

YEAR GROUP END POINT EXPECTATIONS FOR PE	
R	<p>Refine skills for rolling, crawling, walking, jumping, running, hopping, skipping, climbing</p> <p>Combine different fluent movements/time to be still and quiet</p> <p>Develop body strength, coordination, balance and agility</p> <p>Use core muscle strength to achieve good posture</p> <p>Develop small motor skills</p> <p>Confident use of small and large apparatus</p> <p>Ball skills- throwing, catching, kicking, passing, batting, aiming</p>
1	<p>Throw and catch displaying a degree of competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, level & speed</p> <p>Show an awareness of how the body functions/changes during exercise</p> <p>Repeat and Perform sequences of movements</p> <p>Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p> <p>Show competence in one stroke when swimming</p> <p>With guidance participate displaying respect, fair play and working well with others</p>
2	<p>Throw and catch displaying competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, speed & level during performances or in competitive environments</p> <p>Show an awareness of how the body changes/functions during exercise</p> <p>Perform and repeat sequences of movements</p> <p>Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Use FUNdamentals of movement to employ simple tactics in varied environments</p> <p>Swim 25m unaided, proficient in a stroke</p> <p>With guidance participate displaying respect, fair play and working well with others</p>
3	<p>Throw and catch displaying with accuracy, in isolation and varied environments</p> <p>Demonstrate changes of direction, speed & level in competitive environments or during performances</p> <p>Demonstrates a clear understanding of how the body changes/functions during exercise</p> <p>Moves in a fluent and expressive manner</p> <p>Plan, perform and repeat sequences of movements in a group</p> <p>Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)</p> <p>Use FUNdamentals of movement to employ simple tactics in competitive environments</p> <p>Swim 25m unaided</p> <p>Displays an understanding of fair play, respect and working well with others</p>
4	<p>Utilise changes of direction, speed & level during performances/competition to succeed</p> <p>Select and utilise appropriate tactics and techniques to cause problems for opponents</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise</p> <p>Create movements that convey a clear stimulus, refining these movements into sequences</p> <p>Displays an understanding of fair play, working well with others and leading a small group</p> <p>Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements</p> <p>Swim 25-50m unaided, demonstrates proficiency in a range of strokes</p> <p>Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)</p> <p>Change running styles according to distance, with the intention of beating personal best's</p>
5	<p>Uses knowledge of the relationship between the body and exercise to improve various fitness components</p> <p>Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely</p> <p>Create complex and well executed sequences containing a variety of gymnastic components</p> <p>Display an understanding of fair play, working well with others and leading a medium sized group</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Utilise new skills in competitive situations, as an individual or part of a team</p> <p>Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run</p> <p>Swim 50m fluently with controlled strokes (breast stroke, front and back.)</p>
6	<p>Uses knowledge of the relationship between the body and exercise to improve all fitness components</p> <p>Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely</p> <p>Create complex, demanding and well executed sequences containing a variety of gymnastic components</p> <p>Display an understanding of fair play, working well with others and leading a large group</p> <p>Field, defend and attack tactically by anticipating and reacting to the direction of play.</p> <p>Utilise new skills in competitive situations, as an individual or part of a team</p> <p>Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)</p> <p>Swim 100m fluently with controlled strokes (breast stroke, front and back.)</p>