

Curriculum end points – Year 1

By the end of year 2, pupils will be able to...		
HEAD (cognitive/thinking)	HANDS (psychomotor / doing)	HEART (affective/ behavioural)
<ul style="list-style-type: none">• Apply simple attacking and defending tactics.• Focus and maintain concentration through an activity.• Solve simple problems and persevere when challenged.• Understand the effects on the body when exercising.	<ul style="list-style-type: none">• Master the key 10 FMS• Apply the 10 FMS to a range of activities and mini team games.• Perform dances with a range of movements and levels by choreographing simple sequences.• Use agility, balance and coordination.	<ul style="list-style-type: none">• Manage emotion, share equipment and opportunities.• Use communication skills in a small group and to help themselves.• Display school key values in PE, School sport and Physical activity.

Skills and knowledge

Games

- I know how to travel in different ways
- I can move with, throw and catch a ball while stationary.
- I can use strike a ball or object.
- I can throw a range of equipment individually or as part of a pair.
- I can play and participate in simple games, following the rules and instructions.
- I can think about using space in a team game.
- I can pass to another player on my team.
- I can get past a defender.

Gym

- I can perform basic shapes with different body parts on the floor.
- I can travel in different ways (jump, hop, skip, gallop)
- I can perform a range of jumps (straight, half-turn, tuck)
- I can perform a range of balances.
- I can perform a range of rolls (egg, log, teddy)

Dance

- I can perform a range of actions such as: turning, jumping, travelling, shape and stillness.
- I can make different shapes with my body.
- I can copy and perform simple rhythm patterns.

Athletics

- I can run at varying speeds.
- I can show a range of throwing techniques (under and overarm)
- I can throw a ball towards a target with good accuracy.
- I can jump and land safely.

OAA

N/A

Swimming

N/A