



PE Termly 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.					
Termly End Points						
Year Group	Autumn		Spring		Summer	
	A1	A2	SP1	SP2	SM1	SM2
Y1	I know how to catch a ball with two hands. I know how to dribble with a ball with my hands and feet. I know what tactics are. I know how to roll and throw a ball, beanbag or object accurately. I know what success is. I know how to track a ball coming towards me. I know how to work as part of a team.	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.	I can recognise changes in my body when I do exercise I can share my ideas with other people in the class I can talk about what exercise does to my body I can recognise how exercise makes me feel I try my best in the challenges I am set I understand why it is important to warm up	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.	I know the correct technique to hit a ball using a racket. I know how to throw a ball over the net. I know how to track a ball or object. I know what a ready position is. I know how to score points. I know what it means to be a sportsman and or woman.	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.
Y2	I know how to	I know what	I know how to link	I know what the	I know what defence	I know how to show



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	<p>dribble with a ball.</p> <p>I know how to change direction.</p> <p>I know what space is.</p> <p>I know how to receive a ball with my hands and feet.</p> <p>I know the rules of the game.</p> <p>I know the changes in my body when I exercise.</p>	<p>happens to my body when I exercise.</p> <p>I know how to hop and jump with control.</p> <p>I know what perseverance is.</p> <p>I know what determination is.</p> <p>I know running slower will allow me to run faster.</p> <p>I know how to be a team player.</p>	<p>simple actions together.</p> <p>I know how to relax my body.</p> <p>I know how to tense my body.</p> <p>I know how to stretch my body.</p> <p>I know the effects of exercise.</p> <p>I know how to use the apparatus safely.</p>	<p>key words are.</p> <p>I know what an underarm throw is.</p> <p>I know how to perform an underarm throw.</p> <p>I know what an overarm throw is.</p> <p>I know how to throw through the ball overarm.</p> <p>I know the rules to a game.</p>	<p>is.</p> <p>I know how to defend space.</p> <p>I know the effects of exercise on my body.</p> <p>I know how to hit a ball over a net.</p> <p>I know how to throw accurately.</p> <p>I know what tactics are.</p> <p>I know how to score points in a game.</p> <p>I know how to be a good sportsman.</p>	<p>balance and co-ordination when running.</p> <p>I know how to jump and land with control.</p> <p>I know how to perform an underarm throw.</p> <p>I know how to work as part of a team.</p> <p>I know what good technique looks like.</p> <p>I know how my body feels during exercise.</p>
Y3	<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>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 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 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>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>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>



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		<p>I know how to balance when changing directions</p> <p>I know that there are different areas of fitness</p>	<p>I know how to improve my performances, with support</p>			
Y4	<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>I know the simple tactics of basketballs.</p>	<p>I know how to sprint.</p> <p>I know how to show balance when changing direction.</p> <p>I know how to use control when sprinting.</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>I know what muscle groups are.</p>	<p>I know how to bowl a ball with some accuracy and consistency</p> <p>I know how to use the rules of the game fairly</p> <p>I know how to provide feedback using key vocabulary</p> <p>I know how to strike a bowled ball</p> <p>I know how to use overarm and underarm throwing and catching skills with increasing accuracy</p> <p>I know how to share ideas</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>	<p>I know how to sprint.</p> <p>I know the difference between sprinting and jogging.</p> <p>I know the changes in my body when I exercise</p>
Y5	<p>I know how to dribble.</p> <p>I know how to pass.</p> <p>I know how to receive.</p> <p>I know how to intercept.</p> <p>I know how to</p>	<p>I know how to identify areas for improvement.</p> <p>I know how to motivate people.</p> <p>I know the key components of fitness.</p> <p>I know what</p>	<p>I know how to perform and combine shapes.</p> <p>I know how to safely perform a headstand.</p> <p>I know how to safely perform a cartwheel.</p>	<p>I know how to field in cricket.</p> <p>I know how to drive a ball.</p> <p>I know how to defend a ball.</p> <p>I know how to hit a ball on the bounce.</p> <p>I know how to bowl</p>	<p>I know how to use tactics and can identify when to use them</p> <p>I know the rules of the game and apply them</p>	<p>I know how to choose run.</p> <p>I know the jumping techniques.</p> <p>I know how to control a landing.</p> <p>I know how to take off.</p> <p>I know how to use</p>



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	<p>control the ball. I know the rules. I know the positions in hockey.</p>	<p>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>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>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>I know what skills to use in different situations</p>	<p>accuracy and power when throwing.</p>
Y6	<p>I know the rules of rugby. I know how to create space in Rugby. 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>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 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>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>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>I know how to use pace. I know how to develop power in the triple-jump. I know the techniques of triple jump.</p>