

# Physical Education (P.E.)



End Point measures Y1 to Y6

Year Group	End Points
Year 1	<ul style="list-style-type: none"> <li>• make body curled, tense, stretched and relaxed</li> <li>• control body when travelling and balancing</li> <li>• copy sequences and repeat them</li> <li>• roll, curl, travel and balance in different ways</li> <li>• throw underarm</li> <li>• throw and kick in different ways</li> <li>• perform own dance moves</li> <li>• copy or make up a short dance</li> <li>• move safely in a space</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>• plan and perform a sequence of movements in gymnastics</li> <li>• improve sequence based on feedback</li> <li>• think of more than one way to create a sequence which follows some 'rules'</li> <li>• use hitting, kicking and/or rolling in a game</li> <li>• decide the best space to be in during a game</li> <li>• use a tactic in a game</li> <li>• follow rules</li> <li>• change rhythm, speed, level and direction in dance</li> <li>• make a sequence by linking sections together</li> <li>• use dance to show a mood or feeling</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>• run at fast, medium and slow speeds: changing speed and direction</li> <li>• take part in a relay, remembering when to run and what to do</li> <li>• be aware of space and use it to support team-mates and to cause problems for the opposition</li> <li>• know and use rules fairly</li> <li>• adapt sequences to suit different types of apparatus and criteria</li> <li>• explain how strength and suppleness affect performance</li> <li>• improvise freely and translate ideas from a stimulus into movement</li> <li>• share and create phrases with a partner and small group</li> <li>• remember and repeat dance perform phrases</li> <li>• follow a map in a familiar context</li> <li>• use clues to follow a route</li> <li>• follow a route safely</li> <li>• compare and contrast gymnastic sequences</li> <li>• recognise own improvement in ball games</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• sprint over a short distance and show stamina when running over a long distance</li> <li>• jump in different ways</li> <li>• throw in different ways and hit a target, when needed</li> <li>• throw and catch accurately with one hand</li> <li>• hit a ball accurately with control</li> <li>• vary tactics and adapt skills depending on what is happening in a game</li> <li>• move in a controlled way</li> <li>• include change of speed and direction in a sequence</li> <li>• work with a partner to create, repeat and improve a sequence with at least three phases</li> <li>• take the lead when working with a partner or group</li> <li>• use dance to communicate an idea</li> <li>• follow a map in a (more demanding) familiar context</li> <li>• follow a route within a time limit</li> <li>• provide support and advice to others in gymnastics and dance</li> <li>• be prepared to listen to the ideas of others</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• controlled when taking off and landing</li> <li>• throw with increasing accuracy</li> <li>• combine running and jumping</li> <li>• gain possession by working a team and pass in different ways</li> <li>• choose a specific tactic for defending and attacking</li> <li>• use a number of techniques to pass, dribble and shoot</li> <li>• make complex extended sequences</li> <li>• combine action, balance and shape</li> <li>• perform consistently to different audiences</li> </ul>

	<ul style="list-style-type: none"> <li>• compose own dances in a creative way</li> <li>• perform dance to an accompaniment</li> <li>• dance shows clarity, fluency, accuracy and consistency</li> <li>• follow a map into an unknown location</li> <li>• use clues and a compass to navigate a route</li> <li>• change route to overcome a problem</li> <li>• use new information to change route</li> <li>• pick up on something a partner does well and also on something that can be improved</li> <li>• know why own performance was better or not as good as their last</li> </ul>
<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• demonstrate stamina and increase strength</li> <li>• agree and explain rules to others</li> <li>• work as a team and communicate a plan</li> <li>• lead others in a game situation when the need arises</li> <li>• combine own work with that of others</li> <li>• sequences to specific timings</li> <li>• develop sequences in a specific style</li> <li>• choose own music and style</li> <li>• plan a route and a series of clues for someone else</li> <li>• plan with others, taking account of safety and danger</li> <li>• know which sports they are good at and find out how to improve further</li> </ul>