

# Key End Points - for end of year

# Subject: PE



## Ready to Progress Criteria...

	Knowledge	Skills
<b>EYFS</b>	<ul style="list-style-type: none"> <li>I know how to keep myself safe when participating in PE and other physical activities.</li> </ul>	<ul style="list-style-type: none"> <li>I can negotiate space and obstacles safely.</li> <li>I can balance and move with a good level of coordination.</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>I know that winning is not the most important part of an activity.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate the fundamental skills including: balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping and kicking.</li> <li>I can assess my own risk and develop trust in myself and my peers.</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>I understand that exercise keeps my body healthy.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate the fundamental skills including: balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping and kicking in a range of activities.</li> <li>I can catch and throw a range of PE equipment accurately whilst moving.</li> <li>I can participate in team games, developing simple tactics for attacking and defending.</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>I can describe what happens to my heart, breathing and temperature during different types of athletic activity.</li> <li>I understand the rules about the games I have been taught.</li> </ul>	<ul style="list-style-type: none"> <li>I can select the most appropriate ways of travelling for an activity and execute it appropriately, (e.g. running, walking, hopping and skipping).</li> <li>I can choose the appropriate skills and equipment to meet the challenges that are set.</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>I understand why exercise is good for my fitness, health and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe and evaluate the effectiveness of performance and recognise aspects that need improving.</li> <li>I can evaluate how successful my tactics have been, use appropriate language to describe performance and identify what I do that makes things difficult for their opponents.</li> <li>I can control actions and combine them fluently.</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>I understand the value of exercise outside of the school day.</li> </ul>	<ul style="list-style-type: none"> <li>I can work as a group and share roles fairly.</li> <li>I can explore, improvise and combine movement ideas fluently and effectively.</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>I can understand and explain the rules in Sports.</li> <li>I know how different activities promote stamina, power, control and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate stamina.</li> <li>I can play to agreed rules and demonstrate sportsmanship.</li> <li>I can link together actions so that they flow- in running, jumping, throwing and gymnastics activities.</li> </ul>