

**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 |