

PE – Knowledge and Skills End Points

Fundamentals	Invasion Games	Gymnastics	Dance	Striking and fielding	Target Games
EYFS					
<p>Knowledge</p> <p>Know that I use big steps to run and small steps to stop. Know that moving into a space away from others helps keep me safe.</p>	<p>Knowledge</p> <p>Know to look at a target when sending a ball. Know to have hands ready to catch. Know that being in a space gives me room to play. Know that there are different roles in a game. Know that rules help us stay safe.</p>	<p>Knowledge</p> <p>Know how to make different shapes with the body. -Know to be still when holding a balance. -Know how to change body shape to perform a roll.</p>	<p>Knowledge</p> <p>Know how to move the body in different ways to create interesting actions and that this can show an idea. Understand that using a lot of space can make a dance look interesting.</p>	<p>Knowledge</p> <p>Know how to point my hand at my target when striking a ball Know how to scoop with two hands. Know rules help me stay safe.</p>	<p>Knowledge</p> <p>Know to point my hand at my target when throwing. Know to have hands out ready to catch. Make simple decisions to respond to a task. Know that rules help keep us safe.</p>
<p>Skills</p> <p>Explore running and stopping. Explore changing direction safely. Explore balancing whilst stationary and on the move. Begin to explore take-off and landing safely. Explore hopping on both feet. Explore skipping as a travelling action.</p>	<p>Skills</p> <p>Explore sending and receiving with hands and feet using a variety of equipment. Explore dropping and catching with two hands and moving a ball with their feet. Recognise their own space. Explore changing direction and tagging games.</p>	<p>Skills</p> <p>Show contrast with my body including wide/narrow, straight/curved. Explore shapes in stillness using different parts of my body. Explore rocking and rolling. Explore jumping safely.</p>	<p>Skills</p> <p>Explore how my body moves. Copy basic body actions and rhythms. Explore actions in response to music and an idea. Begin to explore pathways and the space around me and in relation to others. Perform short phrases of movement in front of others.</p>	<p>Skills</p> <p>Explore tracking and stopping a rolling ball. Explore rolling, throwing and catching using a variety of equipment.</p>	<p>Skills</p> <p>Explore throwing using a variety of equipment. Explore catching using a variety of equipment.</p>
Fundamentals	Invasion Game/Ball skills	Gymnastics	Dance	Striking and Fielding	Ball Games
Y1					
<p>Knowledge</p> <p>Understand that bending my knees will help me to change direction. Understand that if I swing my arms, it will help me to run faster. Know that looking ahead will help me to balance.</p>	<p>Knowledge</p> <p>Know to look at teammate before sending ball. Know how to roll a ball towards a target with accuracy. Know how to stop a rolling ball. Understand that being in a space make it easier to</p>	<p>Knowledge</p> <p>Know to improve shapes by extending body parts. Know to hold still for 5 seconds when performing a balance. Know to change body shape to perform a roll. Know to land on the balls of feet.</p>	<p>Knowledge</p> <p>Know that actions can be sequenced to create a routine. Know how to use fast and slow actions and exaggerated movements. Know there are different shapes and pathways. Know to be aware of</p>	<p>Knowledge</p> <p>Know that a harder strike results in the ball travelling further. Know to throw the ball back instead of running with it. Know which type of throw to use over long distances. Know to watch an</p>	<p>Knowledge</p> <p>Know to face the body towards a target when throwing. Know to watch an approaching ball. Know that moving with a ball is called dribbling.</p>

<p>Know that landing on my feet helps me to balance. Know that landing on the balls of my feet helps me to land with control. Know that I should hop with a soft bent knee. Know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</p>	<p>receive a ball. Know how to do a overarm and underarm throw with some accuracy Know that keeping the ball close will help with control.</p>	<p>Know that using a starting and finishing position tells people when a sequence has ended.</p>	<p>partner and work in time. Know that standing still at the start and end of a dance indicates start and end to the audience.</p>	<p>approaching ball. Know that tactics can help teams win games.</p>	
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<p>Skills Explore changing direction and dodging. Discover how the body moves at different speeds. Move with some control and balance. Explore stability and landing safely. Demonstrate control in take-off and landing when jumping. Begin to explore hopping in different directions. Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</p>	<p>Skills Explore Sending and receiving with hands and feet to a partner. Explore dribbling with hands and feet. Recognise good space when playing games. Explore tracking and moving to stay with a partner.</p>	<p>Skills Explore basic shapes straight, tuck, straddle, pike. Perform balances making my body tense, stretched and curled. Explore barrel, straight and forward roll progressions. Explore shape jumps including jumping off low apparatus.</p>	<p>Skills Copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme. Explore varying speeds to represent an idea. Explore pathways within my performance. Begin to explore actions and pathways with a partner. Perform on my own and with others to an audience.</p>	<p>Skills Explore striking a ball with their hand and equipment. Develop tracking and retrieving a ball. Explore technique when throwing over and underarm. Develop co-ordination and technique when catching.</p>	<p>Skills Roll and throw with some accuracy towards a target. Begin to catch with two hands. Catch after a bounce. Track a ball being sent directly. Explore dribbling with hands and feet. Explore sending an object with hands and feet.</p>
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Y2

<p>Knowledge Know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. Understand that squeezing my muscles helps me to balance. Know that swinging my arms forwards will help me to jump further. Know that if I look straight ahead it will</p>	<p>Knowledge Know how to control ball before sending. Know to keep head up. Know how to dribble a ball with hands and feet. Know that moving with a ball is called dribbling. Know to move away from opponents. Know when to use an overarm or underarm throw. Know that moving away from opponents helps with passing the ball and staying near them helps stop them passing it.</p>	<p>Knowledge Know that some shapes link together well. Know how to squeeze muscles to balance. Know that different rolls must be performed differently. Know to look forward when landing.</p>	<p>Knowledge Know to sequence actions to tell a story. Know to change the way actions are performed to show an idea. Know to use different pathways and levels. Understand using counting to stay in time. Know to use facial expressions.</p>	<p>Knowledge Know to strike quickly to increase power. Understand the different roles in a team. Know to step with the opposite foot to throwing arm. Know to use wide fingers and pull the ball toward the chest to catch. Know simple attack and defence tactics.</p>	<p>Knowledge Know to step with opposite foot to throwing arm. Know to use wide fingers and pull the ball into the chest to catch. Know to move towards a ball to track it. Know to keep head up when dribbling.</p>
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stop me falling over when I land. Know that I should swing opposite arm to leg to help me balance when skipping without a rope.					
Skills Demonstrate balance when changing direction. Clearly show different speeds when running. Demonstrate balance when performing movements. Demonstrate jumping for distance, height and in different directions. Demonstrate hopping for distance, height and in different directions. Explore single and double bounce when jumping in a rope.	Skills Develop Sending and receiving with increased control. Explore dribbling with hands and feet with increasing control on the move. Explore moving into space away from others. Develop moving into a space away from defenders. Explore staying close to other players to try to stop them from getting the ball.	Skills Explore using shapes in different gymnastic balances. Remember, repeat and link combinations of gymnastic balances. Explore barrel, straight and forward roll and put into sequence work. Explore shape jumps and take off combinations.	Skills Develop the use of facial expressions in my performance. Accurately remember, repeat and link actions to express an idea. Develop an understanding of dynamics. Develop the use of pathways and travelling actions to include levels. Explore working with a partner using unison, matching and mirroring.	Skills Develop striking a ball with their hand and equipment with some consistency. Develop tracking a ball and decision making with the ball. Develop coordination and technique when throwing over and under arm. Catch with two hands with some coordination and technique	Skills Roll, throw and kick a ball to hit a target. Develop catching a range of objects with two hands. Catch with and without a bounce. Consistently track and collect a ball being sent directly. Explore dribbling with hands and feet with increasing control on the move.
Invasion Game/Ball skills	Gymnastics	Dance	Athletics	Striking and Fielding	Ball Games
Y3					
Knowledge Know how to dribble with control. Know that dribbling is an attacking skill. Know how to pass a ball to a teammate Know to point hand/foot/stick on target to send accurately. Know that moving away from opponents helps with passing the ball and staying near them helps stop them passing it. Know to spread out as a team. Know the role of attacker and defender. Know how to use simple tactics such as marking.	Knowledge Know to use body tension and different levels to improve shapes and balances. Know how to roll safely. Know to change shapes of jumps to add interest.	Knowledge Know that sharing ideas enables a group to work collaboratively. Know that actions can be performed differently. Know how to use space to make a dance flow. Know how to use timing techniques such as canon and unison. Know that a performance should correspond with music.	Knowledge Know that jumping and landing in quick succession provides momentum. Know the speed of a throw helps create power.	Knowledge Know to strike away from fielders. Know to communicate with teammates. Know that overarm throwing is used for long distances and underarm for short distances. Know to move toward the ball when catching. Know to use simple tactics such as spreading out.	Knowledge Know to point hand/foot/stick on target to send accurately. Know to move feet to the ball to receive accurately. Know that dribbling is an attacking skill.
Skills Develop Sending and	Skills Explore matching and	Skills	Skills	Skills Begin to strike a bowled	Skills

<p>receiving abiding by the rules. Explore dribbling the ball abiding by the rules of the game under some pressure. Develop using space as a team. Develop movement skills to lose a defender. Explore shooting actions in a range of games. Develop tracking opponents to limit their scoring opportunities.</p>	<p>contrasting shapes. Explore point and patch balances and transition smoothly into and out of them. Develop the straight, barrel, and forward roll. Develop stepping into shape jumps with control.</p>	<p>Create actions in response to a stimulus individually and in groups. Use dynamics effectively to express an idea. Use direction to transition between formation Develop an understanding of formations. Perform short, self-choreographed phrases showing an awareness of timing</p>	<p>Develop the sprinting technique and apply it to relay events. Develop technique when jumping for distance in a range of approaches and take off positions. Explore the technique for a pull throw.</p>	<p>ball after a bounce with different equipment. Explore bowling to a target and fielding skills to include a two-handed pick up. Use overarm and underarm throwing in game situations. Catch with some consistency in game situations.</p>	<p>Send a ball with accuracy and increasing consistency to a target. Catch a range of objects with increasing consistency. Track a ball not sent directly. Dribble a ball with hands and feet with control.</p>
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Y4

<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>
<p>Know to cushion a ball when receiving. Know to move into empty spaces to receive a pass. Know when to mark and when to attempt to win the ball. Know to protect a ball when dribbling. Know when to pivot when protecting the ball Know how to perform a set shot.</p>	<p>Know that inverted movements are those when the hips are above the head. Know how to remain safe when performing balances. Know to use body tension to keep the shape of a roll. Know to control landing by landing on toes and bending knees. Know to use direction and a variety of shapes to add interest to a sequence.</p>	<p>Know that some actions and dynamics are best suited to a certain character or mood. Know that space can be used to express a mood, character or idea. Know that awareness of other performers enables synchronised movement.</p>	<p>Know the need to pace oneself when running further or longer. Know that knee drive, pumping arms and running on balls of feet gives power. Know that transferring weight helps the body to jump further. Know that transferring weight helps to throw further.</p>	<p>Know to use the centre of the bat to provide control and accuracy. Know how to track an approaching ball and set up accurately to field it. Know to be balanced before throwing. Know to apply attacking tactics to score points and defending tactics to limit opponent's points.</p>	<p>Know to use a variety of ways to send a ball. Know to adjust hand height to the height of the ball. Know tracking a ball is an important skill. Know to dribble with soft touches to maintain control.</p>
<u>Skills</u>	<u>Skills</u>	<u>Skills</u>	<u>Skills</u>	<u>Skills</u>	<u>Skills</u>
<p>Develop passing techniques appropriate to the game with increasing success. Link dribbling the ball with other actions and change direction whilst dribbling with some control. Develop using space to help my team. Change direction to lose an opponent with some success. Develop defending one on one and begin to intercept.</p>	<p>Develop the range of shapes I use in my sequences. Develop strength in bridge and shoulder stand. Develop control and fluency in individual and partner balances. Develop the straight, barrel, forward and straddle roll and perform them with increased control. Develop control in performing and landing rotation jumps.</p>	<p>Respond imaginatively to a range of stimuli related to character and narrative. Change dynamics confidently within a performance to express changes in character. Confidently use changes in level, direction and pathway. Use action and reaction to represent an idea. Perform complex dances that communicate narrative and character well, performing clearly and fluently.</p>	<p>Develop the sprinting technique and apply it to relay events. Develop technique when jumping for distance in a range of approaches and take off positions. Explore the technique for a pull throw. Develop batting technique with a range of equipment. Develop bowling with some consistency, abiding by the rules of the game. Use overarm and underarm throwing with increased consistency in game situations. Begin to catch with one hand and two hands with some consistency in game situations.</p>	<p>Develop batting technique with a range of equipment. Develop bowling with some consistency, abiding by the rules of the game. Use overarm and underarm throwing with increased consistency in game situations. Begin to catch with one hand and two hands with some consistency in game situations.</p>	<p>Send a ball with accuracy and increasing consistency to a target. Catch a range of objects with increasing consistency. Track a ball not sent directly. Dribble a ball with hands and feet with control.</p>

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Y5					
<p>Knowledge</p> <p>Know how to avoid defenders to improve striking and receiving. Know how and when to use a variety of passes. Know to dribble in different directions to evade defenders. Know the need for tactics and identify when to use them. Know and understand the rules of the invasion game. Know how to shoot a ball towards a target. Know how to use taught skills in a game context. Know how to track an opponent and use defensive techniques to stop opponents attacking.</p>	<p>Knowledge</p> <p>Know that shapes underpin all other skills. Know how to use different speeds to gain control or momentum. Know to use contrasting balances. Know to use jumps to link actions. Know to use different pathways.</p>	<p>Knowledge</p> <p>Know that different dance styles utilise selected actions and relationships to develop sequences and express mood. Know that space relates to where the body moves on the floor and in the air. Know what makes a performance effective. Know to use dance principles to express an atmosphere or mood.</p>	<p>Knowledge</p> <p>Know the need to take steady breaths to enable the body to run further. Know that driving knees high builds power and distance in jumps. Know how transferring weight increases the distance of a throw.</p>	<p>Knowledge</p> <p>Know that stance is important for balance. Know to back up a fielder to improve chances of success. Know where to throw a ball in relation to a batter. Know when to use close catch technique or deep catch technique. Know the need for tactics and when to use them.</p>	<p>Knowledge</p> <p>Know to control a ball before sending it. Know when to use different types of catching. Know that tracking a ball will help receive or collect it quickly. Know that dribbling in different directions will help to lose a defender.</p>
<p>Skills</p> <p>Develop control when sending and receiving under pressure. Dribble with some control under pressure. Explore moving to create space for themselves and others in their team. Use a variety of techniques to lose an opponent e.g. change of direction or speed.</p>	<p>Skills</p> <p>Perform shapes consistently and fluently linked with other gymnastic actions. Explore progressions of a cartwheel. Explore symmetrical and asymmetrical balances. Develop control in the straight, barrel, forward, straddle and backward roll. Select a range of jumps to include in sequence work.</p>	<p>Skills</p> <p>Choreograph dances by using, adapting and developing actions and steps from different dance styles. Confidently use dynamics to express different dance styles. Confidently use direction and patterning to express different dance styles. Confidently use dance formations, canon and unison to express dance ideas. Perform dances expressively, using a range of performance skills and fluency.</p>	<p>Skills</p> <p>Apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. Explore technique and rhythm in the triple jump. Develop technique and power in javelin and shot put.</p>	<p>Skills</p> <p>Explore defensive and driving hitting techniques and directional batting. Develop over and underarm bowling technique. Develop long and short barrier and two-handed pick up. Demonstrate good technique when using a variety of throws under pressure. Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p>Skills</p> <p>Demonstrate clear technique when sending a ball under pressure. Demonstrate good technique under pressure. Demonstrate a range of techniques when tracking and collecting a ball. Dribble with some control under pressure.</p>
Y6					
<p>Knowledge</p> <p>Know how to make quick decisions about who to pass to.</p>	<p>Knowledge</p> <p>Know which shapes to use for each skill. Know how to spread</p>	<p>Knowledge</p> <p>Know that actions can be improved with consideration to extension,</p>	<p>Knowledge</p> <p>Know the need to prepare the body for running. Know that a run up builds</p>	<p>Knowledge</p> <p>Know that momentum and power for striking comes from both arms and legs.</p>	<p>Knowledge</p> <p>Know how to make quick decisions about when, how and who to pass to.</p>

<p>Know how to shoot with accuracy in a range of different situations. Know how to transition quickly between attack and defence. Know how to create and apply a tactic. Know how to referee a game and identify fouls during play.</p>	<p>weight across a base of support to balance. Know how to use momentum to roll. Know that jumping from two feet gives more height. Know that changes in formation make a sequence look interesting.</p>	<p>shape and recognition of intent. Know a variety of dynamics for a performance. Know how to combine space and use of props to express an idea. Know to keep in character throughout a piece.</p>	<p>speed and power. Know the muscle groups needed in order to throw.</p>	<p>Know which fielding action to apply to a situation. Know when to throw, who to and what speed to use. Know different tactics as a batter, bowler or fielder.</p>	<p>Know how to catch a ball for different situations, considering trajectory, speed, height and size of ball. Know how to track a ball for different situations Know the appropriate dribbling skill for the situation.</p>
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<p>Skills Sending and receiving consistently using a range of techniques with increasing control under pressure. Dribble consistently using a range of techniques with increasing control under pressure. move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. confidently change direction to lose an opponent. use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>	<p>Skills Combine and perform gymnastic shapes more fluently and effectively. Develop control in progressions of a cartwheel and a headstand. Explore counter balance and counter tension. Develop fluency and consistency in the straddle, forward and backward roll. Combine and perform a range of gymnastic jumps more fluently and effectively.</p>	<p>Skills Show controlled movements which express emotion and feeling. Explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group. Use a variety of compositional principles when creating my own dances. Demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.</p>	<p>Skills Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. Develop power, control and technique in the triple jump. Develop power, control and technique when throwing discus and shot put.</p>	<p>Skills Strike a bowled ball with increasing accuracy and consistency. Use a wider range of fielding skills with increasing control under pressure. Consistently demonstrate good technique in throwing skills under pressure. Consistently demonstrate good technique in catching skills under pressure.</p>	<p>Skills Show good technique when sending a ball with increasing control, accuracy, and consistency under pressure. Demonstrate increasing consistency of catching under pressure in a variety of game situations. Demonstrate a wider range of techniques when tracking a ball under pressure Dribble consistently using a range of techniques with increasing control under pressure.</p>
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<p>Swimming in KS2</p> <p>Knowledge</p> <p>Know that making the body streamlined, pulling hard and keeping legs together helps the body to travel faster through the water Understand that breathing every three strokes helps balance strokes and aids the heart and lungs to work effectively and aid the muscles to utilise oxygen Know which survival techniques to use for different situations</p> <p>Skills</p> <p>Identify my personal best in a range of strokes. Successfully select and apply my fastest stroke over a distance of 25m. Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m. Perform a variety of survival techniques.</p>
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