

Key End Points - for end of year



Subject: PE

Ready to Progress Criteria...

	Knowledge	Skills
EYFS	<ul style="list-style-type: none"> I know how to keep myself safe when participating in PE and other physical activities. 	<ul style="list-style-type: none"> I can negotiate space and obstacles safely. I can balance and move with a good level of coordination. I can show confidence when trying new activities and I understand and can explain reasons for rules
Year 1	<ul style="list-style-type: none"> I know that winning is not the most important part of an activity. 	<ul style="list-style-type: none"> I can demonstrate the fundamental skills including: balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping and kicking. I can assess my own risk and develop trust in myself and my peers. I can copy and explore basic movements with some control and coordination.
Year 2	<ul style="list-style-type: none"> I understand that exercise keeps my body healthy. I understand the effects exercise has on my body. 	<ul style="list-style-type: none"> I can demonstrate the fundamental skills including: balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping and kicking in a range of activities. I can catch and throw a range of PE equipment accurately whilst moving. I can participate in team games, developing simple tactics for attacking and defending.
Year 3	<ul style="list-style-type: none"> I can describe what happens to my heart, breathing and temperature during different types of athletic activity. I understand the rules about the games I have been taught. I understand the needs of warming up and cooling down and the effects this has on my body. 	<ul style="list-style-type: none"> I can select the most appropriate ways of travelling for an activity and execute it appropriately, (e.g, running, walking, hopping and skipping). I can choose the appropriate skills and equipment to meet the challenges that are set.
Year 4	<ul style="list-style-type: none"> I understand why exercise is good for my fitness, health and wellbeing. I understand and can explain the importance of exercise and a healthy lifestyle. 	<ul style="list-style-type: none"> I can describe and evaluate the effectiveness of performance and recognise aspects that need improving. I can evaluate how successful my tactics have been, use appropriate language to describe performance and identify what I do that makes things difficult for their opponents. I can control actions and combine them fluently.
Year 5	<ul style="list-style-type: none"> I understand the value of exercise outside of the school day. I understand how to use all equipment safely and with good control. 	<ul style="list-style-type: none"> I can work as a group and share roles fairly. I can use a variety of running techniques and skills that are appropriate to the sport I am playing. I can swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively I can explore, improvise and combine movement ideas fluently and effectively.

Year 6

- I can understand and explain the rules in Sports.
- I know how different activities promote stamina, power, control and wellbeing.
- I can use specific gym vocabulary relevant to the sport I am playing.

- I can demonstrate stamina.
- I can play to agreed rules and demonstrate sportsmanship.
- I can link together actions so that they flow- in running, jumping, throwing and gymnastics activities.