

**ECCLESTON C.E. PRIMARY SCHOOL**

**PHYSICAL EDUCATION END POINTS AND**

**KNOWLEDGE**

**By the end of Year 1, our children will;**

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| **Skills** | |
| **Gymnastics movements** | * Be able to make their bodies curled, tense, stretched and relaxed * Roll, curl, travel and balance in different ways * Be able to control their bodies when travelling and balancing * Copy sequences and repeat them |
| **Basic movements and team games** | * Be able to throw underarm * Be able to throw and kick in different ways * Be able to catch and bounce a ball * Be able to run at different speeds |
| **Dance** | * Perform their own dance moves * Be able to react appropriately to music * Copy or make up a short dance * Move safely in a space * Have had opportunities to perform to their class and parents |
| **Knowledge** | |
| **Health and Fitness** | * Be able to describe how the body feels before, during and after exercise * Carry and place equipment safely * Understand that exercise is important to fitness |
| **Sportspersonship** | * Have some understanding of the importance of being a ‘good loser’ |
| **Vocabulary** | |
| Balance, underarm, fitness, attacking, defending, improvement | |

**By the end of Year 3, our children will;**

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| **Skills** | |
| **Gymnastics movements** | * Plan and perform a sequence of movements * Improve a sequence based on feedback * Adapt sequences to suit different types of apparatus and criteria * Compare and contrast gymnastics sequences * Be able to develop the quality of their movement * Be able to watch, describe and evaluate the effectiveness of a performance |
| **Athletics** | * Be able to run at fast, medium and slow speeds, changing speed and direction * Be able to take part in a relay |
| **Dance** | * Be able to improvise freely, translating ideas from an idea to a movement * Be able to share and create phrases with a partner and a small group * Be able to repeat remembered dance phrases * Understand how different types of music affect dance skills and traditions * Be able to develop the quality of their movement * Be able to watch, describe and evaluate the effectiveness of a performance |
| **Games** | * Be aware of space and how to use it appropriately to support team mates as well as to cause problems for the opposing team * Be able to throw and catch with increasing accuracy and in different ways * Be able to bounce and kick a ball whilst moving * Be able to use kicking and dribbling skills in a game * Be able to pass the ball in different ways * Understand and begin to apply the basic principles of invasion games * Know how to play a striking and fielding game fairly |
| **Knowledge** | |
| **Health and Fitness** | * Be able to explain how strength and suppleness affect performance * Understand the importance of strength and flexibility * Know why it is important to warm up and cool down |
| **Sportspersonship** | * Understand the importance of rules in games * Apply and follow rules fairly * Be able to compete against others in a controlled manner |
| **Vocabulary** | |
| sequence, team player, control, coordination, striking, fielding | |

**By the end of Year 5, our children will;**

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| **Skills** | |
| **Gymnastics movements** | * Be able to move in a controlled way * Be able to include changes to speed and direction in a sequence * Work collaboratively with a partner to create, repeat and improve a more complicated sequence * Be able to combine action, balance and shape |
| **Athletics** | * Be able to spring over a short distance and show stamina when running over longer distances * Be able to jump and throw in different ways * Show control when taking off and landing * Be able to combine running and jumping |
| **Dance** | * Be able to compose their own creative dances * Be able to evaluate the performances of themselves and others * Be able to perform dance which shows clarity, fluency, accuracy and consistency * Be able to use dance to communicate an idea |
| **Games** | * Be able to choose the best tactics of attacking and defending * Be able to devise and adapt rules to create their own games * Be able to perform and apply skills and techniques effectively and accurately * Be able to keep and win back possession of the ball * Demonstrate an increasing awareness of space |
| **Knowledge** | |
| **Health and Fitness** | * Be able to explain why exercise is good for your health * Be able to explain some safety principles when preparing for and during exercise |
| **Sportspersonship** | * Understand the importance of being a team player |
| **Vocabulary** | |
| opposition, Sportspersonship, | |

**By the end of Year 6, our children will;**

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| **Skills** | |
| **Gymnastics movements** | * Be able to combine their own work with that of others * Be able to create sequences to specific timings * Be able to choose their own style and music to perform to |
| **Athletics** | * Demonstrate stamina and increasing strength * Have participated in a range of athletics activities such as relay, hurdles, sprint |
| **Dance** | * Be able to combine their own work with that of others * Be able to create sequences to specific timings * Be able to choose their own style and music to perform to |
| **Games** | * Be able to use different techniques for throwing and catching * Understand how to play a range of games such as football, softball, tennis, netball and rugby * Be able to follow and create complicated rules to play a game successfully |
| **Knowledge** | |
| **Health and Fitness** | * Understand how to use exercise for a healthy life beyond primary school * Know ways they can become healthier |
| **Sportsmanship** | * Be able to agree and explain rules to others * Be able to work as a team and communicate ideas * Be able to lead others as appropriate and be led |
| **Vocabulary** | |
| technique, backhand, evaluate | |