

WHOLE SCHOOL END POINTS  
PHYSICAL EDUCATION



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	EY	Fundamental Movements	Ball Skills	Gymnastics	Dance	Hand Eye Co-ordination	Athletics
	Y1/2	Throwing and Catching	Ball Skills	Gymnastics	Racket Skills	Striking and Fielding	Athletics
	Y3/4	Invasion Games: Tag Rugby	Invasion Games: Basketball	Gymnastics	Tennis	Cricket	Athletics
	Y5/6	Invasion Games: Tag Rugby	Invasion Games: Basketball	Gymnastics	Tennis	Cricket	Athletics
Cycle B	EY	Locomotion: Running	Fundamental Movements	Gymnastics	Ball skills: Throwing and Catching	Ball skills: Using my Feet	Athletics
	Y1/2	Ball skills: Feet	Throwing and catching	Dance	Racket Skills	Striking and fielding	Athletics
	Y3/4	Invasion Games: Football	Invasion Games: Netball	Dance	Badminton	Rounders	Athletics
	Y5/6	Invasion Games: Hockey	Invasion Games: Netball	Dance	Badminton	Rounders	Athletics

		Cycle A					
		Autumn		Spring		Summer	
Early Years	<b>Fundamental Movements</b>	<b>Ball Skills</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Hand Eye Co-ordination</b>	<b>Athletics</b>	
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Year 1/2	<b>Throwing and Catching</b>	<b>Ball Skills</b>	<b>Gymnastics</b>	<b>Racket Skills</b>	<b>Striking and Fielding</b>	<b>Athletics</b>	
	<ul style="list-style-type: none"> <li>• Throw towards a target</li> <li>• Throw/catch a ball</li> <li>• Bounce a ball/catch</li> <li>• Roll a ball with direction</li> </ul>	<ul style="list-style-type: none"> <li>• Kick the ball to partner</li> <li>• Stop the ball with foot</li> <li>• Dribble quickly while moving</li> <li>• Pass the ball to partner</li> </ul>	<ul style="list-style-type: none"> <li>• Hold a balance</li> <li>• Copy a balance sequence</li> <li>• Walk and balance across a bench</li> <li>• Put a balance and roll together</li> </ul>	<ul style="list-style-type: none"> <li>• Balance ball on the racket head</li> <li>• Hit the ball with the racket</li> <li>• Throw a ball over the net</li> <li>• Sling shot the ball over the net</li> </ul>	<ul style="list-style-type: none"> <li>• Throw the ball underarm</li> <li>• Stop a rolling ball</li> <li>• Strike a rolling ball</li> </ul>	<ul style="list-style-type: none"> <li>• Jump in a variety of ways</li> <li>• Change direction.</li> <li>• Vary pace and speed when running</li> <li>• Travel at different speeds</li> </ul>	
Year 3/4	<b>Invasion Games: Tag Rugby</b>	<b>Invasion Games: Basketball</b>	<b>Gymnastics</b>	<b>Tennis</b>	<b>Cricket</b>	<b>Athletics</b>	
	<ul style="list-style-type: none"> <li>• Throw the ball forwards</li> <li>• Pass the ball backwards?</li> <li>• Avoid being tagged?</li> <li>• Work with my partner to score</li> </ul>	<ul style="list-style-type: none"> <li>• Bounce and catch the ball?</li> <li>• Perform a chest pass?</li> <li>• Walk and bounce the ball</li> <li>• Pass the ball to my partner whilst moving</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a tension balance?</li> <li>• Perform a forward, pencil and egg roll</li> <li>• Balance across the apparatus</li> <li>• Perform a different jump routine on a mat</li> </ul>	<ul style="list-style-type: none"> <li>• Grip the racket correctly</li> <li>• Throw the ball under arm over the net</li> <li>• Throw the ball up and hit</li> <li>• Return the ball to my partner?</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch the ball</li> <li>• Strike a bouncing ball towards a target.</li> <li>• Bowl underarm towards the stumps.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a standing long jump</li> <li>• Land safely and with control after a jump.</li> <li>• Perform a relay</li> <li>• Perform a chest push</li> </ul>	
Year 5/6	<b>Invasion Games: Tag Rugby</b>	<b>Invasion Games: Basketball</b>	<b>Gymnastics</b>	<b>Tennis</b>	<b>Cricket</b>	<b>Athletics</b>	
	<ul style="list-style-type: none"> <li>• Catch short and long-distance throws</li> <li>• Run forward and pass ball backwards</li> <li>• Decide whether to run or throw ball</li> <li>• Work with partner to tag opponent</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain the bounce using fingertips</li> <li>• Pass the ball in different ways</li> <li>• Defend the ball from my opponent</li> <li>• Throw the ball through the hoop</li> </ul>	<ul style="list-style-type: none"> <li>• Perform mirrored and counterbalance</li> <li>• Safely jump off apparatus, remembering final position</li> <li>• Create and perform a routine</li> </ul>	<ul style="list-style-type: none"> <li>• Serve underarm over the net</li> <li>• Serve consistently to my partner</li> <li>• Serve and return forehand, backhand</li> <li>• Maintain a rally</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl overarm towards the stumps</li> <li>• Throw the ball in different ways</li> <li>• Hit the ball after a bowl</li> <li>• Run and score points</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain a steady pace to run</li> <li>• Throw discus/shot put at distance</li> <li>• Perform a long/triple jump</li> <li>• Jump over hurdles at speed</li> </ul>	

		Cycle B					
		Autumn		Spring		Summer	
Early Years	<b>Locomotion: Running</b>	<b>Fundamental Movements</b>	<b>Gymnastics</b>	<b>Ball skills: Throwing and Catching</b>	<b>Ball skills: Using my Feet</b>	<b>Athletics</b>	
	•	•	•	•	•	•	
Year 1/2	<b>Ball skills: Feet</b>	<b>Throwing and Catching</b>	<b>Dance</b>	<b>Racket Skills</b>	<b>Striking and fielding</b>		<b>Athletics</b>
	<ul style="list-style-type: none"> <li>• Dribble a ball</li> <li>• Kick and stop the ball</li> <li>• Dribble quickly while moving forward</li> <li>• Pass the ball to my partner</li> </ul>	<ul style="list-style-type: none"> <li>• Throw the ball underarm</li> <li>• Throw towards a target</li> <li>• Throw/catch/bounce a ball</li> <li>• Roll a ball with direction</li> </ul>	<ul style="list-style-type: none"> <li>• Remember and repeat actions</li> <li>• Change the speed of my actions</li> <li>• Join a range of movements together to make a sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Catch /balance bean bag on the head of a racket</li> <li>• Hit the ball with the racket</li> <li>• Throw a ball over the net</li> <li>• Sling shot the ball over the net</li> </ul>	<ul style="list-style-type: none"> <li>• Throw the ball underarm towards a target</li> <li>• Strike a ball off a tee</li> <li>• Stop a rolling ball with 2 hands</li> <li>• Strike a rolling ball</li> </ul>	<ul style="list-style-type: none"> <li>• Jump in a variety of ways</li> <li>• Throw a ball over arm</li> <li>• Vary my pace and speed when running</li> <li>• Travel at different speeds</li> </ul>	
Year 3/4	<b>Invasion Games: Football</b>	<b>Invasion Games: Netball</b>	<b>Dance</b>	<b>Badminton</b>	<b>Rounders</b>		<b>Athletics</b>
	<ul style="list-style-type: none"> <li>• Dribble with control</li> <li>• Use the side of foot to pass the ball</li> <li>• Intercept a pass</li> <li>• Move into a space to receive the ball and to get away from a defender</li> <li>• Shoot in the goal</li> </ul>	<ul style="list-style-type: none"> <li>• Catch the netball</li> <li>• Perform a bounce pass and chest pass</li> <li>• Identify a space and move into it to receive then ball</li> <li>• Mark another player</li> </ul>	<ul style="list-style-type: none"> <li>• Describe what the term unison means</li> <li>• Improvise with a partner to create a simple dance</li> <li>• Perform actions and movements in time with the beat</li> </ul>	<ul style="list-style-type: none"> <li>• Grip the badminton racket</li> <li>• Hit the shuttlecock over the net</li> <li>• Throw up and co-ordinate a hit</li> <li>• Perform a forehand shot</li> </ul>	<ul style="list-style-type: none"> <li>• Catch a tennis ball</li> <li>• Throw underarm</li> <li>• Strike a bouncing ball towards a target</li> <li>• Hit the ball forward and run around the bases</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a standing long jump</li> <li>• Land safely and with control after a jump.</li> <li>• Perform a relay</li> <li>• Perform a chest push</li> </ul>	
Year 5/6	<b>Invasion Games: Hockey</b>	<b>Invasion Games: Netball</b>	<b>Dance</b>	<b>Badminton</b>	<b>Rounders</b>		<b>Athletics</b>
	<ul style="list-style-type: none"> <li>• Push pass over different distances</li> <li>• Control the ball with a hockey stick</li> <li>• Dribble, being able to rotate the stick when using the back hand.</li> <li>• Pass, move and dribble to score a goal past my opponent.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a chest pass, bounce pass and shoulder pass accurately</li> <li>• Intercept a pass and keep possession of the ball</li> <li>• Play a game of high five netball</li> </ul>	<ul style="list-style-type: none"> <li>• Show fluency &amp; control in chosen dance moves</li> <li>• Transition from one dance style to the next smoothly</li> <li>• Perform using simple choreographic devices such as unison, canon, and mirroring</li> </ul>	<ul style="list-style-type: none"> <li>• Hit and return a lob and drop shot</li> <li>• Hit the shuttlecock to the other side of the court consistently</li> <li>• Serve consistently to my partner</li> <li>• Maintain a rally</li> </ul>	<ul style="list-style-type: none"> <li>• Strike the ball from an underarm throw</li> <li>• Decide when to stop on the base and when to run.</li> <li>• Play a game of rounders</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain a steady pace to run</li> <li>• Throw discus/shot put at distance</li> <li>• Perform a long/triple jump</li> <li>• Jump over hurdles at speed</li> </ul>	