

PE Endpoints

End of EYFS

- **Physical Development: Gross Motor Skills**

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.

- **Expressive Arts and Design: Being Imaginative and Expressive**

Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

End of KS1

Children will be able to:

- Use fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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
- Perform dances using simple movement patterns

End of Key stage 2

Children will be able 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
- Enjoy communicating, collaborating and competing with each other
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- 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.
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situation

Children will leave St George's as healthy people who:

- Develop a keen interest in PE and willingness to participate eagerly in sport with positive attitudes Exhibit good level of physical fitness
- Lead healthy lifestyles, exercising regularly
- Can remain physically active for sustain periods of time and an understanding of this in promoting long-term health and well-being
- Have the ability to take the initiative and become young leaders

connect

sequence

change

replace

reduce

compare

add

arrange

classify

assemble

