

## END POINTS KS1 Physical Education

	Early Years	Y1	Y2
	<p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. In Early Years we need to:</p> <ul style="list-style-type: none"> <li>- Develop gross and fine motor experiences starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness.</li> <li>- Create games and provide opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.</li> <li>- Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.</li> <li>- Fine motor control and precision helps with hand-eye co-ordination.</li> </ul>	<p>National Curriculum 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 coordination, 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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>♣ 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</li> <li>♣ participate in team games, developing simple tactics for attacking and defending</li> <li>♣ perform dances using simple movement patterns.</li> </ul>	
Throwing and Catching	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Can throw underarm and overarm.</li> <li>• Can throw and catch a selection of equipment using a wide range of styles</li> <li>• Can throw a variety of balls whilst moving.</li> </ul>	<ul style="list-style-type: none"> <li>• Can throw underarm and overarm.</li> <li>• Can throw and catch a selection of equipment using a wide range of styles</li> <li>• Can attempt to catch a variety of balls whilst moving.</li> <li>• Can throw a variety of balls whilst moving.</li> </ul>

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<p>Attacking and Defending</p>	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to use space to pass and receive a ball</li> <li>• Evade defenders by moving away from opposition.</li> <li>• Can try to defend a goal.</li> </ul>	<ul style="list-style-type: none"> <li>• Can mark a player by staying close to them</li> <li>• Can attempt to intercept a ball between other players.</li> <li>• Can evade defenders by changing direction.</li> <li>• Can defend a goal</li> </ul>
<p>Dancing</p>	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to practice and learn a basic 3-part dance routine.</li> <li>• To be able to work in a team/ pairs throughout the lesson</li> <li>• To use equipment in the routine.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform a basic 3-part dance routine.</li> <li>• To be able to work in a team throughout the lesson</li> <li>• To use equipment in their own routine.</li> <li>• Can begin to move in time to music</li> </ul>
<p>Sending and receiving</p>	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Can dribble using a range of equipment, etc.- bat, hockey stick etc.</li> <li>• Can send and receive a ball from a partner.</li> <li>• Can shoot at a target using a kicking technique</li> <li>• Can accurately pass a ball using a kicking technique.</li> </ul>	<ul style="list-style-type: none"> <li>• Can dribble using a range of equipment, etc.- bat, hockey stick etc.</li> <li>• Can send and receive a ball from a partner.</li> <li>• Can shoot at a target using a kicking technique</li> <li>• Can accurately pass a ball using a kicking technique.</li> </ul>

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Running	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Can walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</li> <li>• Can practise the standing start</li> <li>• Can participate in a pair relay using a beanbag, developing simple technique passing.</li> </ul>	<ul style="list-style-type: none"> <li>• Can walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</li> <li>• Can sprint distances of 20 to 30 m with the emphasis on sustained effort throughout the sprint</li> <li>• Can participate in a pair relay using a beanbag</li> <li>• Can developing simple technique passing with right hand and receiving with left hand.</li> </ul>
Orienteering	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Can follow simple instructions.</li> <li>• Can communicate ideas and listen to others.</li> <li>• Can listen to ways to solve problems with support/ guidance of staff and act upon them.</li> <li>• Begin to develop basic map reading skills of familiar surroundings.</li> </ul>	<ul style="list-style-type: none"> <li>• Can follow and give simple instructions.</li> <li>• Can communicate and listen to other people's ideas.</li> <li>• Can work with group/ independently to think of ways to solve problems.</li> <li>• Can read basic maps of familiar surroundings.</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Can zig zag through a series of markers spaced evenly</li> <li>• Can hop on the spot using the same foot.</li> <li>• Can jump for distance and height.</li> <li>• Can throw a small ball underarm, using the correct technique.</li> </ul>	<ul style="list-style-type: none"> <li>• Can hop along a straight line using the same foot.</li> <li>• Can jump for distance and height controlling the landing.</li> <li>• Can throw and catch a small ball using a technique</li> <li>• Can practise the technique of hurdling.</li> </ul>

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Net/ Wall games	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Can hold a racket correctly</li> <li>• Can perform a forehand technique (no need for accuracy)</li> <li>• Can demonstrate an under arm serve (does not need 100% accuracy)</li> </ul>	<ul style="list-style-type: none"> <li>• Can demonstrate the correct technique when holding on to a racket.</li> <li>• Can perform a forehand technique.</li> <li>• Can use a back-hand technique to push the ball forwards in a static position.</li> <li>• Can demonstrate and under arm serve correctly but does not always reach an opponent.</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>• I can negotiate space and obstacles safely.</li> <li>• I can balance and move with a good level of coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Can balance on their own.</li> <li>• Can create a variety of balances with a partner using a selection of body parts as well as balances on apparatus.</li> <li>• Can copy and explore movements to create their own simple sequence.</li> <li>• Can move around, under, over, and through different objects and equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Can balance on their own.</li> <li>• Can create a variety of balances with a partner using a selection of body parts as well as balances on apparatus.</li> <li>• Can copy, explore and remember actions and movements to create their own simple sequence</li> <li>• Can move around, under, over, and through different objects and equipment.</li> </ul>