

PE - End Points						
Y1	Autumn 1 - Ball skill	Autumn 2 - Gymnastics	Spring 1 - Dance	Summer 1 - Athletics	Spring 2 - Striking and Fielding	Summer 2 Invasion Games
	<ul style="list-style-type: none"> -To develop control and coordination when dribbling a ball with your hands. - To explore accuracy when rolling a ball - To explore throwing with accuracy towards a target - To explore catching with both hands -To explore control and coordination when dribbling a ball with your feet - To explore tracking a ball that is coming towards me 	<ul style="list-style-type: none"> - To develop stability and control when performing balances - Explore travelling movements using the space around you - Develop technique and control when performing shape jumps - Develop technique in the barrel, straight and forward roll - Link gymnastics actions to create sequences. 	<ul style="list-style-type: none"> - Explore travelling actions and use counts of 8 to move in time with the music - Remember and repeat actions and respond imaginatively to a stimulus - Copy, remember and repeat actions that represent the theme - Use expression and create actions that relate to the story - show changes in expression, level and shape 	<ul style="list-style-type: none"> - recognise differences in your body actions when running, jogging and walking. - develop jumping, hopping, leaping and landing safely - develop overarm and underarm throwing techniques. - travel in space safely showing awareness of others. 	<ul style="list-style-type: none"> - develop confidence when catching a ball - develop throwing with accuracy - strike a ball with their hand and equipment - roll a ball - track a rolling ball - develop decision making and understand how to score points 	<ul style="list-style-type: none"> - To understand the role of defender and attackers - To recognise who to pass to and why - To move towards a goal with the ball - To support a teammate when playing in attack - To move into space showing an awareness of defenders - To stay with a player when defending
	Autumn 1 - Ball skills	Autumn 2- Gymnastics	Spring 1 - Dance	Summer 1 - Athletics	Spring 2 - Striking and Fielding	Summer 2 - Invasion games
Y 2	<ul style="list-style-type: none"> - To be able to roll a ball to hit a target - To develop coordination and be able to stop a rolling ball - To develop technique and control when dribbling a ball with your feet -To develop control and technique when kicking a ball. 	<ul style="list-style-type: none"> - Perform gymnastics shapes and link them together - Be able to use shapes to create balances - Link travelling actions and balances using apparatus - Demonstrate different shapes, take off and landings when performing jumps. - Develop rolling and sequence building - Develop sequence work on apparatus. 	<ul style="list-style-type: none"> - Create actions and accurately copy other's actions - Copy, remember and repeat actions using facial expressions to show different characters - Perform in unison creating shapes with a partner - Mirror a partner - Copy, repeat and create actions in response to a stimulus - Copy, create and perform actions 	<ul style="list-style-type: none"> - understand optimal running technique. - develop balance and coordination when running over obstacles. - understand how to change direction safely and optimally. - develop throwing for distance. - develop jumping for distance. - work independently 	<ul style="list-style-type: none"> - track and stop a rolling ball - perform underarm and overarm throw - develop consistency when catching - begin to understand the role of a batter - develop bowling technique - make decision under pressure 	<ul style="list-style-type: none"> - To understand what being in possession means and support a teammate to do this - To understand that scoring goals is an attacking skill and to explore ways to do this. - To understand that stopping goals is a defending skill and explore ways to do this. - To explore how to gain possession - To mark an

	<ul style="list-style-type: none"> - To develop coordination and technique when throwing and catching - To develop control and coordination when dribbling a ball with your hands 		considering dynamics			opponent and understand that this is a defending skill - To learn to apply simple tactic for attacking and defending
Y 3	Autumn 1 - Basketball	Autumn 2 - Gymnastics	Spring 1 - Dance	Summer 1 - Athletics	Spring 2 - Striking and Fielding Cricket	Summer 2 - Dodgeball
	<ul style="list-style-type: none"> - Develop the attacking skill of dribbling - Use protective dribbling against an opponent - Develop the bounce and chest pass and begin to recognise when to use them - Develop tracking and defending an opponent - Develop the technique for the set shot - To Be able to apply the skills , rules and tactics you have learnt to a mini tournament 	<ul style="list-style-type: none"> - Create interesting point and patch balances - develop stepping into shape jumps with control - Develop the straight, barrel and forward roll - Transition smoothly into and out of balances - Create a sequence with matching and contrasting actions and shapes - Create partner sequences incorporating equipment. 	<ul style="list-style-type: none"> - Create actions in response to a stimulus in unison with a partner - Create actions to move in contact with a partner. - Understand how dynamics affect the actions performed - Remember and repeat actions using dynamics to clearly show different phrases - Understand and use formations, choosing poses which relate to a stimulus - Use transitions and changes of timing to move into and out of shapes. 	<ul style="list-style-type: none"> - Understand why warmups are crucial before activity - develop sprinting technique. - understand pacing over different distances. - Develop changeover in relay events - Develop throwing for distance and accuracy. - Develop jumping for distance and height. 	<ul style="list-style-type: none"> -to develop overarm throwing and catching -to develop underarm bowling -to learn how to grip the bat and develop batting technique. -to be able to field a ball using a two handed pick up and a short barrier. -to develop overarm bowling technique. -to apply skills learnt to mini cricket playing situations. -to collaborate and communicate effectively within their team -to persevere -to begin to observe and provide feedback -to begin to apply these strategies in game situations 	<ul style="list-style-type: none"> - To apply rules to a game situation - To develop throwing at a moving target. - To use jumps, dodges and ducks to avoid being hit by a ball - o developing catching a dodgeball at different heights - To learn how to block using the ball - To understand the rules of dodgeball and use them to play in a tournament.

Y 4	Autumn 1 - Tag Rugby	Autumn 2 - Gymnastics	Spring 1 - Dance	Summer 1 - Athletics	Spring 2 - Striking and Fielding Rounders	Summer 2 - Dodgeball
	<ul style="list-style-type: none"> - To develop throwing, catching and running with the ball - To develop an understanding of tagging rules - To begin to use the 'forward pass' and 'offside' rules - To dodge a defender and move into space when running towards the goal - To develop defending skills and use them in a game situation - To be able to apply the skills, rules and tactics you have learnt in previous lessons and apply those skills in a mini tournament 	<ul style="list-style-type: none"> - Develop individual and partner balances - Develop control in performing and landing rotational jumps - Develop the straight, barrel, forward and straddle roll - Develop strength in inverted movements. - Create a partner sequence to include apparatus. 	<ul style="list-style-type: none"> - Copy and create actions in response to an idea and be able to adapt this using changes of space - Choose actions to relate to a theme - Understand how dynamics, space and relationships can be used to represent a dance idea - Remember and repeat actions and create ideas in response to a stimulus - Use action and reaction when creating ideas with a partner. - Use choreographing ideas to change how actions are performed. 	<ul style="list-style-type: none"> - Understand what happens to the body when warming up - Develop power and speed in sprinting technique - Understand stamina and pace in relation to distance - Develop power when throwing for distance - Develop pull throw - Develop performing skills in different events 	<ul style="list-style-type: none"> - develop consistency as a batter - field using two handed pick up and short barrier - understand when to use a certain throw in different situations - understand the rules of rounders - Understand the roles within rounders - apply skills and knowledge of rules to play rounders - catch a ball consistently - develop accuracy with underarm throw - develop power and distance with overarm throw - develop bowling technique - think tactically as a batter - understand the role of a fielder - work cooperatively in a team 	<ul style="list-style-type: none"> -To apply rules honestly and fairly to a game situation -To develop throwing at a moving target -To use timing, balance and agility to avoid being hit by a ball -To develop catching under pressure to get an opponent out -To select and apply tactics in a game by working with the other players on your team - To develop officiating skills and referee a dodgeball game.
Y 5	Autumn 1 - Basketball	Autumn 2 - Gymnastics	Spring 1 - Dance	Summer 1 - Athletics	Spring 2 - Striking and Fielding Cricket	Summer 2 - Tennis
	<ul style="list-style-type: none"> - To develop protective dribbling against an opponent - To be able to move into space to support a team mate - To choose when to pass and when to dribble - To be able to track an opponent and use defensive 	<ul style="list-style-type: none"> - Perform symmetrical and asymmetrical balances - Develop the straight, forward, straddle and backwards rolls. - Explore different methods of travelling, linking actions in both cannon and synchronisation - Perform progressions of inverted movements - Explore matching and 	<ul style="list-style-type: none"> - Create a dance using a random structure and perform the actions showing quality and control - Understand how changing the dynamics of an action, the relationships of an action and the space of an action changes the appearance of the performance - Work with a group to create poses and link them together using 	<ul style="list-style-type: none"> - Understands important factors of an effective warm up and can take their own. - Develop triple jump technique - Develop technique when travelling over hurdles at speed - Develop technique for relay changeover - Develop push throw - Begin observing, providing feedback and reflecting upon performance 	<ul style="list-style-type: none"> -develop throwing accuracy and catching skills under pressure. -develop placement of a ball into space. -to develop consistency of catching to get opponents out. - develop overarm bowling technique and accuracy. -develop a variety of fielding techniques and use them within the game. -to collaborate and 	<ul style="list-style-type: none"> -To develop returning the ball using a forehand groundstroke -To develop returning the ball using a backhand groundstroke -To work cooperatively with a partner to keep a continuous rally -To develop the underarm serve and understand the rules of serving

	techniques to win the ball - To be able to perform a set shot and a jump shot - To be able to apply the rules and tactics you have learnt to play in a basketball tournament	mirroring using actions both on the floor and on the apparatus - Create a partner sequence using apparatus	transitions - Work collaboratively with a group to create a dance.		communicate with their team, - to be honest and respectful - to observe and provide feedback selecting and applying strategies.	- To develop the volley and understand when to use it - To use a variety of different strokes to outwit an opponent
Y 6	Autumn 1 - Tag Rugby	Autumn 2 - Gymnastics	Spring 1 - Dance	Summer 1 - Athletics	Spring 2 - Striking and Fielding	Summer 2 - Tennis
	- To develop an understanding of when to run and when to pass in a game situation - To use the 'forward pass' and 'offside' rules effectively - To introduce the tagging rule and apply this to a game situation - To develop dodging skills to lose a defender - To be able to develop drawing defence and moving towards a goal - To be able to apply the rules and tactics you have learnt to play in a rugby tournament	- Develop the straddle, forward and backwards rolls - Develop counter balance and counter tension - perform inverted movements with control - Perform the progressions of a headstand and a cartwheel - Use flight from hands to travel over apparatus - Create a group sequence using formations and apparatus.	- Copy and repeat a set dance phrase showing confidence in movements. - Work collaboratively with a partner to explore and develop dance ideas - Use changes in level and speed when choreographing - Select actions and dynamics to convey different characters - Communicate a story through dance.	- Know the difference between aerobic and anaerobic activity. - Work collaboratively with a partner to set a steady pace - develop triple power and control with jump technique - Develop power and control with push and pull throws - Gain confidence in a range of athletic events - Develop officiating skills	- secure knowledge of striking and fielding sports (cricket, baseball, rounders & kickball) - select appropriate actions for certain game situations - use range of fielding skills in game - Use rules consistently and fairly - Begin observing, providing feedback and reflecting upon performance - apply skills and knowledge of rules to compete in a tournament - throw with accuracy - catch consistently and develop catching skills - perform the roles of a fielder, bowler and batter - develop understanding of umpiring - beginning to use effective tactics in game situations	- To develop the forehead groundstroke - To be able to return the ball using a backhand groundstroke - To develop the volley and understand when to use it - To develop the volley and use it in a game situation - To develop the accuracy of the underarm serve - To learn to use the official scoring system - To work cooperatively with a partner and employ tactics to outwit an opponent <u>TOP UP SWIMMING</u>