

End Points in PE

Children know this through their use of topic mats.

Teachers know this through their deployment of medium term planning, progression documents and termly foundation assessments.

We subscribe to GetSet4PE for our PE planning. The long term plan is created by our PE subject leader.

	Year 3	Year 4	Year 5	Year 6
Autumn (inc Healthy me, healthy planet week)	Ancient Britain	Waterworld	To Infinity and Beyond!	What did Britain Battle for?
Knowledge	Athletics To learn how to develop basic running, jumping and throwing techniques. Yoga To learn and explore yoga poses and create yoga flows. Ball Skills To know how to track a ball when dribbling, throwing and catching and kicking and select the appropriate skill for the situation. Handball To know principles of attacking and defending and how to maintain possession and move the ball towards the goal.	Netball To know principles of attacking and defending and how to maintain possession and move the ball towards the goal. Swimming To know how to travel, float and submerge with confidence and use different kicking and arm actions. To demonstrate personal survival skills. Athletics To know how to develop basic running, jumping and throwing techniques in isolation and combination. *Swimming	Hockey To know the principles of an invasion game; attacking, defending, keeping possession and scoring. Athletics To know how to compete in long distance running, sprinting, relay, triple jump, shot put and javelin. Outdoor Adventurous Activity To work individually and collaboratively to solve problems. Football To know principles of attacking and defending and how to maintain possession and move the ball towards the goal.	Outdoor Adventurous Activity To work individually and collaboratively to solve problems. Netball To know principles of attacking and defending and how to maintain possession and move the ball towards the goal. Gymnastics To know how to use variations in level, direction and pathway, how to combine and link actions and how to relate to others and apparatus. Handball To know principles of attacking and defending and how to maintain possession and move the ball towards the goal.
Skills	Athletics Develop flexibility, strength, technique, control and balance through the physical skills of sprint, jumping for distance, push and pull throw. Yoga	Netball Develop throwing, catching, changing direction, changing speed and shooting. Swimming To develop skills in submersion, floating, gliding, front crawl, backstroke, breaststroke, tread	Hockey Develop running, dribbling, passing, receiving, tackling, intercept and shooting. Athletics Develop flexibility, strength, technique, control and balance through the physical	Outdoor Adventurous Activity Develop balance, coordination, running at speed and running over distance. To develop map reading skills. Netball Develop throwing, catching, running, jumping, changing

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	Develop balance, strength, flexibility and coordination. Ball Skills Develop physical skills of tracking, throwing, catching, dribbling and kicking. Handball Develop throwing, catching, running, dribbling, shooting, changing direction and speed.	water, surface dives. Athletics Develop flexibility, strength, technique, control and balance through the physical skills of pace, sprint, jumping and throwing for distance. *Swimming	skills of pace, sprint, changeovers, jumping for distance, push and pull throw. Outdoor Adventurous Activity Develop balance, coordination, running at speed and running over distance. To develop map reading skills and following routes around a course. Football Develop running, dribbling, passing, receiving and tracking.	direction, changing speed and shooting. Gymnastics Develop straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel and flight. Handball Develop throwing, catching, running, dribbling, shooting, changing direction and changing speed.
Spring <i>(inc Victorian week)</i>	Ancient Greece	Invaders and Settlers	How can we rediscover the wonders of Ancient Egypt?	The Maya
Knowledge	Gymnastics To know how to balance, roll and jump and develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Dance To create dances in relation to an idea working individually, with a partner and in small groups. Develop the use of counting and rhythm and learn	Gymnastics To know how to balance, roll, jump and make inverted movements to create more complex sequences. To work independently and in collaboration to create and develop sequences. *Swimming Outdoor Adventurous Activities To explore, solve, reflect and improve on strategies independently, as a pair and in a small group.	Dance To understand different styles of dance, working individually, as a pair and in small groups. To have an awareness of the historical and cultural origins of different dances. Gymnastics To know how to balance, roll, jump and make inverted movements to explore partner relationships such as canon and synchronisation and matching and mirroring.	Yoga To practise mindfulness and body awareness and learn yoga poses and techniques that will help to connect their mind and body, including breathing and meditation. Dance To develop an idea or theme into dance choreography. To work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics.

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	to use canon, unison, formation and levels in their dances. Fundamentals To develop the ability to change direction with balance and control. To explore how the body moves at different speeds as well as how to speed up and slow down. Fitness To know that being fit means having strong, healthy bodies and more energy for everyday life activities. To practise various activities using fundamental movement skills, such as running and jumping to improve strength and fitness.	*Swimming	Dodgeball To apply simple tactics to outwit opponents by hitting them with a ball whilst avoiding being hit. Yoga To know how to use the breath to hold poses, move within poses and transition from pose to pose. Explore how to link poses to create a flow.	Volleyball To use skills, strategies and tactics to outwit the opposition by placing an object away from an opponent to make it difficult for them to return. Fitness To understand the different components of fitness including speed, stamina, strength, coordination, balance and agility. To work at their maximum and improve on their personal fitness levels.
Skills	Gymnastics Develop point and patch balances, jumps, straight roll, barrel roll and forward roll. Dance Develop actions, dynamics, space and relationships. Fundamentals Develop balance, running, dodging, hopping, jumping and skipping. Fitness Develop balance, running, dodging, hopping, jumping and skipping.	Gymnastics Develop individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge and shoulder stand. *Swimming Outdoor Adventurous Activities Develop balance, running at speed, running over distance and coordination. *Swimming	Dance Develop actions, dynamics, space and relationships. Gymnastics Develop symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge and shoulder stand. Dodgeball Develop throwing, catching, dodging and jumping. Yoga Develop balance, strength, flexibility and coordination.	Yoga Develop flexibility, strength, technique, control and balance. Dance Develop actions, dynamics, space and relationships. Volleyball Develop throwing, catching, jumping, setting, digging, serving and rallying. Fitness Develop agility, balance, coordination, speed, stamina and strength.

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Summer	What is underneath our feet?	To Russia with Love	What's so great about the USA?	South America
Knowledge	Football To know principles of attacking and defending and how to maintain possession and move the ball towards the goal. Outdoor Adventurous Activities To explore, solve, reflect and improve on strategies independently, as a pair and in a small group. Cricket To know cricket is a striking and fielding game and understand the different roles of bowler, wicket keeper, fielder and batter. Athletics To know how to use different styles and combinations of running, jumping and throwing.	Tennis To know the principles of net and wall games. *Swimming Cricket To know cricket is a striking and fielding game and understand the different roles of bowler, wicket keeper, fielder and batter. *Swimming	Fitness To explore their strength, stamina, speed, coordination, balance, and agility. Basketball To know principles of attacking and defending and how to maintain possession and move the ball towards the goal. Tag Rugby To know principles of attacking and defending and how to maintain possession and move the ball towards the line to score. Cricket To know cricket is a striking and fielding game and understand the different roles of bowler, wicket keeper, fielder and batter.	Rounders To know the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. Athletics To know how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Cricket To know cricket is a striking and fielding game and understand the different roles of bowler, wicket keeper, fielder and batter. Football To know principles of attacking and defending and how to maintain possession and move the ball towards the goal.
Skills	Football Develop running, dribbling, passing, receiving and tracking. Outdoor Adventurous Activities Develop balance, coordination, running at speed	Tennis Develop throwing, catching, forehand, backhand and rallying. *Swimming Cricket	Fitness Develop agility, balance, coordination, speed, stamina and strength. Basketball Develop running, jumping, throwing, catching, dribbling	Rounders Develop throwing, catching, bowling, batting and fielding. Athletics Develop pacing, sprinting, jumping for distance, push throw and fling throw.

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	and running over distance. Cricket Develop underarm and overarm throwing, underarm bowling, batting and catching. Athletics Develop sprinting, jumping for distance, push throwing and pull throwing.	Develop underarm and overarm throwing, overarm bowling, batting, two handed pick up and short barrier. *Swimming	and shooting. Tag Rugby Develop throwing, catching, running, changing speed and changing direction. Cricket Develop deep and close catching, underarm and overarm throwing, overarm bowling, long and short barrier, batting.	Cricket Develop deep and close catching, underarm and overarm throwing, overarm bowling and long and short barrier, batting. Football Develop dribbling, passing, receiving, tackling and tracking.
	A Year 3 child will have developed strength, balance and coordination through personal challenges. They will have knowledge of ball skills, throwing, passing and catching. They will be able to successfully take part in team games with a clear understanding of the rules.	A Year 4 child can take part in invasion games starting to use skills to attack and defend when appropriate. Children have developed their balance, coordination and strength through yoga, dance, and gymnastics. They will also be able to swim competently, confidently and proficiently over a distance of at least 25m and use a range of strokes effectively. They will be able to perform safe self-rescue in different water-based situations.	A Year 5 child has developed even further their understanding of attacking and defending when playing invasion games. They have worked independently and with others to develop their creativity and strength through dance and yoga. Children will increase their strength and stamina through fitness training.	A Year 6 child has experienced a wide range of physical activities, with a deeper understanding of their enjoyment levels, strengths and development points. They can apply skills learnt throughout KS1 and KS2 to competitive match situations and in order to improve personal best.

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