

Threshold Concept - PE

Develop practical skills in order to participate, compete and lead a healthy lifestyle

Develop Practical Skills- Games

Milestone 1	Milestone 2	Milestone 3
<ul style="list-style-type: none">• Use the term opponent and teammate.• Use rolling, hitting, running, jumping, catching and kicking skills in combination.• Develop tactics.• Lead others when appropriate	<ul style="list-style-type: none">• Throw and catch with control and accuracy.• Strike a ball and field with control.• Choose appropriate tactics to cause problems for the opposition.• Follow the rules of the game and play fairly.• Maintain possession of the ball.• Pass to team mates at appropriate times.• Lead others and act as a respectful team member.	<ul style="list-style-type: none">• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).<ul style="list-style-type: none">• Work alone, or with team mates in order to gain points or possession.• Strike a bowled or volleyed ball with accuracy.• Use forehand and backhand when playing racket games.• Field, defend and attack tactically by anticipating the direction of play.<ul style="list-style-type: none">• Choose the most appropriate tactics for a game.• 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.

Develop Practical Skills- - Dance

Milestone 1	Milestone 2	Milestone 3
<ul style="list-style-type: none">• Copy and remember moves and positions.• Move with careful control and coordination.• Link two or more actions to perform a sequence.• Choose movements to communicate a mood, feeling or idea.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• Compose creative and imaginative dance sequences.• Perform expressively and hold a precise and strong body posture.• Perform and create complex sequences.• Express an idea in original and imaginative ways.• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).

Develop Practical Skills- - Athletics

Milestone 1	Milestone 2	Milestone 3
<ul style="list-style-type: none">• Run with balance and control.• Throw in the right direction.• Jump, hop and skip.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.

Develop Practical Skills- - OAA

Milestone 2	Milestone 3
<ul style="list-style-type: none">• Arrive properly equipped for outdoor and adventurous activity.• Understand the need to show accomplishment in managing risks.• Show an ability to both lead and form part of a team.• Support others and seek support if required when the situation dictates.• Show resilience when plans do not work and initiative to try new ways of working.• Use maps, compasses and digital devices to orientate themselves.• Remain aware of changing conditions and change plans if necessary.	<ul style="list-style-type: none">• Select appropriate equipment for outdoor and adventurous activity.• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.• Embrace both leadership and team roles and gain the commitment and respect of a team.• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.• Remain positive even in the most challenging circumstances, rallying others if need be.• Use a range of devices in order to orientate themselves.• Quickly assess changing conditions and adapt plans to ensure safety comes first.

Develop Practical Skills- - Swimming

Milestone 1	Milestone 2	Milestone 3
<ul style="list-style-type: none">• Coordinate arms and legs.• Control leg movements.• Push up onto equipment.• Roll and jump.• Maintain good balance	<ul style="list-style-type: none">• Swim between 25 metres unaided.• Use more than one stroke• Coordinate leg and arm movements.• Swim at the surface and below the water.	<ul style="list-style-type: none">• Swim over 25 metres unaided.• Use a range of efficient strokes.• Break effectively.• Swim fluently with controlled strokes.• Turn efficiently at the end of a length.• Perform safe self rescue.