination● Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending● Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]● Perform dances using a range of movement patterns● Take part in outdoor and adventurous activity challenges both individually and within a team● Compare their performances with previous ones and demonstrate improvement to achieve their personal best. |
| Swimming and Water Safety (KS2) | <ul style="list-style-type: none">● 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. |