

# Physical Education

## Curriculum End Points



### EYFS

#### Unit: Dance – Nursery Rhymes

- Pupils will move their bodies with big actions linked to the nursery rhymes.
- Pupils will develop their curiosity and imagination as they experiment moving in different ways.
- Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.
- Pupils will develop their self-belief as they move and travel with confidence.

#### Unit: Locomotion – Walking

- Pupils will develop their ability to walk and move into space, change direction and keep away from the defenders.
- Pupils will develop an understanding of why we move into space as they explore moving and walking.
- Pupils will develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.
- Pupils will develop their own self belief as they move and travel with confidence.

#### Unit: Locomotion – Jumping

- Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders.
- Pupils will explore their curiosity as they try jumping in a variety of different ways.
- Pupils will develop life skills such as fairness and empathy as they play by the rules and encourage other pupils.
- Pupils will show courage as they apply developing confidence while exploring their jumping skills.

## Unit: Gymnastics – Moving

- Pupils will be able to move and balance in high and low ways, applying champion gymnastics criteria, both on the floor and on apparatus.
- Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.
- Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.
- Pupils will begin to show self-belief as they travel with confidence, over, under and through apparatus.

## Unit: Dance – Ourselves

- Pupils will move their bodies with big actions linked to the idea of 'ourselves'.
- Pupils will develop their curiosity and imagination as they experiment moving in different ways.
- Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.
- Pupils will develop their self-belief as they move and travel with confidence.

## Unit: Ball Skills – Hands 1

- Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.
- Pupils will develop their concentration skills by focusing on the ball as they move it. Pupils will use their imagination as they take part in game activities.
- Pupils will develop life skills such as gratitude and empathy as they encourage and support each other.
- Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.

## Unit: Gymnastics – High, Low, Over, Under

- Pupils will be able to move and balance in high and low ways, applying champion gymnastics criteria, both on the floor and on apparatus.
- Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.
- Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.
- Pupils will begin to show self-belief as they travel with confidence, over, under and through apparatus.

## Unit: Ball Skills – Hands 2

- Pupils will develop their ability to throw, roll and stop a ball with control. Pupils will explore catching and will be ready to receive a ball.
- Pupils will develop life skills such as concentration by focusing on the ball and the target. Pupils will listen carefully and follow the instructions.
- Pupils will develop life skills such as fairness and empathy as they encourage and support each other.
- Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.

## Unit: Ball Skills – Feet 1

- Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders.
- Pupils will apply developing concentration skills as they focus on the ball and listen to all the instructions.
- Pupils will develop life skills such as fairness and empathy as they encourage and support each other.
- Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.

## Unit: Dance – Dinosaurs

- Pupils will move their bodies with big actions as they explore moving as different types of dinosaurs.
- Pupils will develop their curiosity and imagination as they experiment moving in different ways.
- Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.
- Pupils will develop their self-belief as they move and travel with confidence.

## Unit: Games for Understanding

- Pupils will be able to move into spaces avoiding other pupils. Pupils will also be able to adjust their speed and change direction to avoid other pupils.
- Pupils will experiment moving in different ways, moving confidently and concentrating on any instructions.
- Pupils will develop life skills such as fairness, while playing by the rules of the game and empathy when they need to encourage others.
- Pupils will start to explore honesty, as they learn to keep the score and self-belief, understanding why it is important to try our hardest.

## Unit: Ball Skills – Rackets, Bats, Balls & Balloons

- Pupils will be able to push/hit their balloon with both hands, keeping control. Pupils will also be able to balance their object on their racket/bat.
- Pupils will be able to focus on the balloon /object and use their rackets/bats safely. Pupils will understand why we send the balloon into space when hitting.
- Pupils will show a developing understanding of fairness and empathy as they play by the rules and encourage others.
- Pupils will apply life skills such a self-belief and courage as they try new skills and work hard to improve their control.