



Forton Primary School
Physical Education End Points

INTENT	<i>It is our intent to develop physical and mental confidence through a range of challenging, stimulating and creative activities, which foster resilience, teamwork and fun.</i>		
PUPILS ARE ENABLED TO...	To be CREATIVE, competitive and to face up to different challenges as individuals and in groups and teams, developing positive attitudes towards healthy lifestyles.		
EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<ul style="list-style-type: none"> • Children show good control and co-ordination in large and small movements. • They move confidently in a range of ways, safely negotiating space. • Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. • Children sing songs, make music and dance, and experiment with ways of changing them. • They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories. 	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. • Move with some control and awareness of space. 	<ul style="list-style-type: none"> • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Lead others and act as a respectful team member. • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Swim unaided. • Compete with others and aim to improve personal best performances. • Show an ability to both lead and form part of a team. • Support others 	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. • Compose creative and imaginative dance sequences. • Create complex and well-executed sequences that include a full range of movements including: travelling / balances /swinging /springing / flight /vaults / inversions /rotations /bending, stretching and twisting /gestures / linking skills.



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			<ul style="list-style-type: none">• Practice and refine the gymnastic techniques used in performances (listed above).• Swim unaided.
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