



Curriculum Sequencing for Physical Education

Our Curriculum End Points aim to “develop well-balanced children ready for the 21st Century.”



HEAD (thinking) - HANDS (doing) - HEART (behavioural change)

Football

End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Intercept, retrieve and stop a ball with some consistency</p> <p>Kick a ball in a variety of ways</p> <p>Describe basic rules of the game</p> <p>Dribble a ball with control, changing speed and direction</p> <p>Show good awareness of others when playing games</p> <p>Plays fairly and shows respect for opponents and decisions made</p> <p>Describe how their bodies work and feel when playing games</p>	<p>Can pass the ball using the correct technique (Using the inside of the foot, standing foot pointing toward the target)</p> <p>Can dribble/ run with the ball using the correct technique (small touches of the ball, head up)</p> <p>Moves forward to support at appropriate times and works hard to get behind the ball when defending</p> <p>Explain why it is important to warm up and cool down</p> <p>Apply basic principles suitable for attacking</p> <p>Pass/Send a ball with increasing accuracy and receive a ball successfully</p>	<p>Identify and use tactics to help their team keep the ball and take it towards the opposition's goal</p> <p>Pass, dribble and shoot with control in games</p> <p>Mark opponents and help each other in defence</p> <p>Understand how strength, speed and stamina can be improved by playing invasion games</p> <p>Use different skills to keep possession of a ball as part of team</p> <p>Choose different formations to suit the needs of the game</p> <p>Understand the positions in a team and the role they play</p> <p>Adapt games and activities making sure everyone has a role to play</p>

		Shoot and score with increased success	
		Know the rules of the game	
Gymnastics			
End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Show basic control and coordination when travelling and when remaining still</p> <p>Can change direction, work at different levels and use the floor space imaginatively</p> <p>Use words such as rolling, travelling, balancing, climbing</p> <p>Can change direction, work at different levels and use the floor space imaginatively</p> <p>Perform the basic gymnastic actions with coordination, control and variety</p> <p>Plan and repeat simple sequences of actions</p> <p>Say why they think gymnastic actions are being performed well</p>	<p>Can perform sequences that flow, displaying multiple skills and a range of dynamics</p> <p>Can perform more complex sequences with smooth transitions</p> <p>Adapt their sequence to suit different types of apparatus and their partner's ability</p> <p>Comment on differences and similarities in gymnastic performances</p> <p>Perform and repeat longer sequences that include changes of speed and level</p> <p>Can perform sequences that flow, displaying multiple skills and a range of dynamics</p> <p>Understand that strength and suppleness can be improved</p> <p>Watch, describe and suggest possible improvements to others' performances</p>	<p>Understand the need to warm-up and work on body strength and flexibility</p> <p>Create, practise and refine longer, more complex sequences with smooth transitions whilst working with and alongside others</p> <p>Choose body shapes and balances from a wider range of themes</p> <p>Use set criteria to make simple judgements about performance and suggest ways in which they could be improved</p> <p>Create, practise and refine longer, more complex sequences including changes in level, direction and speed with smooth transitions whilst working with and alongside others</p> <p>Show clarity, fluency, accuracy and consistency in their movements</p> <p>Show an awareness of factors influencing the quality of a performance and suggest aspects that need improving</p>

			Can show a wide range of well executed movements using a range of dynamics, with and alongside others
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Dance

<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Perform songs, rhymes, poems and stories with others, and</p> <ul style="list-style-type: none"> - when appropriate try to move in time with music. 	<p>Perform basic body actions</p> <p>Show some sense of dynamic, expressive and rhythmic qualities in their own dance</p> <p>Remember and repeat short dance phrases and simple dances</p> <p>Perform body actions with control and coordination</p> <p>Perform short dances, showing an understanding of expressive qualities</p> <p>Describe the mood, feelings and expressive qualities of dance</p> <p>Describe how dancing affects their body</p>	<p>Use dynamic, rhythmic and expressive qualities clearly and with control</p> <p>Share and create dance phrases with a partner and in small groups</p> <p>Recognise and talk about the movements used and the expressive qualities of dance</p> <p>Suggest improvements to their own and other people's dances</p> <p>Respond imaginatively to a range of stimuli related to character and narrative</p> <p>Refine, repeat and remember dance phrases and dances and perform dances clearly and fluently</p> <p>Show sensitivity to the dance idea and the accompaniment</p> <p>Describe, interpret and evaluate dance, using appropriate language</p>	<p>Adapt and refine the way they use levels, space and rhythm in their dances to express themselves in the styles of the dance they use</p> <p>Perform different styles of dance clearly and fluently</p> <p>Suggest ways to improve their own and other people's work</p> <p>Show an understanding of style</p> <p>Work creatively and imaginatively on their own, with a partner and in a small group to compose motifs and structure simple dances</p> <p>Perform to an accompaniment expressively and sensitively</p> <p>Perform fluently and with control</p> <p>Talk about dance with understanding, using appropriate language and terminology</p>
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Handball, Netball and Dodgeball

End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
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<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p><u>Handball</u> Can shoot successfully at a goal</p> <p>Show awareness of opponents and teammates when playing games</p> <p>Show a basic awareness of attacking and defending</p> <p>Apply catching, throwing and bouncing skills in a variety of ways</p> <p>Make choices about appropriate targets, space and equipment</p> <p>Use a variety of simple tactics</p> <p>Plays fairly and shows respect for opponents and decisions made</p>	<p><u>Netball</u> Can pass (chest / bounce /shoulder) and catch the ball (hands out, eyes on the ball)</p> <p>Can pass and use movement after a pass as part of an attack (forward runs/ using space)</p> <p>Be aware of space</p> <p>Know and use rules fairly to keep a game going</p> <p><u>Dodgeball</u> Develop throwing at a target, point to target after throw</p> <p>Anticipate where opponents are moving to</p> <p>Decide on the most effective throwing technique</p> <p>Know the rules of the game and play honestly</p>	<p><u>Netball</u> Pass with accuracy, confidence and control.</p> <p>Use different skills to keep possession of a ball as part of a team</p> <p>Defend by marking, covering and tracking opponents as appropriate</p> <p>Understand the positions in a team and the role they play</p> <p>Can shoot at a hoop (ball above head, shooting arm close to the ear, supporting hand to the side, flick the ball with wrist and follow through)</p> <p>Apply basic principles of team play in order to keep possession of the ball</p> <p>Understand team positions and the importance of supporting the player with the ball</p> <p>Be motivated, exude confidence and perform well under pressure - thriving on competition.</p>
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Rounders and Cricket

End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, 	<p><u>Rounders</u> Show control of the ball with basic actions</p> <p>Show basic control and accuracy when striking a ball</p> <p>Move inline with a ball to receive it</p>	<p><u>Rounders</u> Intercept and stop the ball consistently</p> <p>Throw a ball increasing distances and catch a ball with increasing consistency</p> <p>Hit a ball with increasing control from a tee and hit a</p>	<p><u>Cricket</u> Retrieve, intercept and stop a ball when fielding</p> <p>Use skills and tactics to outwit opponents when fielding</p> <p>Hit the ball with purpose, varying speed, height and direction</p>

<p>hopping, skipping and climbing.</p>	<p><u>Cricket</u> Start to use a range of skills, e.g. throwing, catching and stopping a ball with control</p> <p>Hit a ball with increasing control and accuracy</p> <p>React to situations in ways that make it difficult for opponents</p> <p>Begin to talk about what they do well and what they could do better</p>	<p>ball with the correct technique</p> <p>Work well as part of a fielding team to make it harder for the batter</p> <p><u>Cricket</u> Explain what they need to do to get ready to play a game</p> <p>Throw and catch a ball increased accuracy and consistency</p> <p>Hit a ball with increasing control from a tee and hit a ball with increasing control</p> <p>Identify what they need to practice to improve their performance</p>	<p>Understand how physical activity can contribute to a healthy lifestyle</p> <p><u>Rounders</u> Identify spaces and understand the tactic of hitting into gaps</p> <p>Use skills and tactics to outwit opponents when fielding and batting</p> <p>Use tactics that involve bowlers and fielders working together</p> <p>Watch and evaluate the success of games</p>
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Rugby

End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Know which direction to pass a rugby ball gripping it using the correct technique</p> <p>Can carry the ball using the correct technique (Two hands centre of the ball, elbows out)</p> <p>Show a basic awareness of attacking and defending</p>	<p>Throw the ball backwards to another player</p> <p>Develop attacking and defending skills</p> <p>Build on decision making skills</p> <p>Explain why it is important to warm up and cool down</p> <p>Can apply attacking principles</p> <ul style="list-style-type: none"> - can use width and support 	<p>Keep control of the ball when running and passing</p> <p>Keep in a line, spread out and move forwards together</p> <p>Carefully consider the best way to score a try and win the game</p> <p>Know the rules of tag rugby and play a full game</p>

	<p>Work well with a partner and in a small group to improve their skills</p> <p>Can pass and catch the ball using the correct technique (6 o'clock pass/ hands out ready for the ball)</p> <p>Show an awareness of attacking and defending</p> <p>Use a variety of simple tactics</p>	<p>Can apply defending principles - know the positioning of other teammates</p> <p>Pass the rugby ball backwards down a line of players</p> <p>Know the rules of the game and apply tactics</p>	<p>Can attempt and explain correct kicking technique</p> <p>Can change direction off either foot in response to game situations</p> <p>Understand team positions and the importance of supporting the player with the ball</p> <p>Know, plan and carry out warm-up activities that use exercises helpful for invasion games</p>
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Athletics

End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Run at fast, medium and slow speeds</p> <p>Throw a variety of objects - standing overarm throw for distance</p> <p>Recognise when their temperature, breathing rate have changed</p> <p>Link running and jumping activities with greater fluency, control and consistency</p> <p>Take part in a relay activity, remembering when to run and what to do - transfer baton over short distances and dip at finish</p>	<p>Middle distance pacing and sprinting - starting a race, good form during the race and dip at the finish</p> <p>Show consistency, control when throwing objects into targets from increasing distances</p> <p>Bound and coil - throw from short run up</p> <p>Identify the changes that take place in our bodies after exercise</p> <p>To understand and demonstrate differences between sprinting and running for sustained periods</p>	<p>Hurdle with same leg bringing opposite arm forward to balance lead leg</p> <p>Throw with run up and follow through</p> <p>Relay - transfer baton in alternate hands, receiving facing forwards</p> <p>Identify good athletic performance and explain why it is good, using agreed criteria</p>

	<p>Change their action for accuracy and distance when throwing a variety of objects - standing overarm throw for distance</p> <p>Recognise when their temperature, breathing rate and heart rate have changed</p>	<p>High Jump - Take off foot and scissor leap</p> <p>Hurdle keeping same lead leg each time and using arms to sprint between hurdles</p> <p>Understand that different activities have different effects on heart rate and body temperature</p>	
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Tri-Golf

End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Show basic control when pushing, patting and rolling the ball</p> <p>Begin to apply the basic putting technique</p> <p>Compete against others in simple games</p>	<p>Be able to putt accurately using the correct technique</p> <p>Begin to develop the correct chipping technique to lift the ball from the floor</p> <p>Show control and coordination to make accurate shots</p> <p>Know and describe where they and others are successful and why</p>	<p>Use the correct putting technique to create a successful shot</p> <p>Use the chipping technique to lift the ball off the floor</p> <p>Show control and coordination to make accurate shots</p> <p>Recognise how these games make their bodies work</p>

Tennis

End points for EYFS	End Points for KSI	End Points for LKS2	End Points for Key Stage Two
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; 	<p>Begin to use a small range of racket skills</p> <p>Successfully receive (catch/stop) a ball</p>	<p>Take up space/positions that make it difficult for opponents</p> <p>Intercept and stop the ball consistently</p>	N/A

<p>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Apply skills in a simple game</p> <p>Keep a continuous game going</p> <p>Begin to use a range of simple tactics to defend their own court</p> <p>Begin to talk about what they do well and what they could do better</p> <p>Know the rules of a game and use them to play fairly</p>	<p>Keep the rally going using a range shots</p> <p>Recognise how playing net games affects the body</p> <p>Keep the rally going using a range shots</p> <p>Hit a ball into space at different speeds and heights to make it difficult for opponent</p> <p>Suggest which skills need practicing, for themselves and others</p> <p>Recognise how playing net games affects the body</p>	
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