



PE Endpoints

To learn how to play hockey, football, dodgeball, basketball, tennis, handball, netball, cricket and rounders. To learn tactics to be able to attack and defend and to play as part of a team. To use skilful movement and control competitively. To have the confidence to compete within a sport as part of a team.

To use locomotor and non-locomotor skills within speed, performance and co-operation to achieve specific goals. To work collaboratively and individually to compete in a yearly sports day.

To develop balance, technique and co-ordination to create a routine. To be aware of oneself in space within a performance and to evaluate the end result with the purpose of improving their technique or style.

To be able to control and stabilise their body. To learn to change and control the direction and position of the body during movements. To practice and recall a routine to then take part in key stage competitions.

To follow safety rules within a given environment. To learn, improve and refine swimming strokes. To be able to swim competently, confidently and proficiently over a distance of over at least 25 metres. To use a range of strokes effectively, such as front crawl, breaststroke and backstroke. To perform safe self rescue in different water based situations.

To be spatially aware of their surroundings, within areas like the beach or the nature area. To use communication and co-operation to achieve a given task.

To develop skills to recognise the physical, social, emotional and cognitive attributes of their own wellbeing. To become emotionally literate and to learn ways to resolve any situations, which may arise.