

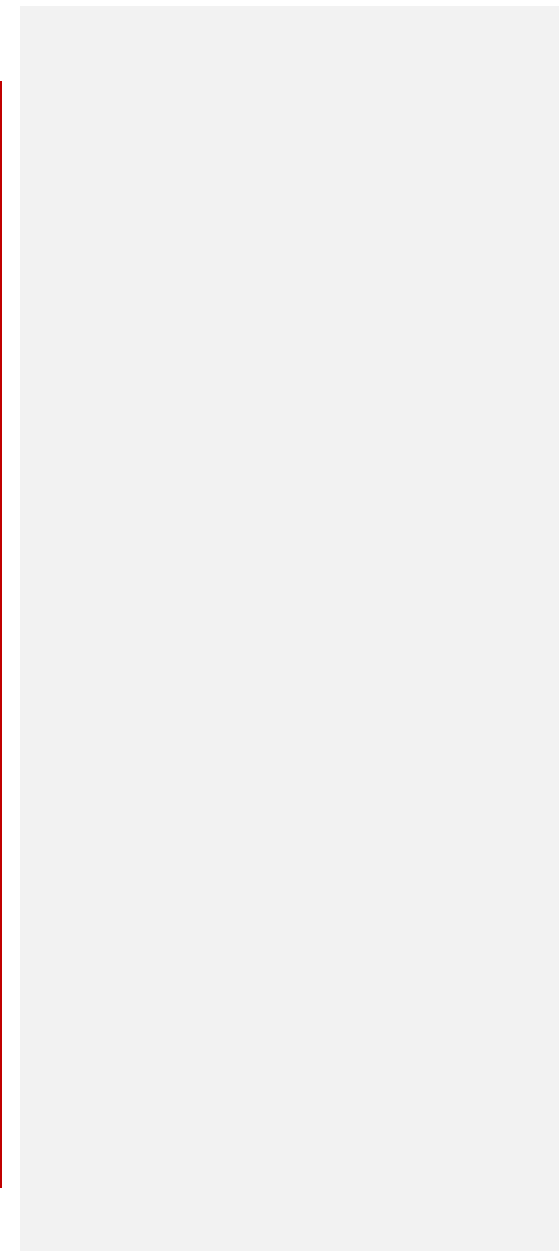
# PE - End Points Planning Document



**Our Vision:** To fulfil our vision by inspiring a generation, at St James' we motivate children to participate in a variety of sports which are engaging and fun. We inspire children to instinctively utilise skills and knowledge acquired during PE lessons, encouraging them to take responsibility for their own health and fitness thus developing a love of sport leading to a happy and healthy life.

National Curriculum Objectives Substantive Knowledge	Disciplinary Knowledge: Progressive skills	Disciplinary Knowledge: Progressive skills	Progressive vocabulary and Resources
	Progressive skills may be used to support End Points. This will depend on cohort and class needs	End Points are our objectives that all children will work towards to achieve subject outcomes. These are Key Stage End Points (KS1 and KS2)	
<b>EYFS</b>			
<p><b>REAL PE/GYM/DANCE</b> Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to</p>	<p>Multi-ability outcomes for PE, Gym and Dance</p> <p>Personal Can I enjoy working on simple tasks with help? Health and Fitness Am I aware of the changes to the way I feel when I exercise? Social Can I play with others and take turns and share with help? Cognitive Can I follow simple instructions? Creative Can I observe and copy others? Physical Application Can I move confidently in different ways?</p>	<p>ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Kick, catch, throw, push, pat, slither, shuffle, roll, crawl, walk, run, hop, slide, squat, climb, land, stand, jump, balance, space, race, chase, speed, direction, obstacles</p>

<p>develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.</p>			
<p><b>REAL PE</b></p>	<p><b>Fundamental Movement Skills</b></p> <p><b>Static Balance - Floorwork</b></p> <ol style="list-style-type: none"> <li>1. Can I hold mini-front support position.?</li> <li>2. Can I reach round and point to ceiling with either hand in mini-front support?</li> </ol> <p><b>Static Balance – 1 leg</b></p> <ol style="list-style-type: none"> <li>1. Can I stand still for 10 seconds?</li> </ol> <p><b>Static Balance: Seated</b></p> <ol style="list-style-type: none"> <li>1. Can I balance with both hands/ feet down?</li> <li>2. Can I balance with 1 hand/ 2 feet down?</li> <li>3. Can I balance with 2 hands/ 1 foot down?</li> <li>4. Can I balance with 1 hand/ 1 foot down?</li> <li>5. Can I balance with 1 hand or 1 foot down?</li> <li>6. Can I balance with no hands or feet down?</li> </ol> <p><b>Static Balance: Floorwork</b></p> <ol style="list-style-type: none"> <li>1. Can I hold mini-front support position?</li> <li>2. Can I reach round and point to ceiling with either hand in mini-front support?</li> </ol> <p><b>Static Balance: Stance</b></p> <ol style="list-style-type: none"> <li>1. Can I stand on line with good stance for 10 seconds?</li> </ol> <p><b>Dynamic Balance: On a Line</b></p> <ol style="list-style-type: none"> <li>2. Can I walk forwards with fluidity and minimum wobble?</li> <li>3. Can I walk backwards with fluidity and minimum wobble?</li> </ol> <p><b>Dynamic Balance: Jumping &amp; Landing</b></p> <ol style="list-style-type: none"> <li>1. Can I jump from 2 feet to 2 feet forwards, backwards and side-to-side?</li> </ol> <p><b>Counter Balance: In Pairs</b></p> <ol style="list-style-type: none"> <li>2. Can I sit holding hands with toes touching, lean in together then apart?</li> <li>3. Can I sit holding 1 hand with toes touching, lean in together then apart?</li> </ol>		



	<p>4. Can I sit holding hands with toes touching and rock forwards, backwards and side-to-side?</p> <p><b>Coordination: Sending &amp; Receiving</b></p> <ol style="list-style-type: none"> <li>1. Can I roll large ball and collect the rebound?</li> <li>2. Can I roll small ball and collect the rebound?</li> <li>3. Can I throw large ball and catch the rebound with 2 hands?</li> </ol> <p><b>Coordination: Ball Skills</b></p> <ol style="list-style-type: none"> <li>1. Can I sit and roll a ball along the floor around body using 2 hands?</li> <li>2. Can I sit and roll a ball along the floor around body using 1 hand (right and left)?</li> <li>3. Can I sit and roll a ball down legs and around upper body using 2 hands?</li> <li>4. Can I stand and roll a ball up and down legs and round upper body using 2 hands?</li> </ol> <p><b>Coordination: Footwork</b></p> <ol style="list-style-type: none"> <li>1. Can I side-step in both directions?</li> <li>2. Can I gallop, leading with either foot?</li> <li>3. Can I hop on either foot?</li> <li>4. Can I skip?</li> </ol> <p><b>Agility Ball Chasing</b></p> <ol style="list-style-type: none"> <li>1. Can I roll a ball, chase and collect it in balanced position facing opposite direction?</li> <li>2. Can I chase a ball rolled by a partner and collect it in balanced position facing opposite direction?</li> </ol> <p><b>Agility: Reaction &amp; Response</b> From one, two, three metres:</p> <ol style="list-style-type: none"> <li>1. Can I react and catch large ball dropped from shoulder height after 2 bounces?</li> </ol> <p>Can I react and catch large ball dropped from shoulder height after 1 bounce?</p>		
<p><b>REAL GYM</b></p>	<p><b>Shape:</b> Can I create an accurate shape with good body tension to maintain shape.</p> <p><b>Flight:</b> Can I travel with good posture using an accurate movement pattern, landing quiet and balanced?</p> <p><b>Travel:</b> Can I travel with good posture and with accurate movement pattern</p> <p><b>Rotation:</b> Can I maintain an accurate shape throughout rotation, remaining balanced and controlled</p>		

<b>REAL DANCE</b>	<p>Can I explore and create different ways of responding to music?</p> <p>Can I explore circle moves, jumps and turns with a partner?</p> <p>Can I create different ways of travelling between shapes?</p> <p>Can I work with a partner to create a dance?</p>		<p>Travel</p> <p>Stillness</p> <p>Direction</p> <p>Space</p> <p>Body parts</p> <p>Levels</p> <p>Speed</p>
<b>Year 1</b>			
<p><b>REAL PE/DANCE and GYM</b></p> <p>Pupils should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p><b>Multi-ability outcomes for PE, Gym and Dance</b></p> <p><b>Personal</b></p> <p>Can I follow instructions, practise safely and work on simple tasks by myself?</p> <p><b>Health and Fitness</b></p> <p>Can I show that I am aware of why exercise is important for good health?</p> <p><b>Social</b></p> <p>Can I work sensibly with others, taking turns and sharing?</p> <p><b>Cognitive</b></p> <p>Can I understand and follow simple rules and can name some things I am good at?</p> <p><b>Creative</b></p> <p>Can I explore and describe different movements?</p> <p><b>Physical Application</b></p> <p>Can I perform a single skill or movement with some control?</p> <p>Can I perform a small range of skills and link two movements together? E.g., running, jumping, catching</p>	<p>Can I begin to apply fundamental movement skills in a range of activities?</p> <p>Can I participate in team games, developing simple tactics for attacking and defending?</p>	<p>Still, move, slow, fast, space, travel, run, jump, throw, catch, balance, agility, co-ordination, tactic, attack, defend, perform, movement, pattern.</p>
<p><b>REAL PE</b></p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	<p><b>Fundamental Movement Skills</b></p> <p><b>Static Balance - Floorwork</b></p> <ol style="list-style-type: none"> <li>3. Can I hold mini-front support position.?</li> <li>4. Can I reach round and point to ceiling with either hand in mini-front support?</li> </ol> <p><b>Static Balance - 1 leg</b></p> <ol style="list-style-type: none"> <li>2. Can I stand still for 10 seconds?</li> </ol> <p><b>Static Balance: Seated</b></p> <ol style="list-style-type: none"> <li>7. Can I balance with both hands/ feet down?</li> </ol>	<p>Can I master basic movements including running, jumping, throwing and catching?</p> <p>Can I start to develop balance, agility and co-ordination?</p>	

8. Can I balance with 1 hand/ 2 feet down?
9. Can I balance with 2 hands/ 1 foot down?
10. Can I balance with 1 hand/ 1 foot down?
11. Can I balance with 1 hand or 1 foot down?
12. Can I balance with no hands or feet down?

**Static Balance: Floorwork**

3. Can I hold mini-front support position?
4. Can I reach round and point to ceiling with either hand in mini-front support?

**Static Balance: Stance**

4. Can I stand on line with good stance for 10 seconds?

**Dynamic Balance: On a Line**

5. Can I walk forwards with fluidity and minimum wobble?
6. Can I walk backwards with fluidity and minimum wobble?

**Dynamic Balance: Jumping & Landing**

5. Can I jump from 2 feet to 2 feet forwards, backwards and side-to-side?

**Counter Balance: In Pairs**

6. Can I sit holding hands with toes touching, lean in together then apart?
7. Can I sit holding 1 hand with toes touching, lean in together then apart?
8. Can I sit holding hands with toes touching and rock forwards, backwards and side-to-side?

**Coordination: Sending & Receiving**

4. Can I roll large ball and collect the rebound?
5. Can I roll small ball and collect the rebound?
6. Can I throw large ball and catch the rebound with 2 hands?

**Coordination: Ball Skills**

5. Can I sit and roll a ball along the floor around body using 2 hands?
6. Can I sit and roll a ball along the floor around body using 1 hand (right and left)?
7. Can I sit and roll a ball down legs and around upper body using 2 hands?
8. Can I stand and roll a ball up and down legs and round upper body using 2 hands?

**Coordination: Footwork**

	<p>5. Can I side-step in both directions?          6. Can I gallop, leading with either foot?          7. Can I hop on either foot?          8. Can I skip?</p> <p><b>Agility Ball Chasing</b></p> <p>3. Can I roll a ball, chase and collect it in balanced position facing opposite direction?          4. Can I chase a ball rolled by a partner and collect it in balanced position facing opposite direction?</p> <p><b>Agility: Reaction &amp; Response</b>          From one, two, three metres:</p> <p>2. Can I react and catch large ball dropped from shoulder height after 2 bounces?          3. Can I react and catch large ball dropped from shoulder height after 1 bounce?</p>		
<p><b>REAL GYM</b>          Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	<p><b>Shape:</b> Can I create an accurate shape with good body tension to maintain shape.  <b>Flight:</b> Can I travel with good posture using an accurate movement pattern, landing quiet and balanced?  <b>Travel:</b> Can I travel with good posture and with accurate movement pattern  <b>Rotation:</b> Can I maintain an accurate shape throughout rotation, remaining balanced and controlled</p>	Can I develop balance, agility and co-ordination, and begin to apply these in a range of activities?	
<p><b>REAL DANCE</b>          Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	<p>Can I move to music?          Can I copy dance moves?          Can I perform my own dance moves?          Can I make up a short dance?          Can I move safely in a space?</p>	Can I perform dances using simple movement patterns?	<p>Travel          Stillness          Direction          Space          Body parts          Levels          Speed</p>
<b>Year 2</b>			
<p><b>REAL PE/DANCE and GYM</b>          Pupils should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p><b>Multi-ability outcomes for PE, Gym and Dance</b></p> <p><b>Personal</b>          Can I try several times and if at first, I don't succeed I ask for help when appropriate?</p> <p><b>Health and Fitness</b></p>	<p>Can I begin to apply fundamental movement skills in a range of activities?</p> <p>Can I participate in team games, developing simple tactics for attacking and defending?</p>	<p>Still, move, slow, fast, space, travel, run, jump, throw, catch, balance, agility, co-ordination, tactic, attack, defend,</p>

	<p>Can I say how my body feels before, during and after exercise? Can I use equipment appropriately and move and land safely?</p> <p><b>Social</b> Can I help praise and encourage others in their learning?</p> <p><b>Cognitive</b> Can I begin to order instructions, movements and skills? Can I, with help, recognise similarities and differences in performance and I can explain why someone is working or performing well?</p> <p><b>Creative</b> Can I select and link movements together to fit a theme? Can I begin to compare my movements and skills with those of others?</p> <p><b>Physical Application</b> Can I perform a range of skills with some control and consistency? Can I perform a sequence of movements with some changes in level, direction or speed?</p>		perform, movement, pattern.
<p><b>REAL PE</b> Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	<p><b>Fundamental Movement Skills</b> <b>Static Balance – one leg</b> On both legs:</p> <ol style="list-style-type: none"> <li>1. Can I stand still for 30 seconds?</li> <li>2. Can I complete 5 mini-squat?</li> </ol> <p><b>Static Balance: Seated</b></p> <ol style="list-style-type: none"> <li>1. Can I pick up a cone from one side, swap hands and place it on the other side?</li> <li>2. Can I return the cone to the opposite side?</li> </ol> <p><b>Static Balance: Floorwork</b></p> <ol style="list-style-type: none"> <li>1. Can I place cone on back and take it off with other hand in minifront support?</li> <li>2. Can I hold mini-back support position?</li> <li>3. Can I place cone on tummy and take it off with other hand in miniback support?</li> </ol> <p><b>Static Balance: Stance</b></p> <ol style="list-style-type: none"> <li>1. Can I stand on low beam with good stance for 10 seconds?</li> </ol>	<p>Can I master basic movements including running, jumping, throwing and catching?</p> <p>Can I start to develop balance, agility and co-ordination?</p>	

**Dynamic Balance: On a Line**

2. Can I walk fluidly, lifting knees to 90°?
3. Can I walk fluidly, lifting heels to bottom?

**Dynamic Balance: Jumping & Landing**

1. Can I jump from 2 feet to 2 feet with quarter turn in both directions?
2. Can I stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot)?

**Counter Balance: In Pairs**

1. Can I hold on and, with a long base, lean back, hold balance and then move back together?
2. Can I hold on with 1 hand and, with a long base, lean back, hold balance and then move back together?

**Coordination: Sending & Receiving**

1. Throw tennis ball, catch rebound with same hand after 1 bounce?
2. Can I throw tennis ball, catch rebound with same hand without a bounce?
3. Can I throw tennis ball, catch rebound with other hand after 1 bounce?
4. Can I throw tennis ball, catch rebound with other hand without a bounce?
5. Can I strike large, soft ball along ground with hand 5 times in a rally?

**Coordination: Ball Skills**

1. Can I sit and roll a ball up and down legs and round upper body using 1 hand?
2. Can I stand and roll a ball up and down legs and round upper body using 1 hand?

**Coordination: Footwork**

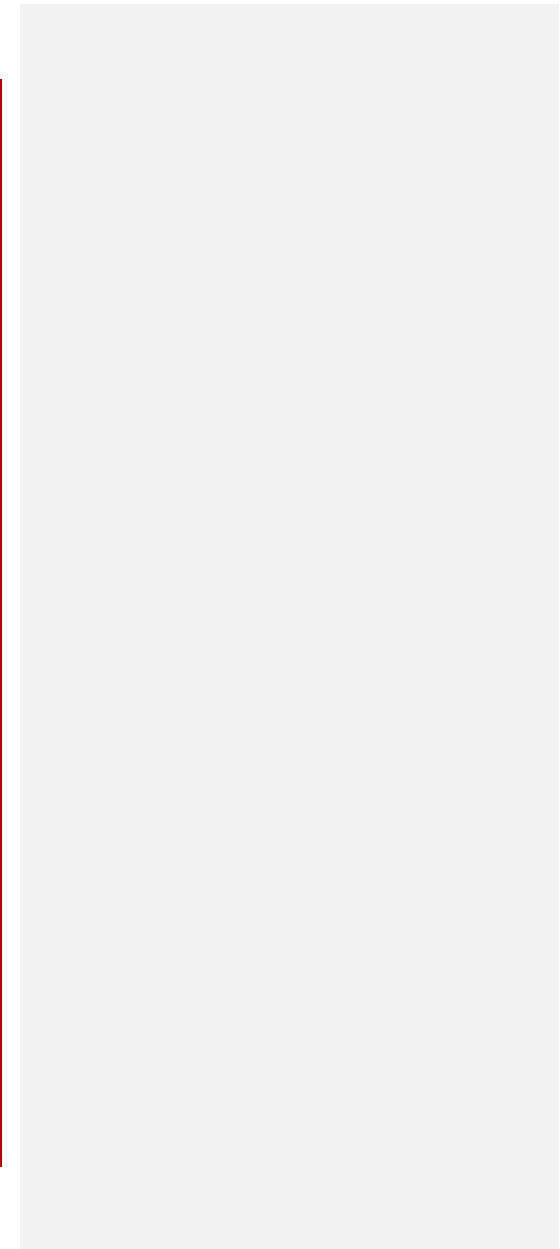
1. Can I combine side-steps with 180° front pivots off either foot?
2. Can I combine side-steps with 180° reverse pivots off either foot?
3. Can I skip with knee and opposite elbow at 90° angle?
4. Can I hopscotch forwards and backwards, hopping on the same leg (right and left)?



	<p><b>Agility Ball Chasing</b></p> <ol style="list-style-type: none"> <li>1. Can I start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction?</li> <li>2. Can I start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction?</li> </ol> <p><b>Agility: Reaction &amp; Response</b> From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> <li>1. Can I react and catch tennis ball dropped from shoulder height after 1 bounce?</li> </ol>		
<p><b>REAL GYM</b> Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	<p><b>Balance:</b> Can I hold a balance for 3 seconds with control and keep the supporting body part still? <b>Flight:</b> Can I use accurate footwork patterns to take off and land? Can I create a clear shape during flight? <b>Travel:</b> Can I travel with good posture using an accurate movement pattern, landing quiet and balanced? <b>Rotation:</b> Can I maintain an accurate shape throughout rotation, remaining balanced and controlled?</p>	Can I develop balance, agility and co-ordination, and begin to apply these in a range of activities?	
<p><b>REAL DANCE</b> Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	<p>Can I change rhythm, speed, level and direction in my dance? Can I dance with control and coordination? Can I make a sequence by linking sections together? Can I use dance to show a mood or feeling?</p>	Can I perform dances using simple movement patterns?	<p>Travel Stillness Direction Space Body parts Levels Speed</p>
<b>Year 3</b>			
<p><b>REAL PE/DANCE and GYM</b> They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p><b>Personal</b> Can I explain where I am with my learning and begin to challenge myself?</p> <p><b>Health and Fitness</b> Can I describe how and why my body feels during and after exercise? Can I explain why we need to warm up and cool down?</p> <p><b>Social</b></p>	<p>Can I use running, jumping, throwing and catching in isolation and in combination?</p> <p>Can I play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]</p> <p>Can I apply basic principles suitable for attacking and defending?</p>	<p>Still, move, slow, fast, space, travel, run, jump, throw, catch, balance, agility, co-ordination, tactic, attack, defend, perform, movement, pattern. <b>flexibility, strength, technique, control, compare, evaluate</b></p>

	<p>Can I show patience and support others, listening well to them about our work? Can I happily show and tell them about my ideas?</p> <p><b><u>Cognitive</u></b> Can I understand the simple tactics of attacking and defending? Can I explain what I am doing well and begin to identify areas for improvement?</p> <p><b><u>Creative</u></b> Can I make up my own rules and versions of activities? Can I respond differently to a variety of tasks or music and recognise similarities and differences in movements and expression?</p> <p><b><u>Physical Application</u></b> Can I perform and repeat longer sequences with clear shapes and controlled movement? Can I select and apply a range of skills with good control and consistency?</p>	<p>Can I compare their performances with previous ones and demonstrate improvement to achieve their personal best?</p>	
<p><b>REAL PE</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p>	<p><b><u>Fundamental Movement Skills</u></b> <b><i>Static Balance – one leg</i></b> On both legs: Can I stand still for 30 seconds with eyes closed? Can I complete 5 squats? Can I complete 5 ankle extensions? <b><i>Static Balance: Seated</i></b> Can I pick up a cone from one side and place it on the other side with same hand? Can I return it to the opposite side using the other hand? Can I sit in a dish shape and hold it for 5 seconds? <b><i>Static Balance: Floorwork</i></b> Can I hold full front support position? Can I lift 1 arm and point to the ceiling with either hand in front support? Can I transfer cone on and off back in front support? <b><i>Static Balance: Stance</i></b> Can I receive a small force from various angles? Can I raise alternate feet 5 times?</p>	<p>Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]</p>	

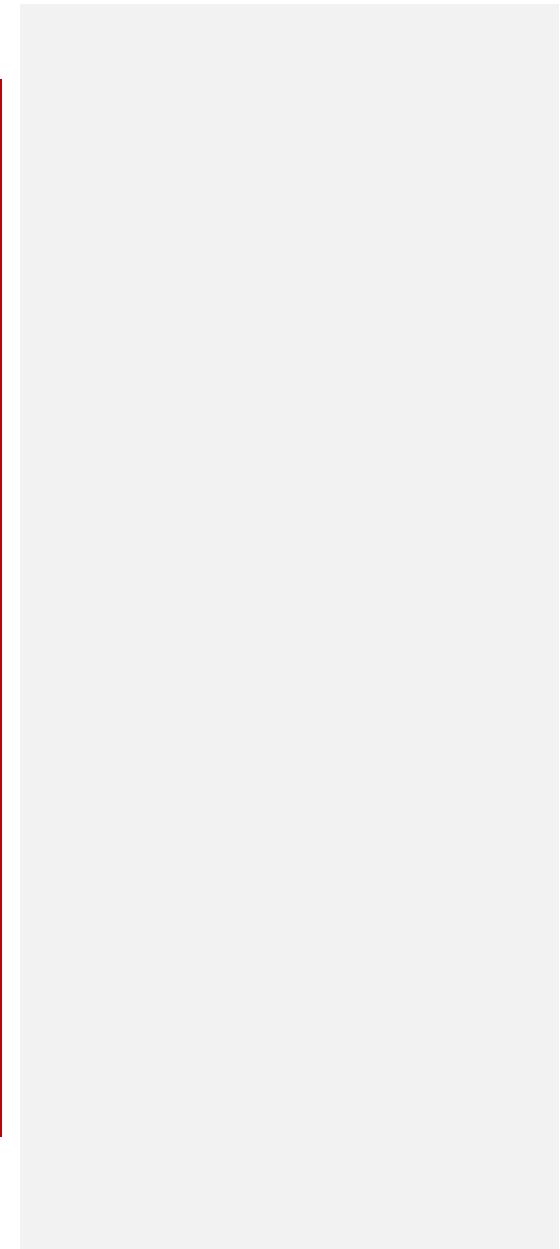
	<p>Can I raise alternate knees 5 times?  Can I catch ball at chest height and throw it back?  <b>Dynamic Balance: On a Line</b>  Can I march, lifting knees and elbows up to a 90° angle?  Can I walk fluidly with heel to toe landing?  Can I walk fluidly, lifting knees and using heel to toe landing?  Can I walk fluidly, lifting heels to bottom and using heel to toe landing?  <b>Dynamic Balance: Jumping &amp; Landing</b>  Can I jump from 2 feet to 2 feet with 180° turn in either direction?  Can I complete a tucked jump?  Can I complete a tucked jump with 180° turn in either direction?  <b>Counter Balance: In Pairs</b>  Can I hold on and, with a short base, lean back, hold balance and then move back together?  Can I hold on with 1 hand and, with a short base, lean back, hold balance and then move back together?  Can I perform above challenges with eyes closed?  <b>Coordination: Sending &amp; Receiving</b>  Can I strike a ball with alternate hands in a rally?  Can I kick a ball with the same foot?  Can I kick a ball with alternate feet?  Can I roll 2 balls alternately using both hands, sending 1 as the other is returning?  <b>Coordination: Ball Skills</b>  In 20 seconds or less:  Can I stand with legs apart and move a ball around 1 leg 16 times (right and left leg)?  Can I move a ball round waist 17 times?  Can I stand with legs apart and move a ball around alternate legs 16 times?  <b>Coordination: Footwork</b>  Can I hopscotch forwards and backwards, alternating hopping leg each time?  Can I move in a 3-step zigzag pattern forwards?  Can I move in a 3-step zigzag pattern backwards?</p>		
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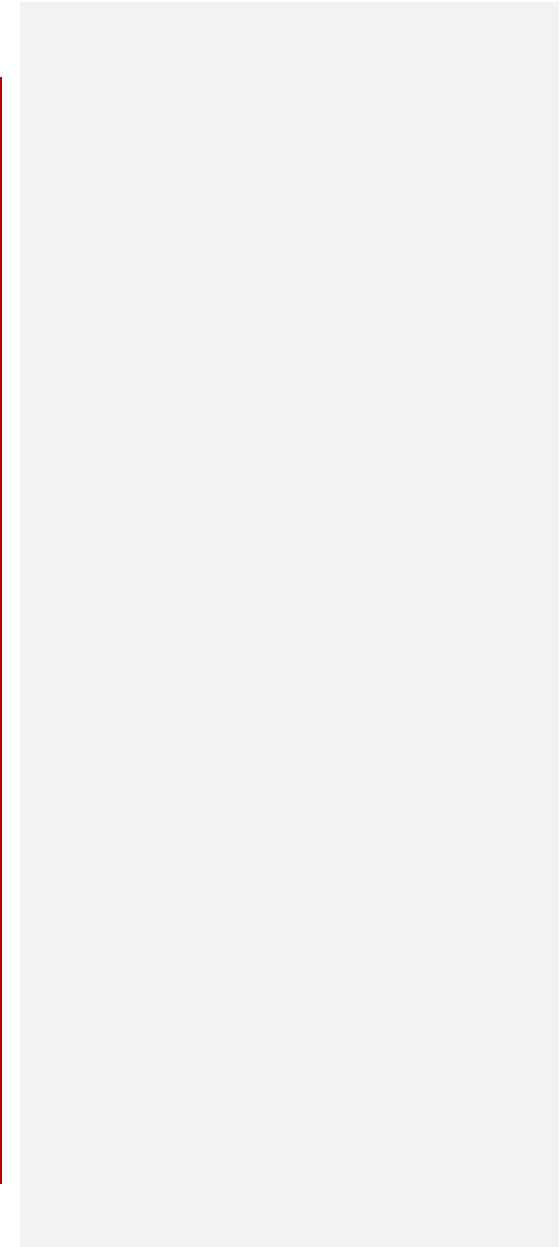
	<p><b>Agility Ball Chasing</b>  Can I chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction?  Can I chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction?  Can I complete above challenges with tennis ball?  <b>Agility: Reaction &amp; Response</b>  From 1, 2 and 3 metres:  Can I react and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg?</p>		
<p><b>REAL GYM</b>  Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement</p>	<p><b>Balance:</b> Can I hold a balance for 3 seconds with control and keep the supporting foot still?  <b>Flight:</b> Can I use accurate footwork patterns to take off and land? Can I create a clear shape during flight?  <b>Travel:</b> Can I travel with good posture using an accurate movement pattern, landing quiet and balanced?  <b>Rotation:</b> Can I maintain an accurate shape throughout rotation, remaining balanced and controlled?</p>	<p>Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]</p>	
<p><b>Dance</b>  Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement</p>	<p>Can I improvise freely and translate ideas from a stimulus into movement?  Can I share and create phrases with a partner and small group?  Can I repeat, remember and perform phrases?</p>	<p>Can I perform dances using a range of movement patterns?</p>	<p>+ Space  Repetition  Action and reaction  Pattern</p>
<p><b>Swimming and Water Safety</b>  Year 3 go swimming for 10x1/2 hour sessions following the Swim England – Learn to Swim programme</p>	<p>Can I swim competently, confidently and proficiently over a distance of at least 25m?</p>	<p>Can I swim competently, confidently and proficiently over a distance of at least 25 metres?  Can I use a range of strokes effectively? (for example, front crawl, backstroke and breaststroke)</p>	

		Can I perform safe self-rescue in different water-based situations?	
<b>Year 4</b>			
<p><b>REAL PE/DANCE and GYM</b> They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p><b>Personal</b> Can I explain where I am with my learning and begin to challenge myself?</p> <p><b>Health and Fitness</b> Can I describe how and why my body feels during and after exercise? Can I explain why we need to warm up and cool down?</p> <p><b>Social</b> Can I show patience and support others, listening well to them about our work.? Can I happily show and tell them about my ideas?</p> <p><b>Cognitive</b> Can I understand the simple tactics of attacking and defending? Can I explain what I am doing well and begin to identify areas for improvement?</p> <p><b>Creative</b> Can I make up my own rules and versions of activities? Can I respond differently to a variety of tasks or music and recognise similarities and differences in movements and expression?</p> <p><b>Physical Application</b> Can I perform and repeat longer sequences with clear shapes and controlled movement? Can I select and apply a range of skills with good control and consistency?</p>	<p>Can I use running, jumping, throwing and catching in isolation and in combination?</p> <p>Can I play competitive games, modified where appropriate? [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]</p> <p>Can I apply basic principles suitable for attacking and defending?</p> <p>Can I compare my performances with previous ones and demonstrate improvement to achieve their personal best?</p>	<p>Still, move, slow, fast, space, travel, run, jump, throw, catch, balance, agility, co-ordination, tactic, attack, defend, perform, movement, pattern. <b>flexibility, strength, technique, control, compare, evaluate</b></p>
<p><b>REAL PE</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p>	<p><b>Fundamental Movement Skills</b> <b>Static Balance – one leg</b> On both legs: Can I stand still for 30 seconds with eyes closed? Can I complete 5 squats? Can I complete 5 ankle extensions? <b>Static Balance: Seated</b> Can I pick up a cone from one side and place it on the other side with same hand? Can I return it to the opposite side using the other hand?</p>	<p>Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]</p>	

	<p>Can I sit in a dish shape and hold it for 5 seconds?</p> <p><b>Static Balance: Floorwork</b></p> <p>Can I hold full front support position?</p> <p>Can I lift 1 arm and point to the ceiling with either hand in front support?</p> <p>Can I transfer cone on and off back in front support?</p> <p><b>Static Balance: Stance</b></p> <p>Can I receive a small force from various angles?</p> <p>Can I raise alternate feet 5 times?</p> <p>Can I raise alternate knees 5 times?</p> <p>Can I catch ball at chest height and throw it back?</p> <p><b>Dynamic Balance: On a Line</b></p> <p>Can I march, lifting knees and elbows up to a 90° angle?</p> <p>Can I walk fluidly with heel to toe landing?</p> <p>Can I walk fluidly, lifting knees and using heel to toe landing?</p> <p>Can I walk fluidly, lifting heels to bottom and using heel to toe landing?</p> <p><b>Dynamic Balance: Jumping &amp; Landing</b></p> <p>Can I jump from 2 feet to 2 feet with 180° turn in either direction?</p> <p>Can I complete a tucked jump?</p> <p>Can I complete a tucked jump with 180° turn in either direction?</p> <p><b>Counter Balance: In Pairs</b></p> <p>Can I hold on and, with a short base, lean back, hold balance and then move back together?</p> <p>Can I hold on with 1 hand and, with a short base, lean back, hold balance and then move back together?</p> <p>Can I perform above challenges with eyes closed?</p> <p><b>Coordination: Sending &amp; Receiving</b></p> <p>Can I strike a ball with alternate hands in a rally?</p> <p>Can I kick a ball with the same foot?</p> <p>Can I kick a ball with alternate feet?</p> <p>Can I roll 2 balls alternately using both hands, sending 1 as the other is returning?</p> <p><b>Coordination: Ball Skills</b></p> <p>In 20 seconds or less:</p>		
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	<p>Can I stand with legs apart and move a ball around 1 leg 16 times (right and left leg)?</p> <p>Can I move a ball round waist 17 times?</p> <p>Can I stand with legs apart and move a ball around alternate legs 16 times?</p> <p><b>Coordination: Footwork</b></p> <p>Can I hopscotch forwards and backwards, alternating hopping leg each time?</p> <p>Can I move in a 3-step zigzag pattern forwards?</p> <p>I can move in a 3-step zigzag pattern backwards?</p> <p><b>Agility Ball Chasing</b></p> <p>Can I chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction?</p> <p>Can I chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction?</p> <p>Can I complete above challenges with tennis ball?</p> <p><b>Agility: Reaction &amp; Response</b></p> <p>From 1, 2 and 3 metres:</p> <p>Can I react and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg?</p>		
<p><b>REAL GYM</b></p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement</p>	<p><b>Y4 PROGRESSIVE SKILLS</b></p> <p><b>Balance:</b> Can I hold a balance for 3 seconds with control whilst holding apparatus in motion?</p> <p><b>Flight:</b> Can I use accurate footwork patterns to take off and land? Can I create a clear shape during flight whilst also keeping the apparatus in motion throughout the leap/jump?</p> <p><b>Travel:</b> Can I travel with good posture using an accurate movement pattern, landing quiet and balanced?</p> <p><b>Rotation:</b> Can I maintain an accurate shape throughout rotation, remaining balanced and controlled? Can I keep apparatus in constant motion throughout body motion? (where appropriate)</p>	<p>Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]</p>	



<p><b>Dance</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement</p>	<p>Can I take the lead when working with a partner in a group? Can I use dance to communicate an idea?</p>	<p>Can I perform dances using a range of movement patterns?</p>	<p>+ Space Repetition Action and reaction Pattern</p>
<p><b>Swimming and Water Safety</b> Year 4 go swimming for 10x1/2 hour sessions following the Swim England – Learn to Swim programme</p>	<p>Can I swim competently, confidently and proficiently over a distance of at least 25m?</p>	<p>Can I swim competently, confidently and proficiently over a distance of at least 25 metres?</p> <p>Can I use a range of strokes effectively? [for example, front crawl, backstroke and breaststroke]</p> <p>Can I perform safe self-rescue in different water-based situations?</p>	
<b>Year 5</b>			
<p><b>REAL PE/DANCE and GYM</b> They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p><b>Personal</b> Can I cope well and react positively when things become difficult? Can I persevere with a task and I can improve my performance through regular practice? <b>Health and Fitness</b> Can I describe the basic fitness components and explain how often and how long I should exercise to be healthy? Can I record and monitor how hard I am working? <b>Social</b> Can I cooperate well with others and give helpful feedback? Can I help organise roles and responsibilities and I can guide a small group through a task? <b>Cognitive</b> Can I understand ways (criteria) to judge performance and identify specific parts to continue to work upon? Can I use my awareness of space and others to make good decisions <b>Creative</b></p>	<p>Can I use running, jumping, throwing and catching in isolation and in combination?</p> <p>Can I play competitive games, modified where appropriate? [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]</p> <p>Can I apply basic principles suitable for attacking and defending?</p> <p>Can I compare my performances with previous ones and demonstrate improvement to achieve their personal best?</p>	<p>Still, move, slow, fast, space, travel, run, jump, throw, catch, balance, agility, co-ordination, tactic, attack, defend, perform, movement, pattern. <b>flexibility, strength, technique, control, compare, evaluate</b></p>



	<p>Can I link actions and develop sequences of movements that express my own ideas? Can I change tactics, rules or tasks to make activities more fun or challenging?</p> <p><b>Physical Application</b></p> <p>Can I perform a variety of movements and skills with good body tension? Can I link actions together so that they flow in running, jumping and throwing activities?</p>		
<p><b>REAL PE</b></p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p>	<p><b>Fundamental Movement Skills</b></p> <p><b>Static Balance – one leg</b></p> <p>On both legs:</p> <ol style="list-style-type: none"> <li>2. Can I stand still on uneven surface for 30 seconds?</li> <li>3. Can I stand still on uneven surface for 30 seconds with eyes closed?</li> <li>4. Can I complete 10 squats into ankle extensions?</li> <li>5. Can I complete 5 squats with eyes closed?</li> </ol> <p><b>Static Balance: Seated</b></p> <ol style="list-style-type: none"> <li>1. Can I reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions)?</li> <li>2. Can I reach and pick up cone an arms distance away and place it on the other side using same hand (both directions)?</li> <li>3. Can hold a V-shape with straight arms and legs for 10 seconds?</li> </ol> <p><b>Static Balance: Floorwork</b></p> <ol style="list-style-type: none"> <li>1. Can I transfer tennis ball on and off back in a front support?</li> <li>2. Can I transfer cone on and off tummy in back support?</li> <li>3. Can I transfer tennis ball on and off tummy in back support?</li> </ol> <p><b>Static Balance: Stance</b></p> <ol style="list-style-type: none"> <li>1. Can I raise alternate knees to opposite elbow 5 times?</li> <li>2. Can I catch large ball thrown at knee height and above head?</li> <li>3. Can I catch large ball thrown away from body?</li> </ol>	<p>Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]</p>	

4. Can I catch small ball thrown close to and away from body?

**Dynamic Balance: On a Line**

1. Can I walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing?
2. Can I lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing)?
3. Can I lunge walk forwards, bringing opposite elbow up to a 90° angle?
4. Can I complete all red challenges with eyes closed?

**Dynamic Balance: Jumping & Landing**

1. Can I jump 2 feet to 2 feet forwards, backwards and side-to-side?
2. Can I hop forward and backwards, freezing on landing?
3. Can I jump 1 foot to other forwards and backwards, freezing on landing?
4. Can I hop sideways, raising knee and freezing on landing?
5. Can I jump 1 foot to other sideways, raising knee and freeze on landing?

**Counter Balance: In Pairs**

1. Can I jump 2 feet to 2 feet forwards, backwards and side-to-side?
2. Can I hop forward and backwards, freezing on landing?
3. Can I jump 1 foot to other forwards and backwards, freezing on landing?
4. Can I hop sideways, raising knee and freezing on landing?
5. Can I jump 1 foot to other sideways, raising knee and freeze on landing?

**Coordination: Sending & Receiving**

1. Can I alternately throw and catch 2 tennis balls against a wall?

	<p>2. Can I throw 2 tennis balls against a wall and catch them with opposite hand (cross-over)?</p> <p>3. Can I throw 2 tennis balls against a wall in a circuit, in both directions?</p> <p><b>Coordination: Ball Skills</b></p> <ol style="list-style-type: none"> <li>1. Can I stand with legs apart and move ball in figure of 8 around both legs 12 times?</li> <li>2. Can I move ball around waist into figure of 8 around both legs 10 times?</li> <li>3. Can I move ball around waist and then around alternate legs 12 times?</li> <li>4. Can I stand with legs apart and perform 24 criss-crosses, with and then without a bounce?</li> </ol> <p><b>Coordination: Footwork</b></p> <ol style="list-style-type: none"> <li>1. Can I combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg?</li> <li>2. Can I move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction? Can I move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction?</li> </ol> <p><b>Agility Ball Chasing</b></p> <ol style="list-style-type: none"> <li>1. Can I roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction?</li> <li>2. Can I perform above challenge with tennis ball?</li> <li>3. Can I roll and chase large ball, stopping it with head in front support position facing opposite direction?</li> </ol> <p><b>Agility: Reaction &amp; Response</b></p> <p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> <li>1. Can I react and step across body, bring hand across body and catch tennis ball after 1 bounce?</li> </ol>		
<p><b>REAL GYM</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to</p>	<p><b>Balance:</b> Can I hold a balance for at least 3 seconds with control; keeping the supporting body part still? <b>Flight:</b> Can I perform a clear shape during flight with a quiet, balanced landing? <b>Travel:</b> Can I perform accurate repeatable movement patterns with good posture?</p>	<p>Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]</p>	

Commented [CS1]:

make actions and sequences of movement	<b>Rotation:</b> Can I achieve rotation with control and keep accuracy of shape throughout?		
<b>Outdoor and Adventurous</b> They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	Can I follow a map in an unknown location? Can I use clues and a compass to navigate a route? Can I change my route to overcome a problem? Can I use new information to change my route?	Can I take part in outdoor and adventurous activity challenges both individually and within a team?	
<b>Swimming and Water Safety</b> Year 5 go swimming for 10x1/2 hour sessions following the Swim England – Learn to Swim programme  Children who are not confident in the water in year 5 attend a week catch up programme with daily 1/2 hour sessions funded by the charity Heidi's Heroes.	Can I swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively?	Can I swim competently, confidently and proficiently over a distance of at least 25 metres  Can I use a range of strokes effectively? [for example, front crawl, backstroke and breaststroke]  Can I perform safe self-rescue in different water-based situations?	
<b>Dance</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement	Can I compose my own dance in a creative way? Can I perform to an accompaniment? Can I dance with clarity, fluency, accuracy and consistency?	Can I perform dances using a range of movement patterns?	+ Dance style Technique Pattern Rhythm Variation Unison Canon Action Reaction
<b>Year 6</b>			
<b>REAL PE/DANCE and GYM</b> They should enjoy communicating, collaborating and competing with each other.	<b>Personal</b> Can I cope well and react positively when things become difficult? Can I persevere with a task and I can improve my performance through regular practice?	Can I use running, jumping, throwing and catching in isolation and in combination?	Still, move, slow, fast, space, travel, run, jump, throw, catch, balance, agility, co-ordination,

<p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p><b><u>Health and Fitness</u></b>  Can I describe the basic fitness components and explain how often and how long I should exercise to be healthy. Can I record and monitor how hard I am working?</p> <p><b><u>Social</u></b>  Can I cooperate well with others and give helpful feedback? Can I help organise roles and responsibilities and I can guide a small group through a task?</p> <p><b><u>Cognitive</u></b>  Can I understand ways (criteria) to judge performance and identify specific parts to continue to work upon? Can I use my awareness of space and others to make good decisions?</p> <p><b><u>Creative</u></b>  Can I link actions and develop sequences of movements that express my own ideas? Can I change tactics, rules or tasks to make activities more fun or challenging?</p> <p><b><u>Physical Application</u></b>  Can I perform a variety of movements and skills with good body tension? Can I link actions together so that they flow in running, jumping and throwing activities?</p>	<p>Can I play competitive games, modified where appropriate? [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]</p> <p>Can I apply basic principles suitable for attacking and defending?</p> <p>Can I compare my performances with previous ones and demonstrate improvement to achieve their personal best?</p>	<p>tactic, attack, defend, perform, movement, pattern.  <b>flexibility, strength, technique, control, compare, evaluate</b></p>
<p><b><u>REAL PE</u></b>  Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p>	<p><b><u>Fundamental Movement Skills</u></b>  <b><i>Static Balance – one leg</i></b>  On both legs:</p> <ol style="list-style-type: none"> <li>6. Can I stand still on uneven surface for 30 seconds?</li> <li>7. Can I stand still on uneven surface for 30 seconds with eyes closed?</li> <li>8. Can I complete 10 squats into ankle extensions?</li> <li>9. Can I complete 5 squats with eyes closed?</li> </ol> <p><b><i>Static Balance: Seated</i></b></p> <ol style="list-style-type: none"> <li>4. Can I reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions)?</li> <li>5. Can I reach and pick up cone an arms distance away and place it on the other side using same hand (both directions)?</li> </ol>	<p>Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]</p>	

6. Can hold a V-shape with straight arms and legs for 10 seconds?

**Static Balance: Floorwork**

4. Can I transfer tennis ball on and off back in a front support?
5. Can I transfer cone on and off tummy in back support?
6. Can I transfer tennis ball on and off tummy in back support?

**Static Balance: Stance**

5. Can I raise alternate knees to opposite elbow 5 times?
6. Can I catch large ball thrown at knee height and above head?
7. Can I catch large ball thrown away from body?
8. Can I catch small ball thrown close to and away from body?

**Dynamic Balance: On a Line**

5. Can I walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing?
6. Can I lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing)?
7. Can I lunge walk forwards, bringing opposite elbow up to a 90° angle?
8. Can I complete all red challenges with eyes closed?

**Dynamic Balance: Jumping & Landing**

6. Can I jump 2 feet to 2 feet forwards, backwards and side-to-side?
7. Can I hop forward and backwards, freezing on landing?
8. Can I jump 1 foot to other forwards and backwards, freezing on landing?
9. Can I hop sideways, raising knee and freezing on landing?
10. Can I jump 1 foot to other sideways, raising knee and freeze on landing?

**Counter Balance: In Pairs**

6. Can I jump 2 feet to 2 feet forwards, backwards and side-to-side?
7. Can I hop forward and backwards, freezing on landing?
8. Can I jump 1 foot to other forwards and backwards, freezing on landing?
9. Can I hop sideways, raising knee and freezing on landing?
10. Can I jump 1 foot to other sideways, raising knee and freeze on landing?

**Coordination: Sending & Receiving**

4. Can I alternately throw and catch 2 tennis balls against a wall?
5. Can I throw 2 tennis balls against a wall and catch them with opposite hand (cross-over)?
6. Can I throw 2 tennis balls against a wall in a circuit, in both directions?

**Coordination: Ball Skills**

5. Can I stand with legs apart and move ball in figure of 8 around both legs 12 times?
6. Can I move ball around waist into figure of 8 around both legs 10 times?
7. Can I move ball around waist and then around alternate legs 12 times?
8. Can I stand with legs apart and perform 24 criss-crosses, with and then without a bounce?

**Coordination: Footwork**

3. Can I combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg?
4. Can I move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction? Can I move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction?

**Agility Ball Chasing**

4. Can I roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction?

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	<p>5. Can I perform above challenge with tennis ball?          6. Can I roll and chase large ball, stopping it with head in front support position facing opposite direction?</p> <p><b>Agility: Reaction &amp; Response</b>          From 1, 2 and 3 metres:</p> <p>2. Can I react and step across body, bring hand across body and catch tennis ball after 1 bounce?</p>		
<p><b>REAL GYM</b>          Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement</p>	<p><b>Balance:</b> Can I hold a controlled static partner balance for at least 3 seconds?  <b>Flight:</b> Can I perform an accurate movement pattern and clear shapes during flight and in coordination with my partner?  <b>Travel:</b> Can I perform accurate, fluent movement patterns in coordination with my partner?  <b>Rotation:</b> Can I rotate with a fluent, controlled movement in coordination with my partner</p>	Can I develop flexibility, strength, technique, control and balance? [for example, through athletics and gymnastics]	
<p><b>Outdoor and Adventurous</b>          They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p>Can I plan a route and a series of clues for someone else?          Can I plan with others taking account of safety and danger?</p>	Can I take part in outdoor and adventurous activity challenges both individually and within a team?	
<p><b>Swimming and Water Safety</b>          Year 6 go swimming for 10x1/2 hour sessions following the Swim England – Learn to Swim programme</p>	<p>Can I swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively?</p>	<p>Can I swim competently, confidently and proficiently over a distance of at least 25 metres?</p> <p>Can I use a range of strokes effectively? [for example, front crawl, backstroke and breaststroke]</p> <p>Can I perform safe self-rescue in different water-based situations?</p>	



<p><b>Dance</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement</p>	<p>Can I develop sequence in a specific style? Can I choose my own music and style?</p>	<p>Can I perform dances using a range of movement patterns?</p>	<p>+ Dance style Technique Pattern Rhythm Variation Unison Canon Action Reaction</p>
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