PE - Knowledge End Points

Taught in	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	DANCE (TRAVEL)	ATHLETICS	GYMNASTICS	KICKING	OVER/UNDER THROWING	BOUNCING AND CATCHING
	• To demonstrate a variety of different travels using the whole body • To explore using different levels. • To perform with expression and confidence, showing elements of feeling/mood.	• To jump 2 feet to 2 feet for distance and land safely with control • To run and change direction with some control • To roll a ball underarm with the opposite foot to the arm.	• To perform animal movements (crab, caterpillar, bunny hop, bear) with coordination and control. • To perform balances on large body parts (dish, arch, shoulders, bottom). • To perform jumps with different shapes in the air (star, straight, tuck).	• To have some control and accuracy with the basic action of kicking.. • To use kicking skills in different ways on a game. • To use both feet to kick	• To throw into space in a game. • To throw overarm and underarm with some consistency. • To throw with some accuracy at a target	• To bounce a ball with control when moving with the ball • To catch a beanbag or ball with some consistency • To adjust to the path of the ball and catch it

PE - Knowledge End Points

Taught in	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y2	ATHLETICS	GYMNASTICS	OAA	NET / WALL	STRIKING AND FIELDING	TEAM GAMES (Piggy in the Middle)
	• To complete an obstacle course with speed and agility. • To know which throw to use for accuracy and which throw for distance. • To know to step forward with the opposite foot to hand helps to throw further	• To perform rolls with control (pencil, egg, and teddy roll). • adapt the sequence and perform it using apparatus. • To create, repeat and perform a short sequence of 4 unlike actions in which there is a clear beginning, middle and end.	• To use a basic map to navigate to a single point • To understand the directions north, south, east and west do not change, regardless of which way a person is facing • To transfer information on a diagram/map into reality, using basic symbols and matching equipment	• To perform a side gallop. • To return a larger ball by striking it when thrown to them • To strike a dropped ball with some consistency	• To catch a ball • To strike a ball off a tee • To throw a ball overarm when fielding	• To catch a ball with some level of coordination and consistency • To change direction with control • To throw a ball underarm with accuracy

PE - Knowledge End Points

Taught in	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3	DANCE (ROCK AND ROLL)	ATHLETICS	GYMNASTICS	NET / WALL GAMES	NETBALL	CRICKET
	• To effectively use stillness in their performance. • To perform a dance in unison. • To perform travelling movements based on a stimulus.	• To perform a hop, step and jump with some control • To demonstrate a pull throw, push throw and sling throw with some accuracy and control. • To perform a standing long jump (two feet take off and land - arms swing behind body).	• To perform balances on one foot • To Travel on hands and feet, jump and land 2 feet to 2 feet and perform rolling actions including forward roll • To create and perform a gymnastic sequence of more than six actions showing a clear beginning, middle and end with some smooth transitions.	• To hold a racket with the correct technique • throw bean bag/ball/shuttlecock into a target and over a barrier • To strike a ball with a racket	• To pass and move into space • To throw and catch a chest and bounce pass with control and accuracy • To use simple tactics to outwit an opponent	• To bowl a ball underarm with some control and accuracy (bounce) • To catch a small ball and return when fielding • To show a straight drive

PE - Knowledge End Points

Taught in	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y4	ATHLETICS	GYMNASTICS	BOCCIA	ROUNDERS		BASKETBALL
	• To perform the five basic jumps - using some consecutively to reach the furthest distance possible. • To choose the correct type of throw to different targets and different distances. • To demonstrate a pull throw, push throw with accuracy and control.	• To attempt a shoulder stand and arabesque with some control. • To perform balances including one-footed, dish and arch balances. • To perform two footed jump and land with ¼ and ½ turns.	• To know where to throw the ball/bag into an area of advantage • To use various forms of throwing- over arm, underarm, rolling • To be able tp throw a ball/bag accurately into a target area	• To bowl a ball underarm with some control and accuracy (no bounce) • To catch a small ball and return accurately when fielding • To strike a dropped ball		• To dribble a ball with some control • To throw and catch a bounce and chest pass with consistency and accuracy. • To find space an actively communicate with team members

PE - Knowledge End Points

Taught in	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y5	ATHLETICS	DANCE (FOOD GLORIOUS FOOD)	GYMNASTICS	BADMINTON	NETBALL	CRICKET
	• To perform a sling and heave throw with accuracy and control. • To perform a combination of jumps with accuracy and control.. • To sustain a pace over longer distances	• To perform a dance in unison as part of a group • To perform part of a dance sequence in canon as part of a group • To work collaboratively in small groups to improve their sequences	• To perform a counter-tension balance with a partner in a sequence with travelling, jumping and rolling. • To perform a sequence with a partner in unison and canon. • To include a change of direction/speed/level in their partner sequence.	• To hold a racket correctly • To show a forehand and backhand shot (inc backswing, follow through and feet position) • To hit a forehand and backhand shot at a target area	• To throw and catch a chest, bounce and shoulder pass with consistency, confidence and increased accuracy • To shoot a netball into a hoop with some accuracy • To make decisions on when to pass the ball in an invasion game situation.	• To bowl a ball overarm accurately and consistently (bounce) • To field a ball and throw back overarm with accuracy and consistency. • To strike a bowled ball

PE - Knowledge End Points

Taught in	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y6	ATHLETICS	GYMNASTICS	BASKETBALL	TENNIS	ROUNDERS	OAA
	• To use relay take-overs, including the 'upsweep' or 'downsweep' methods • To use sprint starts and stride length over short distances • To use different running techniques for short distances and long distances.	• To perform a group counterbalance • To perform a part weight-bearing balance with a partner. • To move fluently into and out of different paired and group balances from other actions.	• To use a range of passing techniques (chest, bounce) with accuracy and control over different distances • To demonstrate good technique to move on the court with and without the ball, including stopping and pivoting • To apply defensive stances, marking opponents, and preventing passes.	• To hold a racket correctly • To show a forehand and backhand shot after a ball has bounced (inc backswing, follow through and feet position) • To hit a forehand and backhand shot at a target area	• To bowl a ball underarm accurately and consistently • To strike a bowled ball • To catch a small ball and return it accurately and efficiently when fielding	• To use effective communication when working with others • To orientate a map efficiently to navigate around a course (multiple points) • To use a compass to identify which way is North to assist travelling in all 8 compass point directions