



Physical Education

End points

End points by the end of each Key Stage (Milestones):

End of EYFS

Physical Development: Gross Motor Skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Expressive Arts and Design: Being Imaginative and Expressive

- Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

End of Key Stage 1 - Children will be able to:

- Use fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

End of Key stage 2 - Children will be able to:

- Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement
- Enjoy communicating, collaborating and competing with each other
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

- 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]
- Perform safe self-rescue in different water-based situations

Children will leave Park End as healthy children who:

- Develop a keen interest in PE and willingness to participate eagerly in sport with positive attitudes
- Exhibit a good level of physical fitness
- Lead healthy lifestyles, exercising regularly
- Can remain physically active for sustained periods of time and an understanding of this in promoting long-term health and well-being
- Have the ability to take the initiative and become young leaders

Early years end points by units in PE:

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Introduction to PE 1:</p> <p>I can move safely and sensibly in a space, considering others. I can use equipment safely and responsibly. I can use different travelling actions whilst following a path. I can work with others co-operatively and play as a group. I can follow, copy and lead a partner.</p>	<p>Fundamental skills 1:</p> <p>I have developed balancing whilst stationary and on the move. I have developed running and stopping. I have developed changing direction. I have developed jumping and landing and hopping and landing with some control. I can explore ways to travel.</p>	<p>Gymnastic 1:</p> <p>I can copy and make shapes with my body. I can create shapes whilst on apparatus. I have developed balancing and taking weight on different body parts. I have developed jumping and landing safely, rocking and rolling. I can copy and create short sequences by linking actions together.</p>	<p>Dance 1:</p> <p>I am exploring different body parts and how they move and remember and repeat actions. I can express and communicate ideas through movement exploring directions and levels. I can copy and repeat actions showing confidence and imagination. I can create movements and perform simple dance patterns. I can move with control and co-ordination, linking, copying and repeating actions.</p>	<p>Ball skills 1:</p> <p>I am developing rolling a ball to a target improving accuracy when throwing ball to target. I am developing stopping a rolling ball. I am developing bouncing and catching a ball. I am developing kicking and dribbling a ball with my feet.</p>	<p>Games 1:</p> <p>I can work safely, cooperatively and learn to take turns. I can work with others to play team games. I am developing throwing, running and stopping in games. I understand different roles within a game. I can follow instructions and move safely when playing tagging games.</p>
Reception	<p>Introduction to PE 2:</p> <p>I can follow instructions and stop safely. I can begin to use control with equipment. I can follow instructions and play safely as a group. I can follow a path and take turns. I can work co-operatively with a partner.</p>	<p>Fundamental skills 2:</p> <p>I can run, stop and changing direction. I am confident when jumping and hopping. I have developed balancing. I can explore ways to travel using equipment.</p>	<p>Gymnastic 2:</p> <p>I can create sequences using shapes, balances and travelling actions. I have developed balancing and safely using apparatus. I have developed jumping and landing safely from a height and rocking and rolling. I can create sequences using apparatus.</p>	<p>Dance 2:</p> <p>I can copy, repeat and explore actions in response to a theme. I can move with control and co-ordination, expressing ideas through movement. I can remember and repeat actions moving in time with the music. I can explore actions in response to a theme and begin to use counts.</p>	<p>Ball skills 2:</p> <p>I am developing rolling and tracking a ball. I am developing throwing accurately at a target. I am developing dribbling a ball with hands and feet. I am developing kicking a ball to a target. I am developing throwing and catching a ball with a partner.</p>	<p>Games 2:</p> <p>I can follow instructions and move safely when play tagging games. I am developing playing against a partner. I am developing my ability to work cooperatively in a team and play by the rules. I am developing throwing and striking skills.</p>

Key stage 1 end points by units in PE:

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Dance:</p> <p>I can use different parts of the body in isolation and together.</p> <p>I know a range of travelling actions.</p> <p>I am beginning to understand how counts of 8 help move to the music.</p> <p>I can copy, repeat, create and perform actions that represent the theme.</p> <p>I can create my own dance using, actions, pathways and counts.</p>	<p>Gymnastics:</p> <p>I can complete travelling movements.</p> <p>I can combine travelling movements.</p> <p>I have developed quality when performing and linking shapes.</p> <p>I have developed stability and control when performing balances.</p>	<p>Ball skills:</p> <p>I am beginning to accurately dribble a ball with my hands and feet.</p> <p>I am beginning to catch a ball with two hands.</p> <p>I can roll and throw a ball with some accuracy towards a target.</p> <p>I can track a ball that is coming towards me.</p>	<p>Sending and receiving:</p> <p>I can roll a ball towards a target.</p> <p>I can throw a ball towards a target.</p> <p>I am beginning to send and receive a ball with my feet.</p> <p>I can catch a ball with some success.</p> <p>I can apply sending and receiving skills to small games.</p> <p>I know how to work co-operatively with a partner.</p>	<p>Athletics:</p> <p>I know how to move at different speeds over varying distances.</p> <p>I have developed balance.</p> <p>I am able to change direction quickly.</p> <p>I can explain how to hop, jump and leap for distance.</p> <p>I know how to throw for distance.</p> <p>I have developed the skill of throwing for accuracy (throw towards a target).</p>	<p>Target games:</p> <p>To develop underarm throwing.</p> <p>To develop overarm throwing.</p> <p>To develop throwing for accuracy at a target.</p> <p>To develop throwing for distance at a target.</p> <p>To select the best throw for the target.</p>
Year 2	<p>Dance:</p> <p>I can remember, repeat and link actions to tell the story of my dance.</p> <p>I can explore how different movements can show ideas and feelings.</p> <p>I know how to use counts of 8 to help stay in time with the music.</p> <p>I can copy, remember and repeat actions using facial expressions to show different characters.</p>	<p>Gymnastics:</p> <p>I know how to use shapes to create balances.</p> <p>I can link travelling actions and balances using apparatus.</p> <p>I can demonstrate different shapes, take-off and landing when performing jumps.</p> <p>I have developed the skills of rolling and sequence building.</p>	<p>Net and wall games:</p> <p>I can defend space on my court using the ready position.</p> <p>I have developed returning a ball with my hands.</p> <p>I have developed my racket skills.</p> <p>I can hit a ball into a court using a racket.</p> <p>I have developed returning a ball using a racket.</p>	<p>Striking and fielding games:</p> <p>I can track a ball and collect it.</p> <p>I have developed my underarm and overarm throwing skills.</p> <p>I have developed my catching skills to field a ball.</p> <p>I can hit a ball using equipment with some consistency.</p>	<p>Athletics:</p> <p>I can show balance and coordination when running for speed.</p> <p>I know how to jump for distance and height.</p> <p>I can use overarm throw to help me throw for distance</p> <p>I have developed the skill of throwing for accuracy.</p>	<p>Invasion games:</p> <p>I can move with a ball towards goal.</p> <p>I can dodge and find space away from the other team.</p> <p>I can sometimes dribble a ball using hands and feet.</p> <p>I can stay with another player and try to win the ball.</p> <p>I know who is on my team and can send the ball to them.</p>

	<p>I am able to copy, create and perform actions considering dynamics. I can create a short dance phrase with a partner showing clear changes of speed.</p>					
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Lower Key Stage 2 end points by units in PE:

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Fitness:</p> <p>I can demonstrate balance when performing fundamental skills. <i>I can demonstrate skills in different areas of fitness and understand how these can help me in physical activity: coordination, strength, speed, agility, stamina.</i></p> <p>I understand how to adapt my body to maintain activity. <i>I can persevere when I find a challenge hard.</i></p>	<p>Dance:</p> <p>I can create actions in response to a stimulus. <i>I can move in unison with others.</i></p> <p>I can use dynamic and expressive qualities in relation to an idea. <i>I can repeat, remember and perform a dance phrase. I can use counts to keep in time with a partner or group.</i></p> <p>I can use formations, canon and unison when creating and performing dance moves.</p>	<p>Gymnastics:</p> <p><i>I can perform point and patch balances with a level on control.</i></p> <p><i>I can perform a straight, star and tuck shape from a jump.</i></p> <p><i>I have developed my ability to execute a straight, barrel and forward roll.</i></p> <p>I can choose actions that flow well into each other. I can create a sequence with matching and contrasting actions and shapes to perform individually and with a partner.</p>	<p>Ball skills:</p> <p><i>I can catch different sized objects with increased consistency and accuracy with two hands.</i></p> <p><i>I can dribble a ball with control.</i></p> <p><i>I can use different throwing techniques.</i></p> <p><i>I can throw with accuracy and increasing consistency to a target.</i></p> <p><i>I can track the path of a ball not directly sent to me.</i></p> <p>Swimming:</p> <p><i>I can enter and exit the water with confidence.</i></p> <p><i>I can float on my back.</i></p> <p><i>I can submerge under water with confidence.</i></p> <p><i>I can push and glide in the water.</i></p> <p><i>I can move effectively and efficiently through the water using alternating and simultaneous strokes on front and back.</i></p> <p><i>I can demonstrate some knowledge of safe self-rescue in water-based situations.</i></p>	<p>Athletics:</p> <p><i>I have developed jumping for distance.</i></p> <p><i>I understand key points to help my sprinting technique.</i></p> <p><i>I can take part in a relay, knowing when to run and what to do.</i></p> <p><i>I can throw a variety of objects and understand how to change my action for accuracy and distance.</i></p> <p><i>I show determination to achieve my personal best and identify when I am successful.</i></p>	<p>Invasion Skills: (Football)</p> <p><i>I am beginning to use simple tactics.</i></p> <p><i>I am learning rules of a game and beginning to use them.</i></p> <p><i>I can dribble, pass, retrieve and shot the ball with some control.</i></p> <p><i>I understand my role as an attacker.</i></p> <p><i>I understand my role as a defender.</i></p> <p><i>I can track an opponent to slow them down.</i></p>

<p>Year 4</p>	<p>Dance:</p> <p>I can copy and remember set choreography. I can respond imaginatively to a range of stimuli relating to character and narrative. I can use counts to keep in time with music and others. I can use simple movement patterns to structure dance phrases on my own, with a partner and in groups. I show respect for others when working with a group or watching others perform.</p>	<p>Gymnastics:</p> <p>I can safely perform balances individually or with a partner. I have developed my ability to execute a straight, barrel forward and straddle roll. I have developed ability to perform inverted moves using strength and flexibility. I understand how body tension can improve the control and quality of my movements. I can watch, describe and suggest possible improvements to others' performances and my own.</p>	<p>Net and wall skills: (Tennis)</p> <p>I can use a range of basic racket skills. I have developed returning a ball using the forehand and backhand movement. I can sometimes play a continuous game. I understand the rules of a game and can use them often and honestly.</p>	<p>Ball skills:</p> <p>I can catch different sized objects consistently using one and two hands. I can accurately use a range of throwing techniques to throw to a target. I can dribble a ball with increasing control and coordination. I can consistently track the path of a ball that is not sent directly to me.</p> <p>Swimming:</p> <p>I can move effectively and efficiently through the water using alternating and simultaneous strokes on front and back, using front crawl and back crawl. I have developed aquatic breathing. I can submerge and swim under water. I can understand/apply how to improve stroke technique and increase distance covered. I am confident with knowledge of safe self-rescue in water-based situations.</p>	<p>Athletics:</p> <p>I can demonstrate the difference with sprinting and jogging techniques. I can jump for distance demonstrating power and control. I can throw with some accuracy and power to a targeted area. I can show determination to improve my personal best.</p>	<p>Invasion Skills: (Football)</p> <p>I can pass, dribble, receive and shoot the ball with increasing control. I understand the role of an attacker and the skills needed to perform this role. I can delay an opponent and help to prevent the other team from scoring. I can move into a space to help my team mates keep possession and score goals. I can share ideas and work with other to manage our game.</p>
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Upper Key Stage 2 end points by units in PE:

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p>Dance:</p> <p>I can copy and repeat set choreography. I can choreograph phrases individually and with others considering actions and dynamics. I can use counts when choreographing to stay in time with the music and others. I can refine the way I use actions, dynamics, space and relationships in my dance in response to a stimulus. I can suggest ways to improve my and other work.</p> <p>Swimming:</p> <p>I can move effectively through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl and breast stroke. I can swim using an effective technique in at least for 10m. I can improve stroke technique including</p>	<p>Gymnastics:</p> <p>I can perform some symmetrical and asymmetrical balances. I have developed my ability to execute a straight, forward, straddle and backward roll. I can create and perform sequences individually and with a partner. I can use canon and synchronisation, and mirror and matching when performing with a partner and a group. I understand how strength and flexibility can improve quality and performance.</p>	<p>Invasion Skills: (Basketball)</p> <p>I can dribble, pass, receive and shot the ball with some control. I can communicate with my team and move into space to keep possession and score. I can use tracking and intercepting when playing in defence. I understand the need for tactics and can identify when to use them. I understand the rules of the game and can apply them most of the time.</p>	<p>Outdoor Adventure Activities: (OAA)</p> <p>I can navigate around a course using a map. I can orientee a map with some confidence and accuracy. I can work effectively with a partner and small groups, sharing ideas and agreeing on strategies. I can use critical thinking to approach a task. I have developed my communication and negotiation skills.</p>	<p>Athletics:</p> <p>I can choose the best pace for a running event. I can accurately perform a change-over during a relay race. I can perform a range of jumps showing some techniques. I can show control at take-off and landing in jumping activities. I can show accuracy and power when throwing for distance. I persevere to achieve my personal best.</p>	<p>Striking and Fielding: (Rounders)</p> <p>I am beginning to strike a ball with a rounders bat. I can perform an underarm throw. I am developing a wide range of fielding skills. I can work cooperatively with others. I understand the need for tactics and can identify when to use them. I understand the rules of the game and can apply them most of the time.</p>

	<p>increasing distance (ie length work) through training skills/practices.</p> <p>I can complete introduction to water safety.</p> <p>I can move effectively in deep water.</p>					
Year 6	<p>Invasion Skills: (T1 Rugby)</p> <p>I can pass and receive the ball with increasing control.</p> <p>I can create and use space to help my team.</p> <p>I can select the appropriate action for the situation.</p> <p>I can use the rules of the game most of the time.</p> <p>I can work collaboratively with my team.</p>	<p>Dance:</p> <p>I can copy and repeat a dance phrase showing confidence in movements.</p> <p>I can perform dances with accuracy and good timing.</p> <p>I can refine the way I use actions, dynamics and relationships to represent ideas, emotions and characters.</p> <p>I can work creatively and imaginatively on my own, with a partner or in a group to choreograph and structure dances.</p> <p>I can use feedback to improve the quality of my work.</p>	<p>Gymnastics:</p> <p>I have developed the staddle, forward and backward roll.</p> <p>I understand what counter balance and counter tension is and can show examples with a partner.</p> <p>I can perform a straight and star jump from height.</p> <p>I have developed inverted movements with control.</p> <p>I can combine and perform gymnastics actions, shapes and balances with control and fluency.</p> <p>I can work collaboratively with others to create a sequence.</p>	<p>Invasion skills: (Netball)</p> <p>I can pass, receive and shoot the ball with increasing control.</p> <p>I can create and use space to help my team.</p> <p>I can select the appropriate attacking action for the situation.</p> <p>I can select the appropriate defending action for the situation.</p> <p>I can use marking and/or intercepting to improve my defence.</p> <p>I can use the rules of the game most of the time.</p> <p>I can work collaboratively to create tactics with my team.</p>	<p>Athletics:</p> <p>I can perform jumps for distance using correct technique.</p> <p>I can select and apply the best pace for a running event.</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I use different strategies to persevere to achieve my personal best.</p> <p>I can compete within the rules showing fair play and honesty.</p>	<p>Striking and Fielding: (Cricket)</p> <p>I can strike a bowled ball with increasing consistency and accuracy.</p> <p>I have developed throwing and catch under pressure.</p> <p>I have developed techniques for overarm bowling.</p> <p>I can select the appropriate action for the situation.</p> <p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p> <p>I can use the rules of the game's most of the time.</p> <p>Swimming:</p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>I can use a range of strokes effectively.</p> <p>I can perform safe self-rescue in different water-based situations.</p> <p>I can explain the dangers of water and how to act responsibly when playing in</p>

						or near different water environments. I can show development of survival and self-rescue skills: treading water, floating and resting in the water, attracting attention, and buoyancy aids.
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Items highlighted = Key aims for core skills and knowledge