



St. Matthew's Catholic Primary School  
P.E. End of Key Stage Milestones 2019-2020



Early Years Foundation Stage	<ul style="list-style-type: none"><li>● 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.</li><li>● 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.</li></ul>
End of Key Stage One	<ul style="list-style-type: none"><li>● 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</li><li>● Participate in team games, developing simple tactics for attacking and defending</li><li>● Perform dances using simple movement patterns.</li></ul>
End of Key Stage Two	<ul style="list-style-type: none"><li>● Use running, jumping, throwing and catching in isolation and in combination</li><li>● 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</li><li>● Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>● Perform dances using a range of movement patterns</li><li>● Take part in outdoor and adventurous activity challenges both individually and within a team</li><li>● Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul>

## Swimming and Water Safety (KS2)

- 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.