

Physical Education End Point



E A R L Y Y E A R S F O U N D A T I O N S T A G E

In Pre School our children will be taught the following:

- To move in a range of ways
- To move around a space safely
- To develop my core strength and balance
- To build my upper body strength
- To cross the mid-line
- To draw large lines and circles using my whole arm
- To use both sides of the body to do the same thing at the same time
- To use both sides of my body to do the same thing alternately
- To throw and catch a variety of objects of different weights and sizes

In Reception our children will be taught the following:

- To move in different ways in a co-ordinated way
- To use spatial awareness to avoid obstacles
- To travel around, under, over and through equipment
- To co-ordinate both sides of the body to do different things
- To develop hand-eye co-ordination
- To throw, catch and kick with accuracy
- To build their strength and stamina

On completion of Foundation Stage, a young sportsperson at Moor End will:

- Feel well about themselves
- Enjoy being active and playing
- Throw and kick a ball
- Balance using core stability
- Co-ordinate both sides of the body to do different things at the same time
- Demonstrate strength and stamina
- Negotiate space and obstacles safely
- Demonstrate upper body strength
- Move in a variety of ways

End of Foundation Stage checkpoint for Gross Motor Skills and

Expressive Arts:

Negotiate space and obstacles safely, with consideration for themselves and others.

Demonstrate strength, balance and coordination when playing

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Move in time with music

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END OF KEY STAGE 1



National Curriculum Objectives in Physical Education for KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

On completion of Key Stage 1, a young sportsperson at Moor End will:

- Play and be active throughout the day
- Feel 'well' about themselves
- Describe how they are feeling during and after exercise
- Be able to use equipment appropriately
- Move and land safely
- Perform all of the fundamental movement skills confidently and with control
- Explore and describe different movements.
- Begin to compare movements and skills with those of others
- Select and link movements together to fit a theme
- Begin to order instructions, movements and skills

Physical Education End Point

END OF KEY STAGE 2



National Curriculum Objectives for KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively perform safe self-rescue in different water-based situations

On completion of Key Stage 2, a young sportsperson at Moor End will:

- Feel 'well' about themselves
- Describe what being healthy is
- Run, jump and throw using the correct technique and apply these skills in competitive games
- Be able to swim 25 meters with strokes and perform basic water rescue techniques
- Develop sequences of movements that express their own ideas within dance and gymnastics
- Use tactics
- Understand attacking and defending
- Co-operate well with others and give helpful feedback
- Help to organise roles and responsibilities and guide a small group through a task
- React positively when things become difficult
- Improve their own performance
- Play and be active throughout the day
- Represent Moor End in a sporting context