



PE End Points

INTENT	We aim to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. We teach self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.		
PUPILS ARE ENABLED TO...	To be CREATIVE, competitive and to face up to different challenges as individuals and in groups and teams, developing positive attitudes towards healthy lifestyles.		
End Points – End of Phase			
EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<ul style="list-style-type: none"> • Children show good control and co-ordination in large and small movements. • They move confidently in a range of ways, safely negotiating space. • Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. • Children sing songs, make music and dance, and experiment with ways of changing them. • They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories. • I can negotiate space and obstacles safely. • I can balance and move with a good level of coordination. 	<ul style="list-style-type: none"> • I can demonstrate the fundamental skills including: balancing, • running, jumping, catching, hopping, throwing, galloping, skipping, • leaping and kicking in a range of activities. • I can catch and throw a range of PE equipment accurately whilst • moving. • I can participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Lead others and act as a respectful team member. • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Compete with others and aim to improve personal best performances. • Show an ability to both lead and form part of a team. • Support others • I can describe and evaluate the effectiveness of performance and • recognise aspects that need improving. • I can evaluate how successful my tactics have been, use appropriate 	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • 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. • Compose creative and imaginative dance sequences. • Create complex and well-executed sequences that include a full range of movements including: travelling / balances



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		<ul style="list-style-type: none"> • language to describe performance and identify what I do that makes • things difficult for their opponents. • I can control actions and combine them fluently 	<ul style="list-style-type: none"> • /swinging /springing / flight • /vaults / inversions /rotations • /bending, stretching and twisting • /gestures / linking skills. • Practice and refine the gymnastic techniques used in performances (listed above). • Swim unaided.
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Termly End Points

Year Group	Autumn	Spring	Summer
Y1	<p>Ball Skills</p> <p>I know how to catch a ball with two hands.</p> <p>I know how to dribble with a ball with my hands and feet.</p> <p>I know what tactics are.</p> <p>I know how to roll and throw a ball, beanbag or object accurately.</p> <p>I know what success is.</p> <p>I know how to track a ball coming</p>	<p>Fitness</p> <p>I can recognise changes in my body when I do exercise</p> <p>I can share my ideas with other people in the class</p> <p>I can talk about what exercise does to my body</p> <p>I can recognise how exercise makes me feel</p> <p>I try my best in the challenges I am set</p>	<p>Net and Wall</p> <p>I know the correct technique to hit a ball using a racket.</p> <p>I know how to throw a ball over the net.</p> <p>I know how to track a ball or object.</p> <p>I know what a ready position is.</p> <p>I know how to score points.</p> <p>I know what it means to be a</p>



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	<p>towards me. I know how to work as part of a team.</p> <p>Dance I know what counts are. I know how to copy, remember and repeat actions. I know how to move around safely. I know how to use different body parts in isolation and together. I know how to work with others. I know what actions to use when moving.</p>	<p>I understand why it is important to warm up</p> <p>Striking and Fielding I know how to catch a ball and beanbag. I know how to roll a ball. I know which part of my hand to strike a ball with. I know how to track a ball coming towards me. I know the rules of the game. I know how to be a sportsman. I know how to be successful.</p>	<p>sportsman and or woman.</p> <p>Athletics I know how to throw a ball towards a target. I know what balance and co-ordination is. I know what an overarm throw is. I know what happens to my body when I exercise. I know how to run at different speeds. I know how to be a team player. I know what a jump is. I know what a leap is. I know what a hop is. I know which one to use to allow me to jump furthest.</p>
<p>Y2</p>	<p>Invasion Games I know how to dribble with a ball. I know how to change direction. I know what space is. I know how to receive a ball with my hands and feet. I know the rules of the game. I know the changes in my body when I exercise.</p> <p>Fitness I know what happens to my body when I exercise. I know how to hop and jump with control. I know what perseverance is. I know what determination is. I know running slower will allow me to run faster. I know how to be a team player.</p>	<p>Gymnastics I know how to link simple actions together. I know how to relax my body. I know how to tense my body. I know how to stretch my body. I know the effects of exercise. I know how to use the apparatus safely.</p> <p>Striking and Fielding I know what the key words are. I know what an underarm throw is. I know how to perform an underarm throw. I know what an overarm throw is. I know how to through the ball overarm. I know the rules to a game.</p>	<p>Net and Wall I know what defence is. I know how to defend space. I know the effects of exercise on my body. I know how to hit a ball over a net. I know how to throw accurately. I know what tactics are. I know how to score points in a game. I know how to be a good sportsman.</p> <p>Athletics I know how to show balance and co-ordination when running. I know how to jump and land with control. I know how to perform an underarm throw. I know how to work as part of a team.</p>



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			<p>I know what good technique looks like.</p> <p>I know how my body feels during exercise.</p>
Y3	<p>Invasion games – football</p> <p>I know what tactics are.</p> <p>I know the rules of a game.</p> <p>I know how to dribble, pass, receive and shoot a football with control.</p> <p>I know how to create space.</p> <p>I know how to mark an attacker.</p> <p>I know the roles of a defender and attacker.</p> <p>Fitness</p> <p>I know how to recognise my strengths</p> <p>I know how to complete exercises with control</p> <p>I know how to persevere when things are challenging</p> <p>I know how to provide feedback using key words</p> <p>I know how to improve my springing technique</p> <p>I know how to work safely with others</p> <p>I know how to balance when changing directions</p> <p>I know that there are different areas of fitness</p>	<p>Gymnastics</p> <p>I know how to adapt sequences to suit different apparatus</p> <p>I know how to choose actions that flow well into one another</p> <p>I know how to plan sequences with contrasting actions</p> <p>I know how to complete actions with increasing balance and control</p> <p>I know how to move in unison with my partner</p> <p>I know how to provide feedback using key vocabulary</p> <p>I know how to improve my performances, with support</p> <p>Cricket</p> <p>I know how to throw a ball towards a target.</p> <p>I know how to strike a ball after a bounce.</p> <p>I know the tactics of cricket.</p> <p>I know how to use the overarm throw.</p> <p>I know how to work as a team.</p>	<p>Tennis</p> <p>I know the basic rules of tennis.</p> <p>I know how to provide feedback.</p> <p>I know how to return the ball to a partner.</p> <p>I know how to hold a racket.</p> <p>I know how to strike a racket.</p> <p>Athletics</p> <p>I know how to jump further.</p> <p>I know what a relay is.</p> <p>I know how to throw objects accurately.</p> <p>I know how to land correctly.</p> <p>I know what determination means.</p>
Y4	<p>Invasion Games – Basketball</p> <p>I know how to defend in basketball.</p> <p>I know how to dribble in basketball.</p> <p>I know how to pass a ball correctly.</p> <p>I know how to receive a ball.</p>	<p>Gymnastics</p> <p>I know the effects of exercise on my body.</p> <p>I know how to keep healthy.</p> <p>I know what a sequence is.</p>	<p>Tennis</p> <p>I know the basic rules of tennis.</p> <p>I know the key terminology used in tennis.</p> <p>I know how to use a racket.</p>



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	<p>I know the simple tactics of basketballs.</p> <p>Fitness I know how to sprint. I know how to show balance when changing direction. I know how to use control when sprinting.</p>	<p>I know what muscle groups are.</p> <p>Cricket I know how to bowl a ball with some accuracy and consistency I know how to use the rules of the game fairly I know how to provide feedback using key vocabulary I know how to strike a bowled ball I know how to use overarm and underarm throwing and catching skills with increasing accuracy I know how to share ideas</p>	<p>Athletics I know how to sprint. I know the difference between sprinting and jogging. I know the changes in my body when I exercise.</p>
Y5	<p>Hockey I know how to dribble. I know how to pass. I know how to receive. I know how to intercept. I know how to control the ball. I know the rules. I know the positions in hockey.</p> <p>Fitness I know how to identify areas for improvement. I know how to motivate people. I know the key components of fitness. I know what posture is. I know how to change position and maintain centre of gravity. I know the techniques for body exercises. I know how to use my breathe to pro-long periods of exercise.</p>	<p>Gymnastics I know how to perform and combine shapes. I know how to safely perform a headstand. I know how to safely perform a cartwheel. I know the difference between counter balance and tension balance. I know how to control the straddle. I know how to control a forward roll.</p> <p>Cricket I know how to field in cricket. I know how to drive a ball. I know how to defend a ball. I know how to hit a ball on the bounce. I know how to bowl underarm. I know what the long barrier is. I know what short barrier is. I know how to catch the ball like a wicket keeper.</p>	<p>Tennis I know how to use tactics and can identify when to use them I know the rules of the game and apply them I know what skills to use in different situations</p> <p>Athletics I know how to choose run. I know the jumping techniques. I know how to control a landing. I know how to take off. I know how to use accuracy and power when throwing.</p>
Y6	<p>Invasion Games – Rugby I know the rules of rugby. I know how to create space in Rugby.</p>	<p>Gymnastics I know how to perform and combine shapes.</p>	<p>Tennis I know how to use tactics and can identify when to</p>



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	<p>I know how to pass the rugby ball. I know how to catch a rugby ball. I know how to tag people at rugby. I know to score a try.</p> <p>Fitness I know how to demonstrate pace. I know what the triple jump is. I know how to develop power and control in triple jump. I know what shot put is. I know how to throw a shot put. I know how to accurately throw a shot put.</p>	<p>I know how to safely perform a headstand. I know how to safely perform a cartwheel. I know the difference between counter balance and tension balance. I know how to control the straddle. I know how to control a forward roll.</p> <p>Cricket I know how to field in cricket. I know how to drive a ball. I know how to defend a ball. I know how to hit a ball on the bounce. I know how to bowl underarm. I know what the long barrier is. I know what short barrier is. I know how to catch the ball like a wicket keeper.</p>	<p>use them I know the rules of the game and apply them I know what skills to use in different situations</p> <p>Athletics I know how to use pace. I know how to develop power in the triple-jump. I know the techniques of triple jump.</p>
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