PE Curriculum End Points

This document outlines the 'sticky knowledge' that children will learn during the following topics.

National Curriculum Objectives: Master basic movement including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and beginning 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.

Theme: Gym	Key Stage 1/Year Groups: 1
Sticky Knowledge	
Children will: • Travel on hands and feet showing basic control and coordination. • Perform tall, thin shapes, wide shapes and tuck shapes. • Perform a pencil and egg roll showing basic control and coordination. • Carry apparatus safely. • Make up and perform a sequence of gymnastic actions with two shapes.	

Theme: Dance	Key Stage 1/Year Groups: 1
Sticky Knowledge	
Children will: • Travel from one space to another using a variety of pathways. • Remember and repeat short sequences with control. • Choose movements which reflect different ideas. • Show rhythm in dance. • Link and perform dance sequences. • Perform with others.	

Theme: Games	Key Stage 1/Year Groups: 1
Sticky Knowledge	
Children will: • Throw a ball underarm. • Roll a ball. • Catch a ball with some level of coordination and consistency. • Bounce a ball. • Throw a ball overarm. • Kick a ball.	

- Roll a hoop.
- Change direction with coordination and control.
- Use simple tactics, i.e. pretend to throw one way then throw another.

Theme: Athletics	Key Stage 1/Year Groups: 1
Sticky Knowledge	
Children will: • Run and change direction with some control. • Jump 2 feet to 2 feet for distance and land safely with control. • Explore different ways of running (slow and fast). • Complete different challenges such as throwing, running and jumping.	

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Theme: Gym	Key Stage 1 /Year Groups: 2
Sticky Knowledge	
Children will: • Perform animal movements (crab and bunny hop) with control and coordination. • Perform balances on large body parts (dish, arch, shoulders, bottom). • Perform jumps with different shapes in the air (star, straight, tuck). • Perform rolls with control (tuck and pencil). • Perform a sequence using apparatus.	

Theme: Dance	Key Stage 1/Year Groups: 2
Sticky Knowledge	
Children will: • Demonstrate different travels using the whole body and explore different levels. • Perform work with control and some confidence. • Perform with some expression and show some elements of feeling and mood. • Create work which is linked to the stimulus and contribute to the whole class performance.	

Theme: Games	Key Stage 1/Year Groups: 2
Sticky Knowledge	
Children will: • Throw a ball underarm with accuracy. • Change direction with coordination and control. • Catch a ball with some level of coordination and consistency. • Use simple tactics, i.e. running into space, pretend to throw one way then throw another. • Strike a ball off a tee. • Throw a ball overarm when fielding.	

Theme: Athletics	Key Stage 1/Year Groups: 2
Sticky Knowledge	
Children will: • Jump for distance and land on two feet. • Perform running techniques. • Throw an object overarm for distance. • Throw an object underarm. • Complete an obstacle course with speed and agility.	

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National Curriculum: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (e.g. basketball, cricket, rounders, hockey, tennis, football and netball) and apply basic principles for attacking and defending. Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance (e.g. through athletics and gymnastics). Take part in outdoor and adventurous activity challenges both individually and within a team. Compare performances with previous ones and demonstrate improvement to achieve their personal best.

Theme: Gym	Key Stage 2 /Year Groups: 3
Sticky Knowledge	
Children will: • Perform balances on 1 foot and 2, 3 and 4 small body parts with stillness. • Travel on hands and feet, jump 2 feet to 2 feet with control and perform rolling actions showing good control. • Create and perform a gymnastic sequence of at least 6 actions, showing a clear beginning, middle and end including different levels. • Use apparatus to perform a sequence.	

Theme: Dance	Key Stage 2 /Year Groups: 3
Sticky Knowledge	
Children will: • Demonstrate good timing and unison skills when performing a dance. • Use at least two different methods of travelling in their 8 counts. • Work with others to improve dance. • Create a short dance sequence using a variety of stimulus.	

Theme: Games	Key Stage 2 /Year Groups: 3
Sticky Knowledge	
Children will: • Throw, strike, catch and kick a ball with control and accuracy. • Move away from a defender into space and receive a ball. • Communicate with teammates. • Follow rules. • Throw a ball using a chest pass and bounce pass with control and accuracy. • Return a ball quickly and with some accuracy when fielding.	

Theme: Athletics	Key Stage 2 /Year Groups: 3
Sticky Knowledge	
Children will: • Sprint over a short distance. • Run over a longer distance and understand the need to conserve energy. • Throw and hit a target with accuracy. • Choose the correct type of throw to different targets and distances. • Jump in a number of ways, using long and short run ups.	

Theme: Outdoor and Adventure	Key Stage 2 /Year Groups: 3
Sticky Knowledge	
Children will: • Navigate safely around an area to each control site. • Orientate a map. • Use a control card. • Read and understand some symbols on an orienteering map. • Collect and record correct information.	

• Manage my emotions when working as part of a team.

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Theme: Gym	Key Stage 2/Year Groups: 4
Sticky Knowledge	
Children will: • Perform basic rolling actions. • Perform balances including one – footed, dish and arch balances. • Perform a two footed jump and land with ½ and ¼ turns. • Create a sequence of up to 6 elements with changes of level and direction and clarity and shape. • Attempt a shoulder stand and arabesque with some control. • Set a goal and improve performance.	

Theme: Dance	Key Stage 2/Year Groups: 4
Sticky Knowledge	
Children will: • Perform a dance phrase in canon and unison. • Perform different ways of travelling and moving.	

- Create a group dance that shows contact, unison, changes of direction, formations and dynamics.
- Create own movement using words as inspiration.
- Support others to create a sequence.

Theme: Games	Key Stage 2/Year Groups: 4
Sticky Knowledge	

Children will:

- Throw, strike, catch and kick a ball with control and accuracy.
- Move away from a defender into space and receive a ball.
- Choose throwing skills to make the game hard for opponents.
- Follow rules and accept the rules of officials, even if there is disagreement.
- Use tactics when running with a ball (travelling with the ball to beat a defender).

Theme: Athletics	Key Stage 2/Year Groups: 4
Sticky Knowledge	

Children will:

- Sprint over a short distance.
- Run over a long distance and understand the need to conserve energy.
- Throw and hit a target with accuracy.
- Choose the correct type of throw to different targets and distances.
- Jump in a number of ways.
- Improve my performance and not worry about other people.

Theme: Outdoor and Adventure	Key Stage 2 /Year Groups: 4
Sticky Knowledge	

Children will:

- Cooperate with teammates to solve a problem.

- Try different solutions without fear or failure.
- Demonstrate concise instructions during a challenge.
- Demonstrate teamwork through agreeing on a plan taking everybody's view into account.

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Theme: Gym	Key Stage 2/Year Groups: 5
Sticky Knowledge	
Children will: • Perform a counter- balance with a partner. • Perform matched and mirrored shapes with a partner. • Perform a counter- balance with a partner using apparatus. • Create a sequence with a partner of 8 elements, including counter-balance and counter-tension balances. • Identify sequences that are performed with fluency, accuracy and consistency.	

Theme: Dance	Key Stage 2/Year Groups: 5
Sticky Knowledge	
Children will: • Perform a dance in unison as part of a group. • Use a prop as part of a dance phrase. • Perform part of a dance sequence in canon as part of a group. • Work with a partner to create a duet and use a prop. • Work in small groups to improve my dance. • Work with others and give feedback and suggest ways to improve their sequences	

Theme: Games	Key Stage 2/Year Groups: 5
Sticky Knowledge	
Children will: • Use techniques for passing a ball (chest pass, bounce pass) and catch with consistency, accuracy, confidence and control. • Make decisions on when to pass a ball in an invasion game situation. • Use defending skills appropriately in games. • Use attacking skills appropriately in games (supporting players in possession). • Field and throw a ball back overarm with accuracy.	

Theme: Athletics	Key Stage/Year Groups: 5
Sticky Knowledge	
Children will: • Perform a pull and push throw. • Perform a sling and heave throw. • Understand the difference between different throws and when to use which throw. • Perform a combination of jumps.	

- Use the correct running techniques at different speeds.
- Show determination when performing skills that are difficult.

Theme: Outdoor and Adventure	**Key Stage 2 /Year Groups: 5**
Sticky Knowledge	
Children will: • Orientate a map. • Know the 8 -points of a compass. • Record a control card accurately. • Use an 8-point compass to follow a route. • Keep a map orientated when travelling around a course. • Share ideas when working with others	

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Theme: Gym	Key Stage 2/Year Groups: 6
Sticky Knowledge	
Children will: • Perform a counter- balance and counter tension balance with a partner using apparatus. • Perform a sequence with a partner in unison and canon. • Create a sequence with a partner of 8 elements, including counter-balance and counter-tension balance. • Recognise ways to improve or develop a sequence. • Use success criteria to evaluate success.	

Theme: Dance	Key Stage 2/Year Groups: 6
Sticky Knowledge	
Children will: • Suggest actions and demonstrate a movement idea to represent this. • Perform partner balance or shapes in a group dance.	

- Perform one or more of the following: exaggerated movement, whole body actions, facial expressions, to demonstrate character.
- Work with others to improve and rehearse dances.
- Dance to the best of their ability.

Theme: Games	Key Stage 2/Year Groups: 6
Sticky Knowledge	
Children will: • Use techniques for passing a ball (chest pass, bounce pass) and catch with consistency, accuracy, confidence and control. • Make decisions on when to pass a ball in an invasion game situation. • Use defending skills appropriately in games. • Use attacking skills appropriately in games (supporting players in possession). • Bowl overarm with accuracy and consistency.	

Theme: Athletics	Key Stage 2/Year Groups: 6
Sticky Knowledge	
Children will: • Perform a pull and push throw and a sling and heave throw. • Understand the difference between different throws and when to use which throw. • Perform jumping by taking off and landing in different ways. • Understand which running technique to use for different distances. • Set a goal and be committed to improving.	

Theme: Outdoor and Adventure	Key Stage 2 /Year Groups: 6
Sticky Knowledge	
Children will: • Orientate a map.	

- Know the 8 -points of a compass.
- Record a control card accurately.
- Use an 8 -point compass to follow a route.
- Keep a map orientated as they travel around a course.
- Share ideas when working with others and plan routes making appropriate decisions.

Theme: Swimming	Key Stage 2 /Year Groups: 6
Sticky Knowledge	
Children will: • 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 situations.	