

PE End Points **EYFS VOCAB** **KS1 VOCAB** **LKS2 VOCAB** **UKS2 VOCAB**

EYFS	End points / questions	Key Vocabulary
Me and Myself Fun and Games	Understand some of the effects that activity has on my body. <i>(What happens to your heart when you exercise?)</i> Know how to dress myself. <i>(What item of clothing would you put on first and why?)</i> Understand how to move freely in a range of skilful ways, navigating spaces carefully. <i>(Can you show me 2 ways you could move around the room?)</i> Know when to adjust speed or direction to avoid obstacles. <i>(What obstacles might you need to avoid on the playground when running?)</i> Understand when to respond to simple instructions. <i>(Give pupil an instruction, can they follow it?)</i>	speed, clothes, space, direction, instruction
Dance Movement	End points / questions Understand the concept of playing a character. <i>(Ask pupils to create a character and tell you about it)</i> Know how to listen to music and move in time to it. <i>(Would you move fast or slow to this music and why?)</i> Understand how to work well with a partner, copying their movements. <i>(Can you copy what your partner did?)</i> Know how to explore different movements, keeping good balance and co-ordination. <i>(Can you show me how you balance on one leg?)</i> Know how to travel with confidence when using equipment. <i>(Can you show me how you would walk across this beam?)</i> Understand how to show different emotions in response to the stimuli. <i>(How does these stimuli make you feel?)</i>	character, movement, copy, partner, travel, emotions
Ball Skills Throwing and Catching	End points / questions Understand how to play fairly in a group and contribute my ideas. <i>(Why is it important to take turns?)</i> Know how to show control when throwing and catching a large ball. <i>(What is the difference between a throw and a catch?)</i> Know how to show control when kicking an object. <i>(How would you kick a ball if you wanted it to travel a long way?)</i> Understand the need for safety when tackling new challenges or using new equipment. <i>(What might happen if your ball was pumped up too much?)</i>	turn-taking, throw, catch, kick, safe
Fitness Working with others	End points / questions Know how to solve challenges whilst on the move. <i>(What would you do if X happened whilst you were moving around the hall?)</i> Know how to apply skills I have learnt to a range of activities. <i>(Can you throw these 3 different pieces of equipment?)</i> Understand how to use the correct jumping and landing techniques. <i>(Can you show me how you would jump off a bench safely?)</i> Know how to work individually and cooperatively to perform a range of balances. <i>(Can you show me a balance by yourself? Can you show me a balance with your partner?)</i> Understand practise regarding exercise, eating, sleeping, and hygiene. <i>(How can we keep clean?)</i>	jump, land, running, together, balance, eat, sleep, clean

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Year 1	End points / questions	Key Vocabulary
Dance	<p>Understand why being active and playing games is good for you. (Why is it important to be active?)</p> <p>Know how to respond imaginatively to a range of stimuli. (How could respond to X?)</p> <p>Know how to move confidently and safely in my own general space, using changes of speed, level and direction. (Can you show me a low/high level?)</p> <p>Know how to perform movement phrases using a range of different body actions and body parts, with control and accuracy. (Which body part could we use for X?)</p> <p>Know how to create linked movements, combining different ways of travelling, with beginnings, middles and ends. (Can you show me a way of travelling?)</p>	<p>space, speed, direction, travel</p> <p>active, imagination, level, movement phrase</p>
Gymnastics	<p>End points / questions</p> <p>Know how to perform basic gymnastic actions, including travelling, rolling, jumping, and staying still. (Can you show me a jump?)</p> <p>Know how to perform fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction. (Can you show me how you would change direction?)</p> <p>Understand that you can combine different ways of travelling exploring a range of movements and shapes. (How would we change from X travel to X travel?)</p> <p>Know how to create linked movement phrases with beginning, middle and ends. (How could we link these movements together?)</p> <p>Know how to perform movement phrases using a range of different body actions and body parts. (Why are you using X part of your body?)</p>	<p>travel, jumping, speed, direction, safe, movement action, roll, level, combine, shape, link, movement phrase</p>
Striking and Fielding Rounders Cricket	<p>End points / questions</p> <p>Understand and follow simple rules for games and compete in physical activities both against self and against others. (Why do games have rules?)</p> <p>Know how to move fluently, changing direction and speed. (Can you show me a change in direction/speed?)</p> <p>Know how to show basic control of the ball, including when striking a ball. (How will I hit the ball with the bat?)</p> <p>Know how to successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. (Why do you need to move in line with the ball?)</p> <p>Know how to apply skills and tactics in simple games, including recognising space and using it to your advantage. (Which skills would you need for X game?)</p>	<p>direction, speed, catch, space</p> <p>rules, fluent, control, strike, skills, tactics</p>
OOA Orienteering	<p>End points / questions</p> <p>Begin to understand what a compass and directions are (N. S. E. W.) (Why would we need directions?)</p> <p>Know how to move in different directions and in a variety of different ways. (Can you give an instruction with a direction?)</p> <p>Understand how to work independently, as well as cooperatively in small groups. (Why is it important to work as a team?)</p> <p>Begin to understand how to plan how to solve problems. (How could we solve X problem?)</p> <p>Know how to participate in competition with others, completing a simple orienteering event following rules and playing fairly. (What are the rules for X game?)</p>	<p>direction</p> <p>North, South, East, West, compass, team, solve, fair, rules</p>

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<p><u>Invasion Games</u></p> <p>Hockey Tag Rugby Football Netball</p>	<p>End points / questions</p> <p>Understand there are different ways to use and move with a ball. (Can you show me a different way to use the ball?) Know how to send/ pass a ball to a target, and successfully catch/stop a ball with control. (Can you show me how you stop/catch the ball?) Understand who the attackers and who the defenders are and what they do. (What does an attacker do? What does a defender do?) Know how to safely play simple games, understanding the rules of the game, applying different skills in different sports. (What skills would you need in X game?) Know how to use the fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed. (Can you show me how you would change direction/speed?)</p>	<p>movement, catch, safe, direction, speed pass, send, target, attack, defend, rules, skills</p>
<p><u>Net and Wall</u></p> <p>Badminton Tennis</p>	<p>End points / questions</p> <p>Know how to use different skills and movements, including aiming into a space to try and win games. (What skills would you need for X game?) Know how to hit the shuttle/ball varying height, speed and direction into space. (How would we change the height/speed of the shuttle/ball?) Know how to control and balance the shuttle/ball with some control, with and without a racket. (Can you show me how you would balance the shuttle/ball?) Know how to watch, track and catch a shuttle/ball successfully, as well as throw it with control to a partner, understanding the concept of moving to get in line with the shuttle/ball to receive it. (Why do we need to get in line of the shuttle/ball?) Understand there are different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. (Can you show me different way to use/move with the ball?)</p>	<p>movement, space, speed, direction, balance, throw, partner height, control, watch, track, strike</p>
<p><u>Athletics</u></p>	<p>End points / questions</p> <p>Know how to evaluate successful and unsuccessful techniques. (What was good about that? What could have been better?) Understand how to show good teamwork and sportsmanship when taking part in competitive events. (What is sportsmanship?) Begin to understand the overarm and underarm throw technique, throwing accurately towards a target. (Can you show me an underarm/overarm throw?) Understand how to show a basic level of control, coordination and consistency when running. (Can you show me what your legs do when you run? What do your arms do when you run?) Begin to understand different jumping techniques, showing control, coordination, and consistency throughout. (Can you show me X jump?)</p>	<p>throw, jumping, running (un)successful, technique, team, overarm, underarm, target, control</p>

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Year 2	End points / questions	Key Vocabulary
Dance	<p>Begin to understand the importance of warming up. (When would we do a warmup? Why?)</p> <p>Know how to watch and describe a performance accurately and recognise what is successful. (What part of that performance was successful? Why?)</p> <p>I know how to perform a range of actions and simple movement patterns with control and coordination. (Can you show me some actions that we could use?)</p> <p>Know how to compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. (Can you show me a dance that expresses your mood?)</p> <p>Know how to explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. (Can you show me a dance you have learned in your lesson?)</p>	<p>space, speed, direction, travel active, imagination, level, movement phrase, warm up, (un)successful, action, control</p>
Gymnastics	<p>End points / questions</p> <p>Understand and describe changes to my heartrate when playing a game. (What happens do your heartrate when you exercise? Can you feel a difference?)</p> <p>Know how to perform a range of actions with control and confidence. (Can you show me X action?)</p> <p>Know how to explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination. (Can you repeat these actions after me?)</p> <p>Know how to form simple sequences of different actions, using the floor and a variety of apparatus. (Can you show me some actions on the floor?)</p> <p>Know how to use fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another. (Can you show me a way of travelling/balancing?)</p>	<p>travel, jumping, speed, direction, safe, movement action, roll, level, combine, shape, link, movement phrase, heart rate, control, apparatus, stiffness, position</p>
Striking and Fielding Cricket Rounders	<p>End points / questions</p> <p>Know how to react to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points. (Why should the ball be hit into a space?)</p> <p>Begin to understand the importance of preparing safely for exercise – warming up. (When should we do a warmup?)</p> <p>Know how to show good awareness of others when playing games. (Who is on your team?)</p> <p>Know how to perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy. (Can you show me how you catch/gather/hit the ball?)</p> <p>Know how to throw/hit a ball in different ways e.g., high, low, fast, slow. (How would we make the ball move faster/slower?)</p>	<p>direction, speed, catch, space, throw rules, fluent, control, strike, skills, tactics, react, opponent, warm up, awareness</p>
OAA Orienteering	<p>End points / questions</p> <p>Understand what a compass is used for and can use the direction points. (Which way is North?)</p> <p>Know the safety rules and procedures for taking part in orienteering events. (What could we do to keep us safe if X happened?)</p> <p>I know how to use some basic features on a map to select and plan a route. (Can you find X using the key?)</p> <p>Understand how to work well in big groups, sharing, taking turns, and cooperating with others to meet challenges effectively. (Why is it important to take turns?)</p> <p>Begin to understand the competitive side of orienteering and take part in a picture orienteering event. (What are the rules for this competition?)</p>	<p>direction, safe North, South, East, West, compass, team, solve, fair, rules, map, route, turn taking</p>

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<p><u>Invasion Games</u> Handball Basketball Dodgeball Hockey</p>	<p>End points / questions Begin to understand some rules of the game. (What are some of the rules for X game?) Know how to perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low), keeping it under control. (Can you show me a way to move the ball?) Know how to decide when and where to run, showing good awareness of others. (Can you explain why you ran there?) Understand and describe changes to your heart rate when playing a game. (What happens to your heart rate when you exercise?) Know how to react to situations in ways that make it difficult for opponents, I.e., dodging and defending and can apply these in small, sided games. (How could we make this difficult for the opponent?)</p>	<p>movement, catch, safe, direction, speed pass, send, target, attack, defend, rules, skills, possession, awareness, opponent, dodge</p>
<p><u>Net and Wall</u> Badminton Volleyball</p>	<p>End points / questions Understand what a rally is and how to continue one in pairs using varying height, speed and direction into space. (What is a rally?) Understand simple tactics for attacking, including that hitting the ball into space helps me score points. (What happens when you hit the ball into space?) Know how to throw/hit a ball/shuttle in different ways e.g., high, low, fast, slow. (How could we make the ball/shuttle move faster/slower?) Know how to watch, track and catch a shuttle/ball successfully, and throw a shuttle relating to an overhead clear. (Why do we need to watch and track the shuttle/ball?) Understand a follow the rules of the game, showing good awareness of others when playing games. (Can you name one of the rules in X game?)</p>	<p>movement, space, speed, direction, balance, throw, partner height, control, watch, track, strike, rally, tactics, score, (un)successful, rules</p>
<p><u>Athletics</u></p>	<p>End points / questions Understand and begin to develop the variety of correct running techniques, including sprinting and running over longer distances. (When would we sprint? When would we run over long distance?) Begin to evaluate and improve my own performance. (What would have made X better?) Know how to coordinate and balance whilst exploring different running, jumping, and throwing techniques. (Why should you be balanced before throwing X?) Know that there a range of jumping techniques and begin to develop them. (Which jumping technique would you need for X?) Understand and develop the underarm and pull throw technique so that I can use different objects. (When would I need the pull throw technique?)</p>	<p>throw, jumping, running, balance (un)successful, technique, team, overarm, underarm, target, control, sprinting, improve, underarm, pull throw</p>

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Year 3	End points / questions	Key Vocabulary
Dance	<p>Know how to describe and evaluate the effectiveness and quality of a dance. (Can you describe the dance to me?)</p> <p>Know how to explore and create narratives in response to a stimulus. (What actions might we use to respond to X?)</p> <p>Know how to show control, accuracy and fluency of movement when performing actions with a partner. (How could you perform this action with a partner?)</p> <p>Know how to develop dance phrases using canon, unison, repetition, action/reaction, and question/answer. (What is canon/unison/repetition/action/reaction/question/answer?)</p> <p>Know how to communicate what I want through my dances and perform with control. (Can you explain why you chose X action?)</p>	<p>space, speed, direction, travel</p> <p>active, imagination, level, movement phrase, warm up, (un)successful, action, control</p> <p>quality, canon, unison, accuracy, fluency</p>
Gymnastics	<p>End points/ questions</p> <p>Know how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance. (What part of that was successful?)</p> <p>Know how to perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement. (How do these actions flow?)</p> <p>Understand there are a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. (What is a spatial pattern?)</p> <p>Know how to create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end. (Can you explain which part is the beginning/middle/end?)</p> <p>Know how to create, perform, and repeat sequences that include changes of dynamic e.g., changes of level, speed, or direction. (When are you going to change level/speed/direction?)</p>	<p>travel, jumping, speed, direction, safe, movement</p> <p>action, roll, level, combine, shape, link, movement phrase, heart rate, control, apparatus, stiffness, position</p> <p>quality, flow, combine, sequence, theme, dynamic</p>
Striking and Fielding Cricket Rounders	<p>End points / questions</p> <p>Know what I need to practice improving my performance. (What part of your performance need improving and how are you going to improve it?)</p> <p>Understand the link between heart rate and breathing when exercising. (What happens to your breathing when your heart rate increases? Why do you think this happens?)</p> <p>Know some suitable warm up activities for upcoming activities. (Can you give me an example of a warmup activity?)</p> <p>Know how to throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique. (How will I make the ball travel further?)</p> <p>Know how to work well as part of a team, employing simple tactics, particularly when fielding (stopping and intercepting the ball) to make it harder for the batter. (When should you play as part of a team?)</p>	<p>direction, speed, catch, space, throw</p> <p>rules, fluent, control, strike, skills, tactics, react, opponent, warm up, awareness</p> <p>technique, distance, fielding, intercept</p>
OAA Orienteering	<p>End points / questions</p> <p>Know how to participate in competitive orienteering events, following instructions of the game (Why is it important that all teams follow the same instructions?)</p> <p>Know that activities need thinking through and planning. (What obstacles might we come across that we may need to plan for?)</p> <p>Know how to evaluate my performance and recognise what went well and what could be improved. (What could we change next time?)</p> <p>Understand how to participate in team games, working cooperatively, solving problems with others and communicating effectively to achieve success. (Why is it important to communicate with your team?)</p> <p>Know how to make a map with symbols and be able to recognise where you are on a map, using basic techniques. (Which symbols would you need to represent X?)</p>	<p>direction, safe</p> <p>North, South, East, West, compass, team, solve, fair, rules, map, route, turn taking event, cooperative, symbol, competitive, communicate</p>

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<p><u>Invasion Games</u></p> <p>Netball Tag Rugby Football Handball</p>	<p>End points / questions</p> <p>Know what happens to my heart rate and breathing when playing games and begin to understand why you get hotter. (Why do you get hot when you exercise?)</p> <p>Know what I do best and what I find most difficult and recognise this in others' performance. (What do you find difficult? Have you noticed anybody else with a similar difficulty?)</p> <p>Know how to pass and receive the ball with control with increasing accuracy and at different speeds. (How can we change the speed of the ball?)</p> <p>Know how to play simple games with an understanding of the basic rules. (What are the rules in X game?)</p> <p>Understand and know how to apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending), shooting/scoring. (Can you name some attacking/defending principles?)</p>	<p>movement, catch, safe, direction, speed</p> <p>pass, send, target, attack, defend, rules, skills, possession, awareness, opponent, dodge</p> <p>receive, accuracy, principles</p>
<p><u>Net and Wall</u></p> <p>Volleyball Tennis</p>	<p>End points / questions</p> <p>Know how my body feels when exercising and understand the link between heart rate and breathing when exercising. (What is the link between your heart rate and breathing when exercising?)</p> <p>Know how to perform the basic skills needed for the games with control and accuracy, including throwing and stopping the ball. (When would you need to use X skill?)</p> <p>Know how to use some tactics to make it difficult for the opponent - send a ball into space at different speeds and heights, take up space/position, intercept/stop the ball and explain why I used those tactics. (When should you use X tactic?)</p> <p>Know how to compete with others – keeping and following the rules of the game. (What are the rules of X game?)</p> <p>Know how to keep a rally going. (What skills do you need to keep a rally going? E.g., tracking the ball)</p>	<p>movement, space, speed, direction, balance, throw, partner</p> <p>height, control, watch, track, strike, rally, tactics, score, (un)successful, rules</p> <p>opponent, intercept, rally</p>
<p><u>Athletics</u></p>	<p>End points / questions</p> <p>Know what I do well and what I find difficult, identifying what I need to practise to improve my performance. (What do you need to practise to improve X skill?)</p> <p>Know how to apply and develop a broad range of athletic skills in different ways. (When would you need X skill?)</p> <p>Understand that I need to choose the appropriate running speed to meet the demand of the task. (Why would we need to pace ourselves over a longer distance?)</p> <p>I know that competition is about enjoyment. (Why should you compete in X event?)</p>	<p>throw, jumping, running, balance</p> <p>(un)successful, technique, team, overarm, underarm, target, control, sprinting, improve, underarm, pull throw</p> <p>demand, pace, enjoyment</p>
<p><u>Swimming</u></p>	<p>End points / questions</p> <p>Know how to swim confidently over a distance of at least 25 metres. (What strokes could you use to swim?)</p> <p>Know a range of strokes and can use these effectively. (What is the difference between a front crawl and breaststroke?)</p> <p>Know how to perform safe self-rescue in different water-based situations. (What would you do if you/a friend were in trouble in the water?)</p>	<p>Rescue, water safety, front crawl, backstroke and breaststroke</p>

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Year 4	End points / questions	Key Vocabulary
Dance	<p>Know how to describe my own dance, taking characters into account as well as Identifying what they need to practise to improve their dance. (Can you describe how you used X character in your dance?)</p> <p>Know how to create characters and narratives in response to a range of stimuli. (What characters would you create in response to X?)</p> <p>Understand how to use different compositional ideas to create motifs incorporating unison, canon, action, and reaction. (Can you show me when you could use unison/cannon/action/reaction?)</p> <p>Understand there are a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. (Can you show me when you could use spatial patterns/speed/tension/continuity?)</p>	<p>space, speed, direction, travel, characters</p> <p>active, imagination, level, movement phrase, warm up, (un)successful, action, control</p> <p>quality, canon, unison, accuracy, fluency, composition, motif, tension</p>
Gymnastics	<p>End points / questions</p> <p>Understand how to recognise and explain a good performance. (Can you identify part of the performance that was good and explain why?)</p> <p>Know how to find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement. (Can you show me how you could like these actions?)</p> <p>Know how to show control, accuracy and fluency of movement when performing actions on my own and with a partner. (What did you do to ensure that movement was controlled?)</p> <p>Understand how to devise and perform a gymnastic sequence, showing a clear beginning, middle and end. (Can you plan a gymnastics sequence?)</p> <p>Know how to create, perform, and repeat a combination of actions that include changes of dynamic e.g., changes of level, speed and direction, and clarity of shape. (Can you show me when you would change level/speed/direction/shape?)</p>	<p>travel, jumping, speed, direction, safe, movement</p> <p>action, roll, level, combine, shape, link, movement</p> <p>phrase, heart rate, control, apparatus, stiffness, position</p> <p>quality, flow, combine, sequence, theme, dynamic, performance</p>
Striking and Fielding Cricket Rounders	<p>End points / questions</p> <p>Know how to explain the tactics you have used in games, including fielding skills which make it difficult my opponent. (How have you made it difficult for your opponent?)</p> <p>Know how to communicate, collaborate, and compete with others, following the rules of the game. (How will you work well with your team?)</p> <p>Understand what I do well and what I find difficult and explain good performances. (Can you tell me why that worked well?)</p> <p>Know how to show control, coordination and consistency when throwing and catching a ball. (Can you explain the technique of throwing/catching a ball?)</p> <p>Know how to hit a ball with increasing control accurately towards a target (from a tee and progress to without a tee). (Can you explain how you are going to hit that ball?)</p>	<p>direction, speed, catch, space, throw</p> <p>rules, fluent, control, strike, skills, tactics, react, opponent, warm up, awareness</p> <p>technique, distance, fielding, intercept, coordination, collaborate</p>
OAA Orienteering	<p>End points / questions</p> <p>Know the safety rules and procedures for taking part in orienteering event. (How do we know if something would be unsafe?)</p> <p>Understand how to work as a team to plan and decide what approach to use to meet the challenges. (How will we know what approach to use?)</p> <p>Know how you could improve your performance. (When could your performance have been better?)</p> <p>Understanding basic map reading/making and apply these skills and techniques in games. (Can you show me the route you will take on the map?)</p> <p>Understand how to work cooperatively and successfully as part of a team, improving communication skills. (How does communicating help us to be successful?)</p>	<p>direction, safe</p> <p>North, South, East, West, compass, team, solve, fair, rules, map, route, turn taking event, cooperative, symbol, competitive, communicate, procedure</p>

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<p><u>Invasion Games</u></p> <p>Handball Basketball Hockey Dodgeball</p>	<p>End points / questions</p> <p>Know how to keep and follow the rules of the game. (Can you explain the rules of X game?) Understand what skills I need to practice. (Can you tell me which skill you need to practice and why?) Understand the importance of speed and stamina when playing invasion games. (Why is speed important? Why is stamina important? When would you need to use them?) Understand there are set moves that can be used in attacking play and defending principles, using tactics to keep possession (pass, shoot, receive the ball, space, dodging). (When would you need to use X tactic?) Know how to devise suitable warm up activities for the upcoming activity, describing how my body feels when I am warming up and playing games. (Can you show me a warmup for X game? I.e., handball would need arms)</p>	<p>movement, catch, safe, direction, speed pass, send, target, attack, defend, rules, skills, possession, awareness, opponent, dodge receive, accuracy, principles, stamina, tactics, suitable</p>
<p><u>Net and Wall</u></p> <p>Tennis Badminton</p>	<p>End points / questions</p> <p>Know how to recognise and explain good performances and learn how to recognise and evaluate your own success. (What part of your performance was successful? Can you explain why it was successful?) Know how to describe how my body feels when exercising and understand the link between heart rate and breathing when exercising. (Can you tell me how your body feels before exercise? What does it feel like during exercise? What does it feel like after exercise?) Know how to perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, basic forehand action and chasse. (Can you explain how you perform that skill?) Know how to send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent to try and win games. (What tactics could you use to try and win the game?) Understand the different types of rallies, participating in both. (Can you name some different types of rallies?)</p>	<p>movement, space, speed, direction, balance, throw, partner height, control, watch, track, strike, rally, tactics, score, (un)successful, rules opponent, intercept, rally, evaluate, forehand, chasse</p>
<p><u>Athletics</u></p>	<p>End points / questions</p> <p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. (When would you need to pace yourself in a running event?) Know how to suitably warm-up activities for the upcoming activities. (How should we warm up before running?) Know how to combine basic jump actions to form a jump combination, using a controlled jumping technique. (Which three jumps are combined to make a triple jump?) Know how to perform a throwing technique with control, coordination, and consistency. (Can you show me X throw?) Know how to perform competitively with others, recognising their own success. (When were you successful in X event?)</p>	<p>throw, jumping, running, balance (un)successful, technique, team, overarm, underarm, target, control, sprinting, improve, underarm, pull throw demand, pace, enjoyment, appropriate, jump combination, coordination, consistency</p>

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Year 5	End points / questions	Key Vocabulary
Dance	<p>Understand how to identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback. (Which part of your performance was fluent? Can you explain why?)</p> <p>Know how to explain how my body reacts and feels when taking part in different activities and undertaking different roles. (How does your body feel when you are in X position?)</p> <p>Know how to use basic compositional principles when creating dances – combining movements fluently and effectively. (Can you show me how you have combined those movements and explain to me why you chose that way?)</p> <p>Know how to perform a range of movements accurately with a sense of rhythm. (Show me how you would perform X sequence to X song? They should utilise the rhythm of the music to help them decide)</p> <p>Know how to create and structure dance motifs, phrases, and sections of dances, developing expressive qualities. (Can you structure your own dance phrase to X music?)</p>	<p>space, speed, direction, travel, characters</p> <p>active, imagination, level, movement phrase, warm up, (un)successful, action, control</p> <p>quality, canon, unison, accuracy, fluency, composition, motif, tension</p> <p>feedback, rhythm, roles, expressive</p>
Gymnastics	<p>End points / questions</p> <p>Understand how to develop my own gymnastic sequences by understanding, choosing, and applying a range of compositional principles. (Can you create your own sequence using the principles that you have been taught?)</p> <p>Understand how to identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback. (Can you identify part of the performance that wasn't fluent? Can you suggest a way to make it fluent?)</p> <p>Know how to perform movements accurately with a sense of rhythm. (Can you show me how you have combined those movements and explain to me why you chose that way?)</p> <p>Know how to improvise and combine movement ideas fluently and effectively. (What does 'improvise' mean? When might you need to improvise?)</p>	<p>travel, jumping, speed, direction, safe, movement</p> <p>action, roll, level, combine, shape, link, movement phrase, heart rate, control, apparatus, stiffness, position</p> <p>quality, flow, combine, sequence, theme, dynamic, performance</p> <p>composition, constructive feedback, rhythm, improvise</p>
Striking and Fielding Cricket Rounders	<p>End points / questions</p> <p>Know how to choose skills and tactics to meet the needs of the situation. (i.e., to outwit opponents when fielding). (Which tactics will you need to consider and why?)</p> <p>Know how to watch and evaluate the success of games and good performance. (Can you explain if/why that was a good game?)</p> <p>Know how to create short warm up routines that follow basic principles (e.g., raise body temperature, mobilise joints/muscles) and explain how my body reacts and feels when taking part in physical activity. (Can you explain what would happen if we didn't warm up?)</p> <p>Know how to control and show technique whilst performing skills at speed and showing good awareness of others in game situations, including bowling and hitting at varying speed, height and direction (considering tactics). (Can you explain when we would need to hit the ball slowly?)</p> <p>Know how to work as part of a team, communicating with others, adapting games and activities making sure everyone has a role to play. (Why is it important that everybody has a role in the game?)</p>	<p>direction, speed, catch, space, throw</p> <p>rules, fluent, control, strike, skills, tactics, react, opponent, warm up, awareness</p> <p>technique, distance, fielding, intercept, coordination, collaborate</p> <p>mobilise, outwit, bowling, awareness</p>
OAA Orienteering	<p>End points / questions</p> <p>Understand relevant techniques to navigate to and from control points. (What is a control point used for?)</p> <p>Know what I have done well and adapt plans for future challenges. (What could we change to help us to plan better in the future?)</p> <p>Know how to orientate myself and map correctly keeping track of my position with increasing accuracy. (Why is it important to keep your map orientated?)</p> <p>Know how to make a map with symbols and begin to understand scale. (Why is scale on a map important?)</p>	<p>direction, safe</p> <p>North, South, East, West, compass, team, solve, fair, rules, map, route, turn taking event, cooperative, symbol, competitive, communicate, procedure</p>

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	<p>Know how to compete in orienteering events, problem solving with team members, trusting and valuing each other. (Why is it important to trust your teammates?)</p>	<p>navigate, control points, orientate, scale</p>
<p><u>Invasion Games</u> Basketball Hockey Netball Handball</p>	<p>End points / questions</p> <p>Know how to watch and evaluate the success of a game, whilst recognising parts of a performance that could be improved and identifying practices that will help. (What drills/activities could you do to improve that performance?)</p> <p>Know how to perform skills, such as passing and shooting with accuracy, control, increasing speed and confidence. (Can you explain how you would make that pass faster?)</p> <p>Know how to apply basic principles for attacking/defending including changing speed and direction to get away from a defender, passing, dribbling, marking, covering, tracking, dodging, space to keep possession. (Can you tell me some attacking/defending principles that you would use in X game? Why would you use those?)</p> <p>Know how to participate in competitive games as a team, modified where appropriate, following the rules. (How could we change this game to make it harder/easier?)</p>	<p>movement, catch, safe, direction, speed</p> <p>pass, send, target, attack, defend, rules, skills, possession, awareness, opponent, dodge</p> <p>receive, accuracy, principles, stamina, tactics, suitable</p> <p>evaluate, dribble, mark, tracking, dodging</p>
<p><u>Net and Wall</u> Tennis Volleyball</p>	<p>End points / questions</p> <p>Know how to watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why. (Why does X part need to improve? Why was X part successful?)</p> <p>Know how to hit the ball with purpose, toward the opponent's court or target area (into space/gaps) using forehand and backhand sides. (When would need to hit into space?)</p> <p>Know how to explain how my body reacts and feels when I play different games and understand how the muscles work (e.g., work by getting shorter, relax by getting longer) using this knowledge to suggest an idea for warming up. (Can you explain how muscles work? Can you choose an appropriate warm up exercise for the activity based on the muscles you are using?)</p> <p>Know how to participate in competitive games, adopting a good ready position on court and can show good awareness of others in game situations. (Why is a good ready position important, particularly when playing within a team?)</p>	<p>movement, space, speed, direction, balance, throw, partner</p> <p>height, control, watch, track, strike, rally, tactics, score, (un)successful, rules</p> <p>opponent, intercept, rally, evaluate, forehand, chasse</p> <p>backhand, position, court, target area</p>
<p><u>Athletics</u></p>	<p>End points / questions</p> <p>Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit. (Why is physical activity important?)</p> <p>Know how to run, jump, catch, and throw in isolation and combination with control. (Which activities do we combine running/jumping/catching/throwing?)</p> <p>Know how to communicate, collaborate, and compete with other, working effectively as part of a team. (Why is communication important when working within a team?)</p> <p>Know how to perform a range of throwing actions e.g., push, pull, sling, using different equipment. (Which throwing action would we use to throw X piece of equipment?)</p>	<p>throw, jumping, running, balance</p> <p>(un)successful, technique, team, overarm, underarm, target, control, sprinting, improve, underarm, pull throw</p> <p>demand, pace, enjoyment, appropriate, jump</p> <p>combination, coordination, consistency</p> <p>physically fit, isolation, slingshot, personal best</p>

Year 6	End points / questions	Key Vocabulary
Dance	<p>Understand how to share ideas in small groups, working together to create a routine incorporating different elements. (Why is it important to share ideas when working in a group?)</p> <p>Know how to use imagination to develop dances to music and develop expressive qualities. (Why have you chosen to dance like that to X music?)</p> <p>Know how to perform dances in both canon and unison, with clarity and confidence. (Can you explain what canon and unison are?)</p> <p>Know how to improvise, combine and practise movement ideas inspired by a stimulus fluently and effectively. (Can you explain why/how you have combined those movements together?)</p> <p>Know how to perform movements to an audience with rhythm and confidence. (Have you performed your movements to an audience?)</p>	<p>space, speed, direction, travel, characters</p> <p>active, imagination, level, movement phrase, warm up, (un)successful, action, control</p> <p>quality, canon, unison, accuracy, fluency, composition, motif, tension</p> <p>feedback, rhythm, roles, expressive, improvise, routine, elements, clarity, audience</p>
Gymnastics	<p>End points / questions</p> <p>Know how to work effectively as part of a team, recognising success, and give constructive feedback. (Can you explain when your team was successful? Can you suggest a way to improve/change the performance?)</p> <p>Know how to improvise and combine movement ideas fluently and effectively (actions, shapes and balances). (Can you explain how you have combined those movements?)</p> <p>Know how to use skills in different ways, performing confidently, with clarity and a sense of rhythm. (Can you show me X skill differently?)</p> <p>Know how to use combinations of dynamics using the space effectively. (How could you use the space in the hall and why is space important?)</p> <p>Know how to develop my own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence. (Can you develop a sequence applying the principles that you have been taught?)</p>	<p>travel, jumping, speed, direction, safe, movement</p> <p>action, roll, level, combine, shape, link, movement phrase, heart rate, control, apparatus, stiffness, position</p> <p>quality, flow, combine, sequence, theme, dynamic, performance</p> <p>composition, constructive feedback, rhythm, improvise, clarity, combination, compositional principles, pathways</p>
Striking and Fielding Cricket Rounders	<p>End points / questions</p> <p>Understand how to improve in different physical activities and sports. (Can you reflect on that performance and explain how this could be improved?)</p> <p>Know how to perform skills, including retrieve, intercept, bowling using an overarm technique and stop a ball, with accuracy, confidence, and control. (Can you show me how to bowl using an overarm technique?)</p> <p>Understand there are skills and tactics to outwit opponents when fielding, bowling, and batting. (Can you explain how you could outwit your opponent?)</p> <p>Understand how to work as part of a team that covers the areas to make it hard for the batter to score runs, involving bowlers and fielders working together. (Can you explain how working together can make it harder for the batter to score runs?)</p> <p>Know how to create short warm up routines that follow basic principles e.g., raise body temperature, mobilise joints and muscles. (Can you create a warm up routine that follow the principles that you have been taught?)</p>	<p>direction, speed, catch, space, throw</p> <p>rules, fluent, control, strike, skills, tactics, react, opponent, warm up, awareness</p> <p>technique, distance, fielding, intercept, coordination, collaborate</p> <p>mobilise, outwit, bowling, awareness, retrieve</p>

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<p>OAA</p> <p>Orienteering</p>	<p>End points / questions</p> <p>Understand elements and scaling confidently. (When should elements and scaling be used?) Know what I have done well and adapt plans for future challenges. (What strategies/skills/approaches could we use next time?) Know how to use a map to confidently orientate myself around - (using previous knowledge to navigate and design a route to the controls.) (How has your prior knowledge helped you to navigate a route?) Know how to map read and map build. (Can you build a map for X route?)</p>	<p>direction, safe</p> <p>North, South, East, West, compass, team, solve, fair, rules, map, route, turn taking event, cooperative, symbol, competitive, communicate, procedure</p> <p>navigate, control points, orientate, scale, elements, scaling</p>
<p>Invasion Games</p> <p>Football Dodgeball Netball Tag Rugby</p>	<p>End points / questions</p> <p>Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game, ensuring everyone has a role to play. (Why is it important to choose your formation based on the players you have?) Know how to identify and evaluate parts of my game, providing constructive feedback. (Can you provide the other team with some suggestions to improve their performance?) Know how to apply the attacking and defending principles in game situations, using different skills/tactics to keep possession of a ball as part of a team, discussing and applying strategies needed to win. (How can our team keep possession of the ball?) Know how to take part in competitive games, playing fairly and working cooperatively as part of a team. (Why is working cooperatively important within competitive games?) Understand the rules of the game and participate in full games. (How are the rules for X sport similar/different to X sport?)</p>	<p>movement, catch, safe, direction, speed</p> <p>pass, send, target, attack, defend, rules, skills, possession, awareness, opponent, dodge</p> <p>receive, accuracy, principles, stamina, tactics, suitable evaluate, dribble, mark, tracking, dodging, formation, constructive feedback, strategies</p>
<p>Net and Wall</p> <p>Badminton Volleyball</p>	<p>End points / questions</p> <p>Know how to keep a continuous rally and regularly play consistent shots. (Can you explain to me some skills that you will need to ensure that your rally is continuous?) Know how to use tactics to deceive opponent, (e.g., hitting into gaps, playing shorts at different heights, direction and speed, fast paced movements including the chasse step and lunge, good footwork, forehand, backhand, and overhead clear) to try and win games. (How and when should you try to deceive your opponent?) Know how to participate in competitive games, modified and adapted where appropriate, ensuring I am in a good position on court. (Why should you be in a good position on court? How will that help you within a competitive situation?) Know how to recognise part of a performance that could be improved and explain how. (Can you tell me when your performance needed to be improved and how you are going to do that?)</p>	<p>movement, space, speed, direction, balance, throw, partner</p> <p>height, control, watch, track, strike, rally, tactics, score, (un)successful, rules opponent, intercept, rally, evaluate, forehand, chasse backhand, position, court, target area, continuous, consistent, overhead, lunge, deceive, modify</p>
<p>Athletics</p>	<p>End points / questions</p> <p>Understand that sharing and discussing athletic techniques with others is important. (Can you explain how you performed X technique?) Know how to compare my performance with previous ones and demonstrate improvement to achieve my personal best. (What could you do to try and achieve a PB next time?) Understand the importance of being physically fit and explain how my body reacts and feels when taking part in different activities and undertaking different roles. (Why are different roles in X event important? EG: athlete, timer, judge)</p>	<p>throw, jumping, running, balance</p> <p>(un)successful, technique, team, overarm, underarm, target, control, sprinting, improve, underarm, pull throw</p>

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	<p>Understand how to select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed to achieve maximum potential (height, distance, speed). (How would you ensure that you will achieve the maximum potential?)</p> <p>Know how to work effectively as part of a team. (Can you explain how you came to X decision together?)</p>	<p>demand, pace, enjoyment, appropriate, jump combination, coordination, consistency</p> <p>physically fit, isolation, slingshot, personal best, maximum potential, athlete, judge</p>
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