

Physical Education

Curriculum End Points



Year 1

Unit: Health & Well-being

- Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.
- Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.
- Pupils will develop life skills such as empathy and fairness as they collaborate with each other to complete the circuits.
- Pupils will demonstrate honesty and self-belief as they try their hardest to improve their performances and keep their score.

Unit: Locomotion – Running 1

- Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.
- Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.
- Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.
- Pupils will develop life skills such as honesty and self-belief as they strive to run as fast as possible, ensuring they are playing by the rules.

Unit: Locomotion – Jumping 1

- Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump into spaces to avoid the defenders.
- Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.
- Pupils will start to give and receive feedback concerning the jumping technique. Fairness will be applied as pupils play by the rules.
- Pupils will continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.

Unit: Ball Skills – Hands 1

- Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball.
- Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.
- Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.
- Pupils will develop and apply life skills such as self-belief and honesty as they strive to improve their own performance and always keep the score playing fairly.

Unit: Ball Skills – Feet 1

- Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.
- Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.
- Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.
- Pupils will develop and apply life skills such as self-belief and honesty as they strive to improve their own performance and always keep the score playing fairly.

Unit: Gymnastics – Body Parts

- Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.
- Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.
- Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- Pupils will develop their self-belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.

Unit: Outdoor Adventure Activities – Team Building

- Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully.
- Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics.
- Pupils will develop life skills such as empathy and fairness as they work together to complete the challenges.
- Pupils will develop life skills such as courage and self-belief as they try their hardest to complete the different challenges.

Unit: Dance – The Zoo

- Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear.
- Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.
- Pupils can demonstrate fairness and empathy as they work well with others, creating their movements and sequences.
- Pupils will develop life skills such as self-belief and courage as they create their sequences including more advanced compositional elements.

Unit: Ball Skills – Rackets, Bats & Balls

- Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target.
- Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.
- Pupils will develop life skills such as fairness and empathy as they listen to others and work collaboratively together.
- Pupils will apply life skills such as self-belief and integrity as they strive to improve their own performance, even if they find it challenging.

Unit: Gymnastics – Wide, Narrow, Curled

- Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.
- Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.
- Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.
- Pupils will develop their self-belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.

Unit: Games for Understanding

- Pupils will be able to run and stay in a space, changing direction and speed to avoid defenders. When defending, pupils will successfully make a tag.
- Pupils will start to create and apply simple tactics for attacking and defending.
- Pupils will develop an understanding of why rules are important in a game. Pupils will develop life skills such as empathy and fairness as they collaborate with their own team and the opposing team to ensure they play the games fairly.
- Pupils will continue to develop and apply honesty as they play by the rules and keep the score.

Unit: Dance – Heroes

- Pupils can move in relation to music and respond with appropriate movements / actions. Pupils can ensure movements are big and clear.
- Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.
- Pupils can demonstrate fairness and empathy as they work well with others, creating their movements and sequences.
- Pupils will develop life skills such as self-belief and courage as they create their sequences including more advanced compositional elements.