

Pupils not meeting the minimum expected requirements	<h2 style="margin: 0;">Expected requirements Milestone 3</h2> <h3 style="margin: 0;">(Expected standard Year 5 and Year 6)</h3>	Pupils exceeding the minimum expected requirements			
<p><b>To develop practical skills in order to participate, compete and lead a healthy lifestyle.</b></p>					
<p><b>Games</b></p>					
Choose and combine techniques in game situation.	Work alone and in team to gain points or possession.	Strike a bowled or volleyed ball with accuracy.	Use forehand and backhand during racket games.	Field, defend and attack tactically.	Choose effective tactics for a game.
<p><b>Dance</b></p>					
Compose creative and imaginative dances.	Perform with strong body posture.	Perform and create complex sequences.	Express an idea in original and imaginative way.	Perform with high energy, slow grace.	Perform complex moves combining strength and stamina.
<p><b>Gymnastics</b></p>					
Create complex and well-executed sequences.	Hold shapes that are strong, fluent and expressive.	Sequence set pieces that link appropriately.	Vary speed, direction, level and body rotation during floor work.	Practise and refine the gymnastic techniques.	Vault and swing on equipment with a strong body shape.
<p><b>Athletics</b></p>					
Combine sprinting with low hurdles over 60 metres.	Choose the best place for running over a variety of distances.	Throw accurately and refine performance by analysing technique and body shape.	Show control in take off and landings when jumping.	Compete with others and keep track of personal best performances, setting targets for improvement.	
<p><b>Swimming</b></p>					
Swim at least 25 metres unaided.		Use all strokes effectively.		Know and perform safe self rescue.	
<p><b>Outdoor and adventurous activities</b></p>					
Select appropriate equipment.	Identify possible risks adopt expert advice.	Embrace both leadership and team roles.		Empathise with others and offer support without being asked.	
Remain positive in challenging circumstances, rallying others if need be.	Use a range of devices to orientate themselves.	Quickly assess changing conditions and adapt plans to ensure safety comes first.			
<p><b>To develop sportsmanship:</b></p>					
<p>Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p>					