

PE - End Points

	Introduction to PE	Agility and Balance	Movement to Music	Fundamentals	Ball skills	Games Unit
EYFS	<ul style="list-style-type: none"> Know how to move safely and sensibly in a space with consideration of others. Know how to change direction and stop safely. Know how to follow instructions/rules. Know how to use equipment with control. Know how to work collaboratively with a partner and play safely as a group. 	<ul style="list-style-type: none"> Know how to move safely showing balance and control (especially on apparatus). Know how to negotiate space safely with consideration for myself and others. Know how to select actions in response to apparatus. Know to work cooperatively with others and take turns. 	<ul style="list-style-type: none"> Know how to negotiate space safely with consideration for myself and others. Know how to copy and repeat actions. Know how to perform actions with balance and control. Know how to perform different actions in response to a stimulus. Know how to explore different movements safely with control. 	<ul style="list-style-type: none"> Know how to negotiate space safely with consideration for myself and others. Know to play cooperatively taking turns and congratulating others. Know how to follow rules and instructions to participate fairly and honestly. Know how I feel and be able to regulate my emotions. 	<ul style="list-style-type: none"> Know how to hold a ball and keep control of it. Know how to follow rules and instructions. Know how to negotiate space safely with consideration for myself, others and equipment. Know how to roll and throw a ball. 	<ul style="list-style-type: none"> Know to look at a target when sending a ball. Know to have hands ready to catch. Know how to negotiate space safely with consideration for myself and others. Know that being in a space gives me room to play. Know how to follow rules and instructions to participate fairly and honestly. Know how to play games honestly, following the rules.
KS1	Ball Skills	Agility and Balance	Movement to Music	Athletics	Striking and Fielding	Net and Wall Games
<ul style="list-style-type: none"> Know that a warm up is needed to prepare the body for physical activity 						
Y1	<ul style="list-style-type: none"> Know how to dribble a ball with hands and feet. Know how to roll a ball towards a target. Know how to throw a ball towards a target. Know how to catch a ball with two hands. Know how to kick a ball towards a target. 	<ul style="list-style-type: none"> Know a variety of travelling actions and perform them with control. Know shapes and actions that can be remembered and repeated. Know how jump and land safely. Know how to use apparatus safely and take turns. 	<ul style="list-style-type: none"> Know that a count is used to stay in time with the music. Know how to move confidently and safely. Know how to copy and repeat actions. Know that different expressions and dynamics can be used to show a certain emotion/theme. 	<ul style="list-style-type: none"> Know how to throw a ball towards a target. Know how to change direction quickly and safely. Know how to run at different speeds Know the difference between a hop, a leap and a jump. I can work with others and take turns. 	<ul style="list-style-type: none"> Know how to roll a ball towards a target. Know how to throw a ball towards a target. Know that the harder a ball is struck the further it will go. Know how to score points. 	<ul style="list-style-type: none"> Know what a ready position is. Know how to track a ball/other equipment. Know how to hold a racquet. Know how to send a ball into an area.
Y2	<ul style="list-style-type: none"> Know how to send and receive a ball with my hands and feet. Know how to track and stop a rolling ball. 	<ul style="list-style-type: none"> Know how to use directions and levels to make a performance look interesting. 	<ul style="list-style-type: none"> Know how to use counts of 8 to stay in time with music and others. Know to use different 	<ul style="list-style-type: none"> Know how to jump and land with control. Know to use an overarm throw to achieve distance. 	<ul style="list-style-type: none"> Know to strike quickly to increase power. Know how to perform an overarm and underarm throw. 	<ul style="list-style-type: none"> Know how to use a ready position to defend space. Know how to send a ball over a net into an

	<ul style="list-style-type: none"> Know how to keep control of a ball when dribbling with both hands and feet. Know how to catch a ball consistently. Know the difference between an overarm and underarm throw. 	<ul style="list-style-type: none"> Know how to work safely with others and apparatus. Know to perform shapes and balances with tension and extension. Know how to plan and repeat a sequence of actions. 	<p>actions, dynamics and expressions to show different characters/stories.</p> <ul style="list-style-type: none"> Know how to copy, remember and repeat a dance phrase. Know that I can perform confidently in front of an audience. 	<ul style="list-style-type: none"> Know the differences between walking, sprinting and jogging. Know to try your best in competitive events. 	<ul style="list-style-type: none"> Know how to hold a bat effectively. Know how to catch a ball consistently. Know the rules and follow them honestly and fairly. 	<ul style="list-style-type: none"> area. Know how to score points. Know and follow rules fairly and honestly.
	Invasions Games	Agility and Balance	Movement to Music	Athletics	Striking and Fielding	Net and Wall Games
LKS2	<ul style="list-style-type: none"> Know the changes to our body during exercise. Know how to provide feedback using key terminology and understand how to improve. 					
Y3	<ul style="list-style-type: none"> Know how to pass, dribble, control and shoot. Know to find space away from others. Know my role as an attacker and defender. Know how to track an opponent and slow them down. Know the rules of the game and begin to follow them fairly and honestly. Know to return a ball to a partner. 	<ul style="list-style-type: none"> Know how to adapt sequences to suit different types of apparatus. Know how to choose actions that flow well into one another. Know how to complete actions with increased balance and control. Know matching and contrasting actions in a partner sequence. 	<ul style="list-style-type: none"> Know how to perform with a partner in canon and unison. Know that I can repeat, remember and perform a dance phrase. Know how to use counts to keep in time with a partner and group. Know how to use dynamic and expressive qualities in relation to an idea. Know how to work with a partner and in a small group, sharing ideas. Know how to create short dance phrases that communicate the idea. 	<ul style="list-style-type: none"> Know how to take part in a relay activity, remembering when to run and what to do. Know how to throw with accuracy towards a target. Know the key points that improve my sprinting technique. Know to use different take off and landings when jumping. Know that athletics is about their personal best. 	<ul style="list-style-type: none"> Know how to bowl a ball towards a target. Know how to strike a bowled ball after a bounce and am beginning to put it into practise. Know some tactics and I am beginning to use them in game situations. Know some rules of the game and I am beginning to use them honestly. Know overarm and underarm throwing, and catching skills. Know how to work cooperatively with my group to self-manage games. 	<ul style="list-style-type: none"> Know to return a ball to a partner. Know how to use basic racket skills. Know the aim of the game. Know the basic rules of the game and begin to use them to play fairly.
Y4	<ul style="list-style-type: none"> Know how to pass, dribble, control and shoot with increased control. Know how to delay an opponent and stop them from scoring. Know to move into space to help retain possession and score. Know the rules of the game and follow them consistently. 	<ul style="list-style-type: none"> Know how to include a change of level and shape in a partner routine. Know to safely perform balances individually and with a partner. Know that body tension can improve the control and quality of my movements Know to create and implement a greater 	<ul style="list-style-type: none"> Know which actions and dynamics help to convey a character or idea. Know how to remember set choreography. Know how to respond imaginatively to a range of stimuli relating to character and narrative. Know how to use changes in timing and 	<ul style="list-style-type: none"> Know that balance and control helps jump for distance. Know how to throw a variety of objects, changing my action for accuracy and distance. Know how to pace yourself over varying distances. Know how to jump for height. 	<ul style="list-style-type: none"> Know how to bowl a ball with some accuracy and consistency. Know the rules of the game and I begin to use them to play honestly and fairly. Know how to strike a bowled ball after a bounce. Know how to use overarm and underarm throwing, 	<ul style="list-style-type: none"> Know how to communicate with teammates to apply simple tactics. Know how to play a continuous game. Know how to use a range of basic racket skills. Know the rules of the game and use them often and honestly. Know how to defend space in order to stop

	<ul style="list-style-type: none"> Know how to use simple tactics to gain or keep possession. Know how to share ideas and manage a game with others. 	<ul style="list-style-type: none"> number of my own ideas for movements in response to a task. 	<ul style="list-style-type: none"> spacing to develop a dance. 	<ul style="list-style-type: none"> Know how to jump for distance. 	<ul style="list-style-type: none"> and catching skills with increasing accuracy. Know that sharing ideas and working with others helps to manage and improve our game. 	<ul style="list-style-type: none"> an opponent from scoring points.
UKS2	<ul style="list-style-type: none"> Know that a warm up needs to be specific. <ul style="list-style-type: none"> Know how to lead a warm up Know what static and dynamic warm ups are. Know my own and others strengths and areas for development and use key terminology to suggest ways to improve. 					
Y5	<ul style="list-style-type: none"> Know that communication is important for team success. Know how to pass, dribble, control and shoot with increased control under some pressure. Know when to create, find and close down space. Know how to protect a ball from an opponent. Know how to track and intercept when defending. Know the importance of tactics and apply them within games. 	<ul style="list-style-type: none"> Know that canon and synchronisation, and matching and mirroring when performing with a partner affects the performance. Know how to use set criteria to make simple judgments about performances and suggest ways they could be improved. Know that using strength and flexibility to improve the quality of a performance. Know and understand how to work safely when learning a new skill. 	<ul style="list-style-type: none"> Know how to choreograph phrases individually and with others considering actions and dynamics. Know how to confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. Know to refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. Know how to suggest ways to improve my own and other people's work using key terminology. Know to use counts when choreographing to stay in time with others and the music. 	<ul style="list-style-type: none"> Know that pace can help improve running technique. Know and identify good athletic performance and explain why it is good. Know how to perform a range of jumps showing some technique. Know how to control at take-off and landing in jumping activities. Know how to improve accuracy and how much power to use when throwing for distance 	<ul style="list-style-type: none"> Know a wider range of fielding skills and begin to use these under some pressure. Know how to strike a bowled ball with increasing consistency. Know and understand the need for tactics and can identify when to use them in different situations. Know the rules of the game and can apply them honestly most of the time. Know and understand there are different skills for different situations and begin to use them. 	<ul style="list-style-type: none"> Know the need for tactics and can identify when to use them in different situations. Know a wider range of skills and begin to use these under some pressure. Know how to work cooperatively with others to manage our game. Know rules of the game and apply them honestly most of the time.
Y6	<ul style="list-style-type: none"> Know the rules of the game and apply them fairly, honestly and consistently to ensure games run smoothly. Know when to pass, dribble, control and shoot in different scenarios under pressure.. Know when to use different skills in a 	<ul style="list-style-type: none"> Know to create and perform sequences using compositional devices to improve the quality. Know and work collaboratively with others to create a sequence. Know and understand what counter balance and counter tension is 	<ul style="list-style-type: none"> Know how to choreograph a dance and work safely using a prop. Know how to lead a small group through a short warm-up routine. Know how to perform dances confidently and fluently with 	<ul style="list-style-type: none"> Know the key teaching points and can use these to help others improve technique. Know what good technique looks like in a range of jumps. Know and apply the best pace for a running event. 	<ul style="list-style-type: none"> Know how to strike a bowled ball with increasing consistency and accuracy. Know how to use a wider range of fielding skills with increasing control under pressure. Know the rules of the game and use these consistently to play fairly. 	<ul style="list-style-type: none"> Know how to use a wider range of skills with increasing control under pressure. Know the rules of the game and use these consistently to play honestly and fairly. Know the rules of a game and use these to referee.

	<ul style="list-style-type: none"> range of attacking and defending scenarios. Know how to improve and recognise myself and others strengths. Know how to work collaboratively to create and implement tactics with my team and evaluate success. 	<ul style="list-style-type: none"> and can show examples with a partner. Know how to combine and perform gymnastic actions, shapes and balances with control and fluency. 	<ul style="list-style-type: none"> accuracy and good timing. Know to refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. Know how to work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances 	<ul style="list-style-type: none"> Know what accuracy and good technique look like when throwing for distance. Know and understand that there are different areas of fitness and how this helps me in different activities. 	<ul style="list-style-type: none"> Know how to work in collaboration with others so that games run smoothly. Know and understand and can apply some tactics in the game as a batter, bowler and fielder. 	<ul style="list-style-type: none"> Know how to work collaboratively to create tactics with my team and evaluate the effectiveness of these so that games run smoothly.
Swimming in KS2	<p>By the end of KS2 children should be able to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] can perform safe self-rescue in different water-based situations 					
OAA	<p>By the end of KS2 children should:</p> <ul style="list-style-type: none"> Know how to navigate around a course using a map. Know how to use critical thinking to approach a task. Know when they were successful at solving challenges and alter their methods in order to improve. 					