**Autumn 1**

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| **Nursery End Points** | Reception End Points | Year 1 End Points | Year 2 End Points |
| **Introduction to P.E:**  I am beginning to demonstrate balance:  I am beginning to negotiate space safely.  I am beginning to take turns with others.  I can explore movement skills.  I can make guided choices.  I follow instructions with support.  I understand the rules of the game. | **Fundamentals:**  I am confident to try new challenges.  I can negotiate space safely with consideration of myself and others.  I follow instructions involving several ideas or actions.  I play co-operatively, take turns and encourage others.  I play games honestly with consideration of the rules.  I use movement skills with developing balance and co-ordination when playing games. | **Fundamentals:**  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can select my own actions in response to a task.  I can show hopping and jumping movements.  I can work co-operatively with others to complete tasks.  I show balance and co-ordination when static and moving at a slow speed. | **Fundamentals:**  I am beginning to provide feedback using key words.  I am beginning to turn and jump in an individual skipping rope.  I can describe how my body feels during exercise.  I can show balance when changing direction.  I can show hopping, skipping and jumping movements with some balance and control.  I can work co-operatively with a partner or a small group.  I show balance and co-ordination when running at different speeds. |
| **Key Skills:**  **Physical:** run, jump, hop, skip, balance, crawl  **Social:** share, communication, work safely, co-operation, leadership  **Emotional:** independence, perseverance, confidence  **Thinking:** select an apply actions, comprehension, reflection, make decisions. | **Key Skills:**  **Physical:** balance, run, jump, hop, change direction  **Social:** support others, work safely, take turns  **Emotional:** honesty, determination  **Thinking:** decision making, comprehension, select and apply | **Key Skills:**  **Physical:** balance, jump, hop, run, speed, agility, dodge, skip, coordination  **Social:** collaboration, work safely, support others  **Emotional:** determination, self regulation, honesty, perserverance  **Thinking:** comprehension, select and apply skills | **Key Skills:**  **Physical:** run, speed, agility, dodge, balance, jump, hop, skip  **Social:** collaboration, respect, take turns, communication, encourage others  **Emotional:** determination, honesty, perseverance  **Thinking:** comprehension, make decisions, creativity, use tactics, recall |

**Autumn 2**

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| Nursery End Points | Reception End Points | Year 1 End Points | Year 2 End Points |
| **Dance Unit 1:**  I am beginning to negotiate space safely.  I am beginning to use and remember sequences and patterns of movements which are related to music and rhythm. I am building my confidence to try new challenges and perform in front of others.  I can explore movement skills.  I follow instructions with support.  I show respect towards others. | **Dance Unit 2:**  I am confident to try new challenges and perform in front of others.  I can combine movements, selecting actions in response to the task.  I can negotiate space safely with consideration for myself and others.  I follow instructions involving several ideas or actions.  I show respect towards others when providing feedback.  I use movement skills with developing strength, balance and co-ordination showign increasing control and grace. | **Dance:**  I am beginning to use counts.  I can copy, remember and repeat actions.  I can move confidently and safely.  I can use different parts of the body in isolation and together.  I can work with others to share ideas andd select actions.  I choose appropriate movements for different dance ideas.  I say what I | **Dance:**  I am beginning to provide feedback using key words.  I can copy, remember, repeat and create dance phrases.  I can describe how my body feels during exercise.  I can show a character an idea through the actions and dynamics I choose.  I can use counts to stay in time with the music.  I can work with a partner using mirroring and unison in our actions.  I show confidence to perform. |
| **Key Skills:**  **Physical:** actions, dynamics, space  **Social:** work safely, respect, collaboration  **Emotional:** independence, confidence  **Thinking:** select and apply actions, creativity, exploration, recall, provide feedback | **Key Skills:**  **Physical:** actions, dynamics, space  **Social:** work safely, respect, collaboration  **Emotional:** independence, confidence  **Thinking:** comprehension, provide feedback, select and apply actions, creativity | **Key Skills:**  **Physical:** actions, dynamics, space, relationships  **Social:** respect, work safely, collaboration, communication  **Emotional:** empathy, confidence, acceptance, determination and kindness  **Thinking:** creativity, select and apply actions, copy and repeat actions, provide feedback, recall | **Key Skills:**  **Physical:** actions, dynamics, space, relationships  **Social:** respect, work safely, collaboration, communication  **Emotional:** independence, confidence, perseverance, determination  **Thinking:** provide feedbacck, comprehension, relection, observation, creativity |

**Spring 1**

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| Nursery End Points | Reception End Points | Year 1 End Points | Year 2 End Points |
| **Gymnastics Unit 1:**  I am beginning to negotiate space safely.  I am beginning to take turns.  I am building my confidence to try new challenges.  I can explore movement skills.  I can match skills to tasks and apparatus.  I can use a range of large and small apparatus with an awareness of safety.  I follow instructions with support. | **Gymnastics Unit 2:**  I am confident to try new challenges and perform in front of others.  I can combine movements, selecting actions in response to the task.  I can negotiate space safely with consideration for myself and others.  I follow instructions involving several ideas or actions.  I show respect towards others when providing feedback.  I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. | **Gymnastics:**  I am confident to perform in front of others.  I can link simple actions together to create a sequence.  I can make my body tense, relaxed, stretched and curled.  I can recognise changes in my body when I do exercise.  I can remember and repeat actions and shapes.  I can say what I liked about someone else’s performance.  I can use apparatus safely and wait for my turn. | **Gymnastics:**  I am beginning to provide feedback using key words.  I am proud of my work and confident to perform in front of others.  I can perform the basic gymnastic actions with some control and balance.  I can plan and repeat simple sequences of actions.  I can use directions and levels to make my work look interesting.  I can use shapes when performing other skills.  I can work safely with others and apparatus. |
| **Key Skills:**  **Physical:** shapes, balances, jumps, rocking, rolling, travel  **Social:** work safely, collaboration, share and take turns  **Emotional:** determination, confidence  **Thinking:** comprehension, creativity, select and apply | **Key Skills:**  **Physical:** shapes, balances, jumps, rocking, rolling, travel  **Social:** work safely, collaboration, share and take turns  **Emotional:** determination, confidence  **Thinking:** comprehension, creativity, select and apply | **Key Skills:**  **Physical:** travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll  **Social:** respect, collaboration, sharing, working safely  **Emotional:** confidence, self-regulation, perseverance  **Thinking:** comprehension, select and apply action, creativity | **Key Skills:**  **Physical:** travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll  **Social:** respect, collaboration, sharing, working safely  **Emotional:** confidence, self-regulation, perseverance  **Thinking:** comprehension, select and apply action, creativity |

**Spring 2**

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| Nursery End Points | Reception End Points | Year 1 End Points | Year 2 End Points |
| **Ball Skills Unit 1:**  I am beginning to use a range of ball skills.  I am beginning to negotiate space safely.  I am beginning to take turns with others.  I can make guided choices.  I persevere with support when trying new challenges.  I play ball games guided by the rules with support. | **Ball Skills Unit 2:**  I can negotiate space safely with consideration of myself and others.  I follow instructions involving several ideas or actions.  I persevere when trying new challenges.  I play ball games with consideration of the rules.  I play co-operatively and take turns with others.  I use ball skills with developing competence and accuracy. | **Net and Wall Games:**  I can hit a ball using a racket.  I can throw a ball to land over the net and into the court area.  I can track balls and other equipment sent to me.  I can use a ready position to move to the ball.  I know how to score points.  I recognise changes in my body when I do exercise.  I show honesty and fair play when playing against an opponent. | **Net and Wall Games:**  I can defend space on my court using the ready position.  I can describe how my body feels during exercise.  I can hit a ball over the net and into the court area.  I can throw accurately to a partner.  I can use simple tactics to make it difficult for an opponent.  I know how to score points and can remember the score.  I show good sportsmanship when playing against an opponent. |
| **Key Skills:**  **Physical:** roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick  **Social:** work safely, collaboration, co-operation, support others  **Emotional:** perseverance, independence, honesty  **Thinking:** use tactics, comprehension | **Key Skills:**  **Physical:** roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick  **Social:** work safely, collaboration, co-operation, support others  **Emotional:** perseverance, independence, honesty  **Thinking:** use tactics, comprehension | **Key Skills:**  **Physical:** throw, catch, hit a ball, track a ball  **Social:** support others, work safely, communication, co-operation  **Emotional:** perseverance, independence, determination  **Thinking:** comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making | **Key Skills:**  **Physical:** throw, catch, hit, track  **Social:** co-operation, respect, support others  **Emotional:** perseverance, honesty  **Thinking:** select and apply, reflection, decision making, comprehension |

**Summer 1**

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| Nursery End Points | Reception End Points | Year 1 End Points | Year 2 End Points |
| **Games Unit 1:**  I am beginning to explore a range of ball skills.  I am beginning to negotiate space safely.  I am beginning to take turns with others.  I am beginning to understand how I feel in different situations.  I can explore movement skills.  I follow instructions with support.  I play games honestly guided by the rules with support. | **Games Unit 2:**  I can negotiate space safely with consideration for myself and others.  I follow instructions involving several ideas or actions.  I play co-operatively, take turns and encourage others.  I play games honestly with consideration to the rules.  I show an understanding of my feelings and can regulate my behaviour.  I use ball skills with developing competence and accuracy.  I use movement skills with developing balance and co-ordination. | **Striking and Fielding:**  I can catch a beanbag and a medium-sized ball. I can hit a ball using my hand. I can roll a ball towards a target. I can track a ball that is coming towards me. I know how to score points. I understand the rules and I am beginning to use these to play honestly and fairly. I understand when I am successful. | **Striking and Fielding:**  I am beginning to provide feedback using key words.  I am developing underarm and overarm throwing skills.  I can hit a ball using equipment with some consistency.  I can track a ball and collect it.  I can use simple tactics.  I know how to score points and can remember the score.  I understand the rules of the game and can use these to play fairly in a small group. |
| **Key Skills:**  **Physical:** run, balance, change direction, throw, catch  **Social:** work safely, communication, co-operation, support and encourage others  **Emotional:** confidence, honesty, determination, manage emotions  **Thinking:** comprehension, decision making | **Key Skills:**  **Physical:** run, change direction, throw, catch, strike  **Social:** communication, help others, respect, take turns, co-operation  **Emotional:** perseverance, honesty, determination, manage emotions  **Thinking:** comprehension, decision making, select and apply, reflection | **Key Skills:**  **Physical:** underarm throw, overarm throw, catch, track, bat  **Social:** communication, collaboration, support and encourage others, kindness  **Emotional:** manage emotions, honesty, perseverance  **Thinking:** comprehension, use tactics, select and apply, decision making | **Key Skills:**  **Physical:** overarm throw, underarm throw, catch, track, bowl, bat  **Social:** communication, encourage others, collaboration  **Emotional:** honesty, perseverance, determination, acceptance  **Thinking:** use tactics, comprehension, select and apply, decision making |

**Summer 2**

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| Nursery End Points | Reception End Points | Year 1 End Points | Year 2 End Points |
| **Sports Day Activities:**  I am beginning to explore running and stopping safely.  I am beginning to explore jumping and hopping safely.  I am beginning to throw at a target.  I am beginning to follow rules. | **Sports Day Activities:**  I am able to run and stop safely.  I am able to jump by bending my knees to allow me to land safely.  I can understand that bigger targets are easier to hit.  I know that rules help us to stay safe. | **Athletics Year 1:**  I am able to throw towards a target.  I am beginning to show balance an co-ordination when changing direction.  I am developing overarm throwing.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can work with others and make safe choices.  I try my best.  I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest. | **Athletics Year 2:**  I can describe how my body feels during exercise.  I can identify good technique.  I can jump and land with control.  I can use overarm throws to help me to throw for a distance.  I can work with others, taking turns and sharing ideas.  I show balance and co-ordination when running at different speeds.  I try my best. |
| **Key Skills:**  **Physical:** run, balance, change direction, throw, catch  **Social:** work safely, communication, co-operation, support and encourage others  **Emotional:** confidence, honesty, determination, manage emotions  **Thinking:** comprehension, decision making | **Key Skills:**  **Physical:** run, change direction, throw, catch, strike  **Social:** communication, help others, respect, take turns, co-operation  **Emotional:** perseverance, honesty, determination, manage emotions  **Thinking:** comprehension, decision making, select and apply, reflection | **Key Skills:**  **Physical:** run, balance, agility, co-ordination, hop, jump, leap, throw  **Social:** work safely, collaboration  **Emotional:** perseverance, independence, honesty, determination  **Thinking:** reflection, comprehension, select and apply skills | **Key Skills:**  **Physical:** run, jump for distance, jump for height, throw for distance, throw for accuracy  **Social:** communication, work safely, support others  **Emotional:** determination, independence  **Thinking:** comprehension, observe and provide feedback, explore ideas, select and apply |