

Pupils not meeting the minimum expected requirements	<b>Expected requirements Milestone 2</b> <b>(Expected standard Year 3 and Year 4)</b>	Pupils exceeding the minimum expected requirements																						
	<p><b><i>To develop practical skills in order to participate, compete and lead a healthy lifestyle.</i></b></p> <p><b>Games</b></p> <table border="1" data-bbox="283 560 1772 630"> <tr> <td>Throw and catch with control and accuracy.</td> <td>Strike a ball and field with control.</td> <td>Choose tactics to cause problems for the opposition.</td> <td>Maintain possession of a ball (with, feet, stick or hands).</td> </tr> </table> <p><b>Dance</b></p> <table border="1" data-bbox="283 699 1782 829"> <tr> <td>Plan, perform and repeat sequences.</td> <td>Move in a clear, fluent and expressive manner.</td> <td>Refine movements into sequences.</td> <td>Create dances and movements that convey a definite idea.</td> <td>Change speed and levels within a performance.</td> <td>Develop physical strength and suppleness by practising moves and stretching.</td> </tr> </table> <p><b>Gymnastics</b></p> <table border="1" data-bbox="283 906 1772 1036"> <tr> <td>Plan, perform, refine and repeat sequences.</td> <td>Move in a clear, fluent and expressive manner.</td> <td>Swing and hang from equipment safely (using hands).</td> <td>Show changes of direction, speed and level during a performance.</td> <td>Travel in a variety of ways, including flight.</td> <td>Improve the placement and alignment of body parts.</td> </tr> </table> <p><b>Athletics</b></p> <table border="1" data-bbox="283 1112 1772 1307"> <tr> <td>Sprint over a short distance up to 60 metres.</td> <td>Run over a longer distance, conserving energy in order to sustain performance.</td> <td>Use a range of throwing techniques (such as under arm, over arm).</td> <td>Throw with accuracy to hit a target or cover a distance.</td> <td>Jump in a number of ways, using a run up where appropriate.</td> <td>Compete with others and aim to improve personal best performances.</td> </tr> </table> <p><b><i>To develop sportsmanship:</i></b>  <i>Follow rules and play fairly as part of a team, winning and losing together.</i>  <i>Lead others and act with respect.</i>  <i>Evaluate performances of peers giving constructive feedback.</i></p>	Throw and catch with control and accuracy.	Strike a ball and field with control.	Choose tactics to cause problems for the opposition.	Maintain possession of a ball (with, feet, stick or hands).	Plan, perform and repeat sequences.	Move in a clear, fluent and expressive manner.	Refine movements into sequences.	Create dances and movements that convey a definite idea.	Change speed and levels within a performance.	Develop physical strength and suppleness by practising moves and stretching.	Plan, perform, refine and repeat sequences.	Move in a clear, fluent and expressive manner.	Swing and hang from equipment safely (using hands).	Show changes of direction, speed and level during a performance.	Travel in a variety of ways, including flight.	Improve the placement and alignment of body parts.	Sprint over a short distance up to 60 metres.	Run over a longer distance, conserving energy in order to sustain performance.	Use a range of throwing techniques (such as under arm, over arm).	Throw with accuracy to hit a target or cover a distance.	Jump in a number of ways, using a run up where appropriate.	Compete with others and aim to improve personal best performances.	
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