

PE Curriculum Map

30-50 Months	Physical Development	Moving and Handling	<p><i>End point – Most pupils will be able-</i></p> <p>To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>To mount stairs, steps or climbing equipment using alternate feet.</p> <p>To walk downstairs, two feet to each step, while carrying a small object.</p> <p>To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> <p>To stand momentarily on one foot when shown.</p> <p>To catch a large ball.</p> <p>To draw lines and circles using gross motor movements</p>	Control
				Teamwork
				Strategy
				Performance
		Health and Self-Care	<p><i>End point – Most pupils will be able-</i></p> <p>To observe the effects of activity on their bodies.</p> <p>To understand that equipment and tools have to be used safely</p>	Control
				Teamwork
				Strategy
				Performance
	Expressive Arts and Design	Exploring and Using Media and Materials	<p><i>End point – Most pupils will be able-</i></p> <p>To enjoy joining in with dancing and ring games.</p> <p>To begin to move rhythmically.</p> <p>To imitate movement in response to music.</p> <p>To tap out simple repeated rhythms.</p>	Control
				Teamwork
			Strategy	
			Performance	
	Being Imaginative	<p><i>End point – Most pupils will be able-</i></p> <p>To develop preferences for forms of expression.</p> <p>To use movement to express feelings.</p> <p>To create movement in response to music.</p> <p>To capture experiences and responses with a range of media, such as music, dance and paint and other materials or words.</p>	Control	
			Teamwork	
			Strategy	
			Performance	
40-60 Months	Physical Development	Moving and Handling	<p><i>End point – Most pupils will be able-</i></p> <p>To experiment with different ways of moving.</p> <p>To jump off an object and land appropriately.</p> <p>To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>To travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>To show increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	Control
				Teamwork
				Strategy
				Performance
		Health and Self-Care	<p><i>End point – Most pupils will be able-</i></p> <p>To show understanding of the need for safety when tackling new challenges and consider and manage some risks.</p> <p>To show understanding of how to transport and store equipment safely.</p> <p>To practice some appropriate safety measures without direct supervision.</p>	Control
				Teamwork
			Strategy	
			Performance	

	Expressive Arts and Design	Being Imaginative	<p><i>End point – Most pupils will be able-</i> To initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.</p>	Control
				Teamwork
				Strategy
				Performance
Early Learning Goals	Physical Development	Moving and Handling	<p><i>End point – Most pupils will be able-</i> To show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	Control
				Teamwork
				Strategy
	Health and Self-Care	<p><i>End point – Most pupils will be able-</i> To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe</p>	Performance	
			Control	
			Teamwork	
Expressive Arts and Design	Being Imaginative	<p><i>End point – Most pupils will be able-</i> To represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories</p>	Strategy	
			Control	
			Teamwork	
			Performance	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><b>Sports and Games</b> <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To send an object with increased confidence using hand or bat</li> <li>-To move towards a moving ball to return with hand or bat</li> <li>-To score points against opposition over a line/net</li> <li>-To select and apply skills to win points</li> <li>-To chase, stop and controls balls and other objects such as beanbags and hoops</li> <li>-To identify space to send a ball</li> <li>-To be able to send an object in isolation</li> <li>-To move towards a moving ball to return it with hand or bat</li> <li>-To demonstrate basic sending skills in isolation</li> </ul>	<p><b>Gymnastics</b> <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To show basic control and coordination when travelling and when remaining still.</li> <li>-To choose and link 'like' actions; can remember and repeat these actions accurately and consistently.</li> <li>-To find and use space safely, with an awareness of others.</li> <li>-To copy the basic actions of gymnasts; can use words such as rolling, travelling, balancing and climbing.</li> <li>-To make their body tense, relaxed, stretched and curled; can describe what they do in their movement phrases.</li> </ul>	<p><b>Team Games</b> <i>End point – Most pupils will be able -</i></p> <ul style="list-style-type: none"> <li>-To use basic underarm, rolling and hitting skills</li> <li>-To use overarm skills e.g. throwing a bean bag</li> <li>-To intercept, retrieve and stop a beanbag and a medium - sized ball with some consistency</li> <li>-To sometimes catch a beanbag and a medium -sized ball</li> <li>-To track balls and other equipment sent to them, moving in line with the ball to collect it</li> </ul>	<p><b>Team Games</b> <i>End point – Most pupils will be able -</i></p> <ul style="list-style-type: none"> <li>-To throw, hit and kick a ball in a variety of ways, depending on the needs of the game</li> <li>-To choose different ways of hitting, throwing, striking or kicking the ball</li> <li>-To decide where to stand to make it difficult for their opponent and to understand the term defend</li> <li>-To describe what they and others are doing</li> <li>-To describe how their body feels during games</li> </ul>	<p><b>Dance</b> <i>End point – Most pupils will be able -</i></p> <ul style="list-style-type: none"> <li>-To perform basic body actions</li> <li>-To use different parts of the body singly and in combination</li> <li>-To show some sense of dynamic, expressive and rhythmic qualities in their own dance</li> <li>-To choose appropriate movements for different dance ideas</li> <li>-To remember and repeat short dance phrases and simple dances</li> <li>-To move with control</li> <li>-To vary the way they use space</li> <li>-To describe basic body actions and simple expressive and dynamic qualities of movement</li> </ul>	<p><b>Athletics</b> <i>End point – Most pupils will be able -</i></p> <ul style="list-style-type: none"> <li>-To evaluate their performance using time; Know and understand quicker and slower ways of travelling</li> <li>-To Develop fundamental movement skills. E.g. hopping, skipping</li> <li>-To engage in competitive and cooperative physical activities in a range of increasingly</li> </ul>

	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance
Year 2	<p><b>Sports and Games</b>  <i>End point – Most pupils will be able -</i>            -To demonstrates basic sending skills in isolation and small games</p> <p>-To track the path of ball over a line/net and move towards it</p> <p>-To hit a ball using both hand and racquet with some consistency</p> <p>-To returns a ball coming towards them using hand or racquet</p> <p>-To play in a modified game send and returning the ball over a line/barrier</p> <p>-To decide on and play with dominant hand</p> <p>-To be able to send a ball in small games with increased confidence</p> <p>-To track the path of a ball over a line/net and moves towards it</p>	<p><b>Gymnastics</b>  <i>End point – Most pupils will be able -</i>            -To plan and repeat simple sequences of actions; can show contrasts in shape.</p> <p>-To perform the basic gymnastic actions with coordination, control and variety.</p> <p>-To recognise and describe how they feel after exercise; can describe what their bodies feel like during gymnastic activity</p> <p>-To describe what they and others have done; can say why they think gymnastic actions are being performed well.</p>	<p><b>Team Games</b>            Tag rugby, Dodgeball, Bench ball, Football and Hockey</p> <p><i>End point – Most pupils will be able -</i></p> <p>-To show awareness of opponents and team -mates when playing games</p> <p>-To perform basic skills of rolling, striking and kicking with more confidence</p> <p>-To apply these skills in a variety of simple game;</p> <p>-To be able to throw and catch a ball with a team member;</p> <p>-To know and understand the term intercept</p>	<p><b>Team Games</b>            Tag rugby, Dodgeball, Bench ball, Football and Hockey</p> <p><i>End point – Most pupils will be able -</i></p> <p>-To make choices about appropriate targets, space and equipment</p> <p>-To use a variety of simple tactics</p> <p>-To describe how their bodies work and feel when playing games</p> <p>-To work well with a partner and in a small group to improve their skills</p> <p>-To be able to catch a moving ball Know and understand the term 'feed'</p> <p>-To describe what they and others are doing</p> <p>-To describe how their body feels during games</p>	<p><b>Dance</b>  <i>End point – Most pupils will be able -</i>            -To perform body actions with control and coordination.</p> <p>-To choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling.</p> <p>-To link actions; can remember and repeat short dance phrases.</p> <p>-To show an understanding of expressive qualities;</p> <p>-To describe the mood, feelings and expressive qualities of dance.</p> <p>-To describe how dancing affects their body;</p> <p>-To understand why it is important to be active</p> <p>.</p> <p>-To suggest ways they could improve their work.</p>	<p><b>Athletics</b>  <i>End point – Most pupils will be able -</i>            -To attempt a variety of throwing techniques in order to improve accuracy</p> <p>-To know and understand how the position of the body affects throwing performance</p> <p>-To develop fundamental movement skills, becoming increasingly competent and confident</p> <p>-To access a broad range of activities to extend their agility, balance and coordination.</p> <p>-To engage in competitive and cooperative physical Activities in a range of increasingly challenging situations.</p>

	-To demonstrate sending skills in isolation and basic games			-To be aware of space and use it to support team-mates and cause problems for the opposition		-To Know and understand how different jumping techniques affect distance travelled.
	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance
Year 3	<p><b>Football</b> End point – Most pupils will be able -</p> <p>-To develop controlling the ball and dribbling.</p> <p>-To develop passing to a teammate</p> <p>-To be able to control the ball with different parts of the body</p> <p>-To develop changing direction with the ball</p> <p>-To be able to jockey and track an opponent</p> <p>-To apply the skills in a game related scenario</p>	<p><b>Netball</b> End point – Most pupils will be able -</p> <p>-To develop passing and moving with the footwork rule</p> <p>-To develop passing and moving towards a goal</p> <p>-To develop movement skills to lose a defender</p> <p>-To defend an opponent and try to win the ball</p> <p>-To develop the shooting action</p> <p>-To apply skills in a game related scenario</p>	<p><b>Outdoor Adventurous Activity</b> End point – Most pupils will be able -</p> <p>- To develop co-operation and teamwork skills.</p> <p>-To develop trust and team work.</p> <p>-To involve all team members in an activity and work towards a collective goal.</p> <p>-To develop trust and accept support whilst listening to others and following instructions.</p> <p>-To be able to identify objects on a map, draw and follow a simple map.</p> <p>-To draw a route using directions.</p>	<p><b>Tennis</b> End point – Most pupils will be able -</p> <p>-To develop racket and ball control.</p> <p>-To develop returning the ball using a forehand groundstroke.</p> <p>-To be able to rally using a forehand.</p> <p>-To develop the two handed backhand.</p> <p>-To work collaboratively with a partner and compete against others.</p>	<p><b>Athletics</b> End point – Most pupils will be able -</p> <p>-To develop the sprinting technique and improve on your personal best.</p> <p>-To develop changeover in relay events.</p> <p>-To develop jumping technique in a range of approaches and take off positions.</p> <p>-To develop throwing for distance and accuracy.</p> <p>-To develop throwing for distance in a pull throw.</p> <p>-To develop officiating and performing skills.</p>	<p><b>Rounders</b> End point – Most pupils will be able -</p> <p>-To play different roles in a game and begin to think tactically about each role.</p> <p>-To develop the bowling action and learn the rules of bowling.</p> <p>-To run around the outside of the bases and make decisions about when to stop and when to run.</p> <p>-To field a ball using a two handed pick up and a short barrier.</p> <p>-To develop batting technique and an understanding of where to hit the ball.</p> <p>-To apply the skills and rules learnt to play rounders.</p>



Year 4	<b>Tag Rugby</b> <i>End point – Most pupils will be able -</i>  -To develop throwing, catching and running with the ball.  -To develop an understanding of tagging rules.  -To begin to use the 'forward pass' and 'off side' rule.  -To be able to dodge a defender and move into space when running towards the goal.  -To develop defending skills and use them in a game situation.  -To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament.	<b>Dodgeball</b> <i>End point – Most pupils will be able -</i>  -To learn the rules of dodgeball and apply them to a game situation.  -To develop throwing at a moving target.  -To use jumps, dodges and ducks to avoid being hit.  -To develop catching a dodgeball at different heights.  -To learn how to block using the ball.  -To understand the rules of dodgeball and use them to play in a tournament.	<b>Hockey</b> <i>End point – Most pupils will be able -</i>  -To develop sending the ball with a push pass.  -To develop receiving the ball.  -To develop dribbling using the reverse stick (Indian dribble).  -To develop moving into space after passing the ball.  -To be able to use an open stick tackle.  -To apply defending and attacking principles and skills in a hockey tournament.	<b>Cricket</b> <i>End point – Most pupils will be able -</i>  -To develop overarm throwing and catching.  -To develop underarm bowling.  -To learn how to grip the bat and develop batting technique.  -To be able to field a ball using a two handed pick up and a short barrier.  -To develop overarm - bowling technique. -To play and apply skills learnt to mini cricket.	<b>Athletics</b> <i>End point – Most pupils will be able -</i>  -To develop stamina and an understanding of speed and pace in relation to distance.  -To develop power and speed in the sprinting technique.  -To develop technique when jumping for distance.  -To develop power and technique when throwing for distance.  -To develop a pull throw for distance and accuracy.  -To develop officiating and performing skills.	<b>Rounders</b> <i>End point – Most pupils will be able -</i>  -To develop the bowling action and understand the role of the bowler.  -To understand the mechanics of getting a player out using the bases.  -To develop batting technique.  -To make decisions about where and when to send the ball to stump a batter out.  -To develop a variety of fielding techniques and when to use them in a game.  -To develop long and short barriers in fielding and when to use them.  -To apply the rules and skills you have learnt to play in a rounder's tournament.
	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance
	<b>Tennis</b> <i>End point – Most pupils will be able -</i>	<b>Gymnastics</b> <i>End point – Most pupils will be able -</i>	<b>Dance</b> <i>End point – Most pupils will be able-</i>	<b>Basketball</b> <i>End point – Most pupils will be able-</i>	<b>Swimming</b> <i>End point – Most pupils will be able-</i>	<b>Swimming</b> <i>End point – Most pupils will be able-</i>

	<ul style="list-style-type: none"> <li>-To explore shots on both sides of the body and attempt with confidence;</li> <li>-To use forehand and backhand</li> <li>-To use a small range of racquet/hand skills</li> <li>-To work with a partner / small groups to return a served ball</li> <li>-To play competitively with others and against others in modified games</li> <li>-To use basic defensive tactics to defend the court i.e. moving to different positions on the court</li> <li>-To choose ways to send the ball to make it difficult for opponent to return</li> <li>-To suggest and lead warm ups that prepare the body appropriately for net/wall activities</li> <li>-To enjoy communicating, collaborating and competing with each other</li> </ul>	<ul style="list-style-type: none"> <li>-To develop individual and partner balances</li> <li>-To develop control in performing and landing rotation jumps</li> <li>-To develop the straight, barrel and forward roll</li> <li>-To develop strength in inverted movements</li> <li>-To create a partner sequence to include apparatus</li> </ul>	<ul style="list-style-type: none"> <li>-To respond imaginatively to a range of stimuli related to character and narrative</li> <li>-To use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group</li> <li>-To refine, repeat and remember dance phrases and dances</li> <li>-To perform dances clearly and Fluently</li> <li>-To show sensitivity to the dance idea and the accompaniment</li> <li>-To show a clear understanding of how to warm up and cool down safely</li> </ul>	<ul style="list-style-type: none"> <li>-To develop the attacking skill of dribbling.</li> <li>-To be able to use protecting dribbling against an opponent.</li> <li>-To develop the bounce and chest pass and begin to recognise when to use them.</li> <li>-To develop tracking and defending an opponent.</li> <li>-To develop the technique for the set shot.</li> <li>-To be able to apply the skills, rules and tactics you have learnt to compete in a mini tournament</li> </ul>	<ul style="list-style-type: none"> <li>-To develop an understanding of buoyancy and balance in the water.</li> <li>-To develop independent movement and submersion.</li> <li>-To develop gliding and crawl legs.</li> <li>-To develop front crawl breathing.</li> <li>-To develop gliding and backstroke.</li> <li>-To develop rotation, sculling and treading water.</li> </ul>	<ul style="list-style-type: none"> <li>-To develop surface dives, submersion and handstands.</li> <li>-To develop head above water breaststroke technique</li> <li>-To develop head above water breaststroke technique.</li> <li>-To develop basic skills in water safety and floating.</li> <li>-To learn techniques for personal survival.</li> <li>-To develop water safety skills and an understanding of personal survival.</li> </ul>
--	--	--	--	---	--	---



	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance
Year 5	<p><b>Football</b> End point – Most pupils will be able-</p> <ul style="list-style-type: none"> <li>-To be able to dribble to ball under pressure</li> <li>-To be able to pass the ball accurately</li> <li>-To use different turns</li> <li>-To use defending skills to gain possession</li> <li>-To develop goal keeping skills</li> <li>-To apply the tactics in a game related scenario</li> </ul>	<p><b>Netball</b> End point – Most pupils will be able-</p> <ul style="list-style-type: none"> <li>-To develop passing and moving</li> <li>-To use the attacking principle of creating and using space</li> <li>-To be able to change direction and lose a defender</li> <li>-To be able to defend ball side and know when to intercept</li> <li>-To develop the shooting action</li> <li>-To apply skills in a game related scenario</li> </ul>	<p><b>Outdoor Adventurous Activity</b> End point – Most pupils will be able-</p> <ul style="list-style-type: none"> <li>-To build communication and trust whilst showing an awareness of safety.</li> <li>-To work as a team to solve problems, sharing ideas and collaborating with one another.</li> <li>-To develop tactical planning and problem solving.</li> <li>-To share ideas and work as a team to solve problems.</li> <li>-To develop navigational skills and map reading.</li> <li>-To be able to use a key to identify objects and locations.</li> </ul>	<p><b>Tennis</b> End point – Most pupils will be able-</p> <ul style="list-style-type: none"> <li>-To develop returning the ball using a forehand groundstroke.</li> <li>-To develop returning the ball using a backhand groundstroke.</li> <li>-To work cooperatively with a partner to keep a continuous rally.</li> <li>-To develop the underarm serve and understand the rules of serving.</li> <li>-To develop the volley and understand when to use it.</li> <li>-To use a variety of strokes to outwit and opponent.</li> </ul>	<p><b>Athletics</b> End point – Most pupils will be able-</p> <ul style="list-style-type: none"> <li>-To be able to apply different speeds over varying distances.</li> <li>-To develop fluency and coordination when running for speed.</li> <li>-To develop technique in relay changeovers.</li> <li>-To develop technique and coordination in the triple jump.</li> <li>-To develop throwing with force for longer distances.</li> <li>-To develop throwing with greater control and technique.</li> </ul>	<p><b>Rounders</b> End point – Most pupils will be able-</p> <ul style="list-style-type: none"> <li>-To develop the bowling action and understand the role of the bowler.</li> <li>-To develop batting technique.</li> <li>-To make decisions about where and when to send the ball to stump a batter out.</li> <li>-To develop a variety of fielding techniques and when to use them in a game.</li> <li>-To develop long and short barriers in fielding and when to use them.</li> <li>-To apply the rules and skills you have learnt to play in a rounder's tournament.</li> </ul>
	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance
	Yoga	Gymnastics	Dance	Health and fitness	Swimming	Swimming

	<p><i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop an understanding of yoga.</li> <li>-To develop strength through yoga flows.</li> <li>-To create your own flow showing quality in control, balance and technique.</li> <li>-To develop balance - through yoga flows.</li> <li>-To work collaboratively to create a controlled paired yoga flow.</li> <li>-To create your own yoga flow that challenges technique, balance and control.</li> </ul>	<p><i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To be able to perform symmetrical and asymmetrical balances</li> <li>-To develop straight, forward, backward and straddle roll</li> <li>-To explore different methods of travelling, linking actions in both cannon and synchronisation</li> <li>-To perform progression of inverted movements</li> <li>-To explore matching and mirroring actions on the floor and on apparatus</li> <li>-To create a partner sequence using apparatus</li> </ul>	<p><i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To compose motifs and plan dances creatively and collaboratively in groups</li> <li>-To adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use</li> <li>-To perform different styles of dance clearly and fluently;</li> <li>-To organise their own warmup and cool-down exercises</li> <li>-To show an understanding of safe exercising</li> <li>-To recognise and comment on dances, showing an understanding of style</li> <li>-To suggest ways to improve their own and other people's work</li> </ul>	<p><i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop and awareness of what the body is capable of</li> <li>-To develop speed and strength</li> <li>-To complete actions to develop coordination</li> <li>-To develop actions to improve coordination</li> <li>-To develop actions to improve agility</li> <li>-To complete actions to develop balance</li> <li>-To complete actions to develop stamina</li> </ul>	<p><i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop gliding, front crawl and backstroke.</li> <li>-To develop rotation, sculling and treading water.</li> <li>-To develop the front crawl stroke and breathing technique.</li> <li>-To develop the technique for backstroke arms and legs.</li> <li>-To develop breaststroke technique.</li> <li>-To develop breaststroke and breathing technique.</li> </ul>	<p><i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop basic skills of water safety and floating.</li> <li>-To learn techniques for personal survival.</li> <li>-To develop water safety skills and an understanding of personal survival.</li> <li>-To increase endurance in swim challenges.</li> <li>-To identify fastest strokes and personal bests</li> </ul>
--	---	--	---	---	--	--

	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance
Year 6	<p><b>Tag Rugby</b>  <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop attacking principles, understanding when to run and when to pass.</li> <li>-To be able to use the 'forward pass' and 'offside' rules.</li> <li>-To be able to play games using tagging rules.</li> <li>-To develop dodging skills to lose a defender.</li> <li>-To develop drawing defence and understanding when to pass.</li> <li>-To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</li> </ul>	<p><b>Basketball</b>  <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop protective dribbling against an opponent.</li> <li>-To be able to move into space to support a teammate.</li> <li>-To be able to choose when to pass and when to dribble.</li> <li>-To be able to track an opponent and use defensive techniques to win the ball.</li> <li>-To be able to perform a set shot and a jump shot.</li> <li>-To be able to apply the rules and tactics you have learnt to play in a basketball tournament.</li> </ul>	<p><b>Tennis</b>  <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop returning the ball using a backhand groundstroke.</li> <li>-To keep score in a game using proper vocabulary.</li> <li>-To maintain a rally with a partner.</li> <li>-To develop an overarm serve.</li> <li>-To use a volley during a game.</li> <li>-To use a variety of strokes to outwit and opponent</li> <li>-To demonstrate the lines which are used for singles and doubles play.</li> </ul>	<p><b>Cricket</b>  <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop throwing accuracy and catching skills.</li> <li>-To develop batting accuracy and directional batting.</li> <li>-To develop catching skills (close/deep catching and wicket keeping).</li> <li>-To develop overarm bowling technique and accuracy.</li> <li>-To develop a variety of fielding techniques and to use them within a game.</li> <li>-To develop long and short barriers and apply them to a game situation.</li> </ul>	<p><b>Athletics</b>  <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To work collaboratively with a partner to set a steady pace.</li> <li>-To develop your own and others sprinting technique.</li> <li>-To develop power, control and technique for the triple jump.</li> <li>-To develop power, control and technique when throwing for distance.</li> <li>-To develop throwing wit force and accuracy for longer distances.</li> <li>-To work collaboratively in a team to develop the officiating skills of</li> </ul>	<p><b>Rounders</b>  <i>End point – Most pupils will be able-</i></p> <ul style="list-style-type: none"> <li>-To develop the role of the bowler</li> <li>-To improve accuracy of batting.</li> <li>-To work together as a team to get multiple players out.</li> <li>-To develop a variety of fielding techniques and when to use them in a game.</li> <li>-To develop a variety of fielding techniques and when to use them in a game.</li> <li>-To use the long and short barriers accurately during play</li> <li>-To take part in a competitive rounders competition.</li> </ul>

					measuring, timing and recording.	
	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance
	<b>Hockey</b> <i>End point – Most pupils will be able-</i>  -To develop dribbling to beat a defender,  -To develop sending the ball using a push pass.  -To develop receiving the ball with control.  -To be able to move into space to support a teammate.  -To develop using and open stick (block) tackle to gain possession of the ball.  -To apply the rules and skills you have learn to play a hockey tournament.	<b>Gymnastics</b> <i>End point – Most pupils will be able-</i>  -To develop the forwards, backward and straddle roll  -To develop counter balance and counter tension  -To be able to develop inverted movements with tension  -To perform progression of headstand and cartwheel  -To be able to use flight from hands to travel over apparatus  -To create a group sequence using formations and apparatus	<b>Dance</b> <i>End point – Most pupils will be able-</i>  -To work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances  -To perform to an accompaniment expressively and sensitively  -To perform dances fluently and with control  -To warm up and cool down independently  -To understand how dance helps to keep them healthy  -To use appropriate criteria to evaluate and refine their own and others' work	<b>Dodgeball</b> <i>End point – Most pupils will be able-</i>  -To recap on the rules of dodgeball and apply them to a game.  -To develop throwing at a moving target.  -To use jumps, dodges and ducks to avoid being hit.  -To develop catching to get an opponent out.  -To select and apply tactics in the game.  -To develop officiating skills and referee a dodgeball game.	<b>Swimming</b> <i>End point – Most pupils will be able-</i>  -To develop gliding, front crawl and backstroke.  -To develop rotation, sculling and treading water. -To develop the front crawl stroke and breathing technique.  -To develop the technique for backstroke arms and legs.  -To develop breaststroke technique.  -To develop breaststroke and breathing technique.	<b>Swimming</b> <i>End point – Most pupils will be able-</i>  -To develop basic skills of water safety and floating.  -To develop the dolphin kick.  -To learn techniques for personal survival.  -To develop water safety skills and an understanding of personal survival.  -To increase endurance in swim challenges.  -To identify fastest strokes and personal bests

			-To talk about dance with understanding, using appropriate Language and terminology			
	Control	Control	Control	Control	Control	Control
	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
	Strategy	Strategy	Strategy	Strategy	Strategy	Strategy
	Performance	Performance	Performance	Performance	Performance	Performance