



St. John the Evangelist PE Curriculum End Points



Year Group	PE Thread	End Points
EYFS	Movement Stability	Balance in simple positions and begin to show dynamic balance when moving around obstacles.
	Locomotion	Move confidently using walking, running, jumping, hopping, skipping and climbing.
	Object Control	Roll, kick and throw a ball with basic accuracy; attempt simple catching.
	Healthy Lifestyle Awareness	Talk about how exercise affects their body (hot, tired, breathing faster).
	Participation and Competition	Follow simple rules, take turns and share equipment safely.
Year 1	Movement Stability	Hold basic balances with control and begin to transition between them.
	Locomotion	Travel in different ways and directions with increasing co-ordination.
	Object Control	Throw underarm, catch a large ball and strike a ball with hand or simple equipment.
	Healthy Lifestyle Awareness	Describe how their body feels during activity and recognise the need for movement.
	Participation and Competition	Work co-operatively in simple games and follow basic rules.
Year 2	Movement Stability	Balance with control in static and moving situations, including simple sequences.
	Locomotion	Link movements smoothly in dance and gymnastics.
	Object Control	Throw overarm with developing accuracy, catch a medium ball consistently and dribble with basic control.
	Healthy Lifestyle Awareness	Explain why exercise is important and how warm-ups help.
	Participation and Competition	Use simple tactics in small games and show good sporting attitudes.
Year 3	Movement Stability	Balance while changing levels, speeds and directions, showing improved co-ordination.
	Locomotion	Use varied pathways and dodging techniques in games.
	Object Control	Throw and catch with accuracy over short distances and strike a ball with control.
	Healthy Lifestyle Awareness	Identify components of fitness (strength, stamina, flexibility) and describe their effects.
	Participation and Competition	Work effectively in small teams, taking on simple roles such as attacker or defender.
Year 4	Movement Stability	Combine balances and movements into controlled sequences in gymnastics and dance.
	Locomotion	Move with fluency and control, adapting speed and direction tactically.



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	Object Control	Apply object-control skills (passing, dribbling, striking) with accuracy in small-sided games.
	Healthy Lifestyle Awareness	Explain how exercise affects the body and why warm-ups and cool-downs matter.
	Participation and Competition	Demonstrate resilience, fairness and respect during competitive activities.
Year 5	Movement Stability	Maintain balance under pressure (pivoting, landing safely, defending).
	Locomotion	Use tactical movement to create space and anticipate play in games.
	Object Control	Apply throwing, catching, striking and dribbling skills with precision in competitive contexts.
	Healthy Lifestyle Awareness	Explain how different fitness components contribute to performance in specific sports.
	Participation and Competition	Take on leadership roles, communicating clearly and supporting team organisation.
Year 6	Movement Stability	Perform complex sequences with precision, control and fluency across activities.
	Locomotion	Use advanced movement patterns and tactical positioning in games.
	Object Control	Select and apply appropriate techniques for passing, shooting, fielding and striking with confidence.
	Healthy Lifestyle Awareness	Understand how to maintain long-term health through activity, rest and nutrition.
	Participation and Competition	Lead others effectively, apply rules consistently and demonstrate mature sporting behaviour.