**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 |