## P.E. Year 1&2

NC objectives	Topic	Milestones 1
Pupils should be taught to:		
Use the terms 'opponent' and 'team- mate'.		To develop practical skills in order to
		participate, compete and lead a
Use rolling, hitting, running,	TERM 1	healthy lifestyle. Games
jumping, catching and kicking skills in combination.	Ball skills	Use the terms 'opponent' and 'team-mate'.
Combination.		Use rolling, hitting, running, jumping, catching
Develop tactics.	Dance	and kicking skills in combination.
		Develop tactics.
Lead others when appropriate.	Football	<ul> <li>Lead others when appropriate.</li> <li>Dance</li> </ul>
Copy and remember moves and		Copy and remember moves and positions.
positions.		Move with careful control and coordination.
		Link two or more actions to perform
Move with careful control	TERM 2	<ul><li>a sequence.</li><li>Choose movements to communicate a mood,</li></ul>
and coordination.	Gymnastics	feeling or idea.
Link two or more actions to perform		Gymnastic
a sequence.	Outdoor	Copy and remember actions.
	Education	Move with some control and awareness
<ul> <li>Choose movements to communicate a mood, feeling or idea.</li> </ul>		of space.
a mood, reening or idea.	Orienteering	<ul><li>Link two or more actions to make a sequence.</li><li>Show contrasts (such as</li></ul>
Copy and remember actions.		small/tall, straight/curved and wide/narrow).
		Travel by rolling forwards, backwards
<ul> <li>Move with some control and awareness of space.</li> </ul>	TED 1 ( 2	and sideways.
awareness of space.	TERM 3	Hold a position whilst balancing on different points of the body.
Link two or more actions to make	Tennis	Climb safely on equipment.
a sequence.	A .1 1	Stretch and curl to develop flexibility.
Show contrasts (such as	Athletics	Jump in a variety of ways and land
small/tall, straight/curved and		with increasing control and balance.
wide/narrow).		
. Travel by relling forwards, backwards		
• Travel by rolling forwards, backwards and sideways.		
Hold a position whilst balancing on		
different points of the body.		
Climb safely on equipment.		
Stretch and curl to develop flexibility.		
a lump in a variety of ways and land		
<ul> <li>Jump in a variety of ways and land with increasing control and balance.</li> </ul>		
<u> </u>		
Swim unaided up to 25 metres.		
• Use one basis stroke breathing		
<ul> <li>Use one basic stroke, breathing correctly.</li> </ul>		
Control leg movements.		