



Our Physical Education Adventure



Physical Education End Points

	End point:
Year 1	<ul style="list-style-type: none">➤ In dance and gymnastics, I can use my personal best to move confidently and safely in my own and general space, using changes of speed, level and direction link movement phrases with beginnings, middles and ends.➤ I can use my body and a variety of equipment with greater control and coordination.
Year 2	<ul style="list-style-type: none">➤ I know how to balance and travel using space appropriately.➤ I know how to reflect on my own capabilities in order to improve my skill levels in a range of activities.➤ I can give ideas to develop skills of myself and others. I can use and develop simple strategies to be successful in team games.
Year 3	<ul style="list-style-type: none">➤ I confidently perform dances with an awareness of rhythmic, dynamic and expressive qualities, on my own, or with a partner and in small groups.➤ I can consider how to consolidate and improve the quality of my techniques and how to link movements and actions.➤ I am able to work with confidence in the water.
Year 4	<ul style="list-style-type: none">➤ I can rhythmically compose a sequence of movements with control and balance, comparing my performance with previous ones to achieve my personal best.➤ I can play competitive games, including basketball and rugby demonstrating tactics for attacking and defending.➤ I can accurately send and receive a ball over a net and begin to demonstrate control.

	End point:
Year 5	<ul style="list-style-type: none"> ➤ I learn to recognise the effect of exercise on my own bodies and how this is reflective of my own physical capabilities. ➤ I can demonstrate activities for specific aspects of warming up – stretching, joint mobility, raising heart and respiratory rates. ➤ I know where my strengths are and the areas I need to improve and explore the best way to make these improvements. I know who and what might be able to help me improve.
Year 6	<ul style="list-style-type: none"> ➤ I can combine and perform skills more fluently and effectively in invasion, striking and net games. ➤ I understand what goes into building sporting success and how professional athletes have made their achievements; I can use this to motivate myself to achieve my personal best. ➤ I know how to apply a range of tactics and strategies for defence and attack, in order to improve my individual and team performance.