

## **Conceptual Milestone for PE**

### EYFS

Start to safely develop coordination, spatial awareness and control over their own bodies and manipulatives.

### Key Stage 1

Develop physical skills with increasing competence in a range of activities and games. Begin to develop confidence to participate in and enjoy physical activity; starting to recognize the importance of a healthy lifestyle.

### Lower Key Stage 2

Apply physical skills in a variety of activities and sports. Continue to develop confidence to participate in and enjoy physical activity; recognize the importance of a healthy lifestyle.

### Upper Key Stage 2

Apply and refine complex techniques in physical activities and sports. Be confident to participate in, lead and enjoy activities; making informed decisions about their own healthy lifestyle and recognising their own sporting aptitudes.