

Physical Education End Points - Overview

Computing End Points						
	Fine motor skills 1	Gymnastics (rocking and rolling)	Object manipulation	Dance – The seasons	Invasion games 1	Athletics 1
EYFS F2	<p>We will know:</p> <ul style="list-style-type: none"> ● At least one effect of activity on my body. ● How to share equipment and take turns. ● What a good space to stand in is. ● How to follow instructions in games. ● How to play tagging games safely. ● What I need to do with my arms and eyes to balance on one leg. ● To avoid rushing and trying to do things too quickly. ● Some effects of activity on my body. 	<p>We will know:</p> <ul style="list-style-type: none"> ● That rocking involves moving forward or back or side to side on the same body part. ● How to share apparatus with others in my group. ● To alternate legs when I am climbing. ● To use the floor as part of my gym work. ● How to perform rolls safely. ● The importance of preparing my body before I do rolls. ● To be aware of the position of others before rolling. 	<p>We will know:</p> <ul style="list-style-type: none"> ● How to find a space. ● How to travel around safely. ● That I need to concentrate to work well with a partner. ● How to mirror a partner. ● How to follow. ● What good positions are for rolling a ball and for stopping a ball. ● How to make a target with my hands to 	<p>We will know:</p> <ul style="list-style-type: none"> ● How to contribute simple key words to an age-appropriate theme related mind map ● How to translate ideas into simple theme related shapes, movements, actions. ● How to use the words in a poem to create shapes, movements or feelings. ● That we need to look forwards to safely move around in space. ● That we need to control our speed to ensure safety. ● How to turn what I see into ways of moving. 	<p>We will know:</p> <ul style="list-style-type: none"> ● How far to bounce a pass between me and a friend. ● How to receive a bounce pass differently to a chest pass. ● How to move around and be aware of others. ● To use my fingers to push the ball down when dribbling. ● That a bounce in a push down with 2 hands and dribbling is with one hand. ● To use my fingers to push the ball down. ● That my hands need to 'give' and be 'soft' when receiving a hockey pass. 	<p>We will know:</p> <ul style="list-style-type: none"> ● What a good position of readiness looks like. ● That I need to be focused and avoid distractions. ● To land with really soft knees. ● To use my arms to help power me forward when jumping. ● How to stand to throw overarm. ● The importance of my non-throwing arm. ● How to stay focused on my own performance when running in a lane. ● Why it is important to dip at the finish.

	<ul style="list-style-type: none"> ● To forward roll on the back of my shoulders. ● To start and finish my sequences in interesting strong positions. ● What canon is and how to time its use effectively. ● How to roll safely. ● How to start to link my moves more effectively. ● How to support my partner with positive praise 	<p>receive a throw.</p> <ul style="list-style-type: none"> ● How to stand when throwing underarm. ● That I need to keep my head up when bouncing. ● How much force I need to bounce with to catch my own 	<ul style="list-style-type: none"> ● How to listen to other people's ideas and vocalise my own thoughts. ● How to be aware of people's feelings when giving and receiving simple feedback. ● Control is important when performing. 	<ul style="list-style-type: none"> ● To move into space after passing a ball. ● To use 'big toe, little toe' to dribble keeping the ball close to me. ● How to trap a ball by moving in line with it and putting my foot on it. 	<ul style="list-style-type: none"> ● Which parts of my body are really important when jumping high. ● How to coordinate a scissor kick. ● How to grip a Frisbee That I need to throw from a side- on position. ● To draw my body back by lifting my front leg to generate more power.
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Disciplinary Concepts

Gross Motor Skills Children at the expected level of development will:

- 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.

(ELG)

Prerequisite skills for PEat KS1

Year 1	Yoga	Gymnastics – Balance and spinning	Fundamental movement skills 2	Net and wall game skills 1	Athletics 2	Dance - Under the Sea	KS1 Disciplinary Concepts
	<p>We will know:</p> <ul style="list-style-type: none"> • The importance of quiet and focus whilst performing yoga moves. • To breathe whilst I am stretching and warming up. • More about Space travel. • What natural phenomena is. • More about The Romans. • What 3-part breathing is. 	<p>We will know:</p> <ul style="list-style-type: none"> • How to observe a partner and give positive feedback. • How to start and finish a sequence. • What symmetrical shapes are. • How to demonstrate good starting and finishing positions. • The difference between symmetrical and asymmetrical shapes. • How to work with a partner in different formations. • What Points are. • How to start linking my moves. • What good gym work looks like. 	<p>We will know:</p> <ul style="list-style-type: none"> • That focusing my eyes and using my arms helps me to balance better. • To use my arms to help me hop. • Potential dangers if I am not sensible. • To glance periodically over both shoulders when travelling backwards. • To make a W shape when I want to receive a catch. • Which my preferred take off foot is. • To travel around the space being aware of others sharing it with me. • To stay focused and keep my head up when moving around. • To always be focused and 	<p>We will know:</p> <ul style="list-style-type: none"> • What a 'ready position' looks like. • To call my name when playing doubles if the ball is between me and my partner. • To leave a ball which is going to land out. • That a good dig gives more time for teammates to set up our own attack. • What a T position is and how it can help me. • To move to the line of the ball and to get into a T position. • That the ball needs to be struck over the net. • Not to turn my back on the ball. • How to throw for accuracy and power 	<p>We will know:</p> <ul style="list-style-type: none"> • To retain my focus. • The importance of a good start. • To cushion my knees when landing. • The technique for different types of jump. • How to improve my technique to increase the height and distance of my jumps. • The difference between a leap and a jump. • How to increase the distance of my jumps. • Why it is important to warm up. • How to increase the distance of my throws. • How to keep other safe when I am throwing. 	<p>We will know:</p> <ul style="list-style-type: none"> • How to contribute simple key words to an age-appropriate theme related mind map. • How to translate ideas into simple theme related shapes, movements, actions. • How to use the words in a poem to create shapes, movements or feelings. • That we need to look forwards to safely move around in space. • That we need to control our speed to ensure safety. • How to turn what I see into ways of moving. • How to listen to other people's ideas and vocalise my own thoughts. 	<p>Pupils should continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly</p>

		<ul style="list-style-type: none"> To comment positively on my partner's work. What different options there are, of performing with a partner. That my work should involve changes of level and direction. 	<p>aware of what is going on.</p> <ul style="list-style-type: none"> When to attack and when to defend. That a punt is a kick from my hands That when kicking from the ground, I need to get my standing foot adjacent to the ball. 		<ul style="list-style-type: none"> To demonstrate the school games values. How to share equipment and take turns. 	<ul style="list-style-type: none"> How to turn what I see into ways of moving. How to listen to other people's ideas and vocalise my own thoughts. 	challenging situations.
Year 2	Gymnastics – pathways	Dance – Fire of London	Invasion games 2	Dance – Pirates	Striking and fielding games.	Athletics	
	<p>We will know:</p> <ul style="list-style-type: none"> To take off from one foot and then spring from two into a jump. How to land safely. What a zig zag pathway is. That feedback is essential to help me improve. Ways that I can adapt work to make it even better. The importance of changes of level and direction. What a curved pathway is. 	<p>We will know:</p> <ul style="list-style-type: none"> How to contribute simple key words to an age-appropriate theme related mind map. How to translate ideas into simple theme related shapes, movements, actions. How to use the words in a poem to create shapes, movements or feelings. That we need to look forwards to safely move around in space. 	<p>We will know:</p> <ul style="list-style-type: none"> How far to throw the ball in relation to where I am standing and my partner is. To stand in a position of readiness to receive the ball on the 1st bounce. To track the flight of the ball right into my hands. To stay light on my feet and be prepared to move quickly. To turn my body so I can see my opponent and the ball when defending. 	<p>We will know:</p> <ul style="list-style-type: none"> How to contribute simple key words to an age-appropriate theme related mind map. How to translate ideas into simple theme related shapes, movements, actions. How to use the words in a poem to create shapes, movements or feelings. That we need to look forwards to safely move around in space. 	<p>We will know:</p> <ul style="list-style-type: none"> That I need to run, after striking a ball, to accumulate runs. To touch my bat over the crease line and slide it on my final run. When to run and when not to. How to form a long barrier to stop a ball. That I have to bowl from on or behind the crease. To try and bowl keeping my arms straight. That I need to communicate with my partner 	<p>We will know:</p> <ul style="list-style-type: none"> To retain my focus The importance of a good start. To cushion my knees when landing. The technique for different types of jump. How to improve my technique to increase the height and distance of my jumps. The difference between a leap and a jump. How to increase the distance of my jumps. 	

	<ul style="list-style-type: none"> • Different gymnastic moves that fit nicely into performing in a curved pathway. • What mirroring is. • How to perform in synchrony with a partner. • Good ways of transitioning from one move to the next. • How to make my performances aesthetically pleasing. 	<ul style="list-style-type: none"> • That we need to control our speed to ensure safety. • How to turn what I see into ways of moving. • How to listen to other people's ideas and vocalise my own thoughts. • How to turn what I see into ways of moving. • How to listen to other people's ideas and vocalise my own thoughts. 	<ul style="list-style-type: none"> • To close the space down quickly when defending. • To attack at speed. • To keep my body between the ball and my opponent to shield it. • How to deceive defenders by using dummy passes or 'giving the eyes' • To think ahead when not in possession. • To work hard in attack and defence for the good of the team. 	<ul style="list-style-type: none"> • That we need to control our speed to ensure safety. • How to turn what I see into ways of moving. • How to listen to other people's ideas and vocalise my own thoughts. • How to turn what I see into ways of moving. • How to listen to other people's ideas and vocalise my own thoughts. 	<p>to accumulate runs.</p> <ul style="list-style-type: none"> • The different calls used by batsmen/ women when they want to run. • That a batsman / woman should always call after each ball. • That, as a batter, I don't always have to run. • The importance of staying in my crease. • How to adopt a wicket keeping stance. • To demonstrate The School Games values. 	<ul style="list-style-type: none"> • Why it is important to warm up. • How to increase the distance of my throws. • How to keep other safe when I am throwing. • To demonstrate the school games values. • How to share equipment and take turns 	
Year 3	Netball	Gymnastics – linking movement.	Athletics	Tag rugby	Tennis	Dance - Romans	LKS2 Disciplinary Concepts
	<p>We will know:</p> <ul style="list-style-type: none"> • Which type of passing technique to use depending on the distance I am sending the ball. • To pass within 4 seconds of receiving the ball. • How to stand in a good position 	<p>We will know:</p> <ul style="list-style-type: none"> • The difference between a point and a patch. • To spin with control. • The importance of working at different levels. • How to move from one shape to another smoothly. 	<p>We will know:</p> <ul style="list-style-type: none"> • How to start a sprint race. • The importance of keeping my first few metres low and powerful. • Which my take off foot is. • The technique associated with hurdling. • That my furthest point backwards 	<p>We will know:</p> <ul style="list-style-type: none"> • How to hold a rugby ball. • How to score a try. • To shout 'Tagged' when I grab an opponent's tags. • How to restart games after a try has been scored. • To run at pace and commit a 	<p>We will know:</p> <ul style="list-style-type: none"> • What the ready position is. • To try and get into the centre of the court after playing each shot. • To hit with a nice full backswing. • To keep my head still and to try and hit with control. • That I can play backhand with 	<p>We will know:</p> <ul style="list-style-type: none"> • How to contribute key words to a theme related mind map. • How to translate words/ideas into actions and combine. • How to translate theme related actions into 	<p>Pupils should continue 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.</p>

<ul style="list-style-type: none"> ● Which type of passing technique to use depending on the distance I am sending the ball. ● To pass within 4 seconds of receiving the ball. ● How to stand in a good position to receive a ball. ● How to track an opponent. ● That I need to pass in front of my teammates so they can run on to the ball. ● The importance of quick passing and varying my passing. ● The correct technique for shooting. ● Rules which apply to attackers and defenders when shooting. ● The footwork rule. ● How to support the player in possession to 	<ul style="list-style-type: none"> ● What points and patches are. ● The importance of control in my movements. ● To use the floor space imaginatively as well as the apparatus. ● To change direction and the level I am working at. ● To use feedback to up level my work. ● Different ways of supporting myself in shoulder balances. ● How to work in tandem with a partner in different ways. ● What the School Games Values are, and the importance of applying them. 	<ul style="list-style-type: none"> ● How to contribute key words to a theme related mind map. ● How to translate words/ideas into actions and combine. ● How to translate theme related actions into travelling movements. ● How to translate images into actions to communicate meaning. ● How to listen to other's and share my own ideas. ● How to translate words from a poem into movements. ● How to use canon, formation changes, direction and level to improve our ideas. ● How to listen to other people's ideas and vocalise my own thoughts. ● How to recognise good timing, execution and 	<ul style="list-style-type: none"> ● How to hold a rugby ball. ● How to score a try. ● To shout 'Tagged' when I grab an opponent's tags. ● How to restart games after a try has been scored. ● To run at pace and commit a defender when attacking. ● To close the space down quickly when defending and then brace myself to grab a tag. ● To support the ball carrier by staying just behind them when in the attacking line. ● What a knock on and forward pass are. ● To stagger the attacking line and why we do that. ● To defend across the width of the pitch. ● The offside rule. ● How to restart games after a try. 	<ul style="list-style-type: none"> ● How to start a sprint race. ● The importance of keeping my first few metres low and powerful. ● Which my take off foot is. ● The technique associated with hurdling. ● That my furthest point backwards in long jump triple jump is the point measured in competition. ● To run in an arc & to approach the bar sideways on when high jumping. ● To position my body sideways on when throwing. ● The pull technique in throwing. ● How to receive and transfer a baton safely. ● How to remember the technique for triple jump. ● can improve on personal bests. ● How to measure my own and 	<ul style="list-style-type: none"> ● Make decisions about when to run and when not to. ● To position myself sideways on when both striking and bowling. ● How to grip a ball so that it comes out of my fingers smoothly when bowling. ● What a no ball is. ● Why fielders might start off a base and then move to it after a strike. ● What ground fielding technique to use at any given time. ● What happens when I miss a rounder's ball or hit behind me. ● How to keep score. ● To call my name if going for a high catch. ● To run after the ball when it goes out of play. ● How to back up other fielders. 		
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	<p>ensure safe passes are made.</p> <ul style="list-style-type: none"> • More of the rules of netball and recognise how to apply them. 		<p>performance skills.</p>		<p>others' performances.</p>		
Year 5	Netball	Health related fitness	Tag rugby	Team building	Tennis	Athletics	UKS2 Disciplinary Concepts
	<p>We will know:</p> <ul style="list-style-type: none"> • How to signal for a pass. • That I need to move to new space after passing. • How to disguise my passes. • That when I get sideways on to receive a ball it opens up the court. • What the terms, 'landing foot, pivot and stepping' mean. • The rules around shooting. • Some attacking principles. • To communicate non verbally on court. 	<p>We will know:</p> <ul style="list-style-type: none"> • The physical and mental benefits of regular exercise. • Why flexibility is important. • Why core strength is important in most sports. • Why stamina is very important in some sports. • How to develop all round strength for my body. • Why relaxation and stretching is an important part of all athletes training. • Why it is important to warm up prior to exercise. 	<p>We will know:</p> <ul style="list-style-type: none"> • How to grip a ball and the importance of carrying it in 2 hands. • Know when to pop pass and when to pocket pass. • What position I need to get into when passing left and how it changes when I pass to my right. • How to 'roll' my hands when changing position and making catches. • To close the space when defending and be 	<p>We will know:</p> <ul style="list-style-type: none"> • To make a plan. • The difference between non-verbal and verbal communication. • To respect the opinions of my teammates. • To evaluate as a team to see if we can improve in the future. • The importance of clear instructions. • That the team needs a plan before an activity begins. • How to speak encouragingly to teammates. 	<p>We will know:</p> <ul style="list-style-type: none"> • What the 'ready position' is. • What the baseline is. • To strike balls away from my opponent. • To have a big backswing from a sideways on position. • To change my grip slightly to hit backhand shots. • To play deft shots with a loose grip. • How we hit a backhand differently from a forehand. • How to deflect the ball when volleying. 	<p>We will know:</p> <ul style="list-style-type: none"> • How to control my running over middle distance. • How running a bend differs from running a straight. • To get sideways on when throwing. • How to throw safely as part of a group. • To use my non-throwing arm to help me throw. • How to throw a shot using, 'clean palm, dirty neck' technique. • How to generate power from the thighs. • How to approach the bar from an arced run up 	<ul style="list-style-type: none"> •

<ul style="list-style-type: none"> ● How to signal for a pass. ● That I need to move to new space after passing. ● How to disguise my passes. ● That when I get sideways on to receive a ball it opens up the court. ● What the terms, 'landing foot, pivot and stepping' mean. ● The rules around shooting. ● Some attacking principles. ● To communicate non verbally on court. ● What the different roles are within Bee Stinger netball. ● Where I am allowed on court when playing specific positions. ● The school games values that I need to display - 	<ul style="list-style-type: none"> ● How to contribute key words to a theme related mind map. ● How to translate words/ideas into actions and combine together. ● How to translate theme related actions into travelling movements. ● How to translate images into actions to communicate meaning. ● How to use chance choreography to create a sequence. ● How to use canon, formation changes, direction and level to improve our ideas. ● How to listen to other people's ideas and vocalise my own thoughts. ● How to recognise good 	<ul style="list-style-type: none"> ● How to grip a ball and the importance of carrying it in 2 hands. ● Know when to pop pass and when to pocket pass. ● What position I need to get into when passing left and how it changes when I pass to my right. ● How to 'roll' my hands when changing position and making catches. ● To close the space when defending and be wary of the dummy pass. ● What a knock on is and a forward pass. ● What offside is. ● To run on to the ball at pace. ● To organise attacking lines in a staggered formation either side of the ball. 	<ul style="list-style-type: none"> ● How to contribute key words to a theme related mind map. ● How to translate words/ideas into actions and combine together. ● How to translate theme related actions into travelling movements. ● How to translate images into actions to communicate meaning. ● How to use chance choreography to create a sequence. ● How to use canon, formation changes, direction and level to improve our ideas. ● How to listen to other people's ideas and vocalise my own thoughts. <p>How to recognise good timing, execution and performance skills.</p>	<ul style="list-style-type: none"> ● How to control my running over middle distance. ● How running a bend differs from running a straight. ● To get sideways on when throwing. ● How to throw safely as part of a group. ● To use my non-throwing arm to help me throw. ● How to throw a shot using, 'clean palm, dirty neck' technique. ● How to generate power from the thighs. ● How to approach the bar from an arced run up when high jumping. ● The technique, 'same, different, both' for triple jump. ● My take off foot and lead leg. ● How to hurdle efficiently. 	<ul style="list-style-type: none"> ● To try and catch the ball in line with my nose. ● What ground fielding techniques to use and can choose the right one for the circumstance. ● To have a high back lift when batting. ● How to motivate and support my teammates in the field. ● The rules of rounders. ● Rules when batting and running between bases. ● That fielders on 2nd, 3rd and 4th base can start deep and then come onto their bases as necessary. ● Importance of great communication when playing rounders. ● That I should adjust my position in the field for certain batsmen/women. 	
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	<p>passion, self-belief, respect, honesty, determination and teamwork.</p> <p>What infringements look like and to restart after them.</p>	<p>timing, execution and performance skills.</p>	<ul style="list-style-type: none"> ● Each team has a limited number of tackles before possession of the ball changes to the other team. ● When advantage is and isn't played. ● That we can operate as a team with a full back. <p>That when we get the ball in the centre of the pitch near our opponent's line we stretch their defence.</p>		<p>How to position myself to receive a baton.</p>	<ul style="list-style-type: none"> ● 	
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