

Subject	End of EYFS	End of Key Stage 1 end points	End of Key Stage 2 end points
PE	Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Sport and physical activity - Master basic movements including running, jumping, throwing and catching - Develop balance, agility and co-ordination - Begin to apply these (balance, agility, co-ordination) in a range of activities Performance and composition, rules and tactics - Participate in team games - Develop simple tactics for attacking and defending - Perform dances using simple movement patterns Healthy lifestyles - Know how to keep myself safe, for example by stretching, warm up and hydration. Appraisal - Give simple feedback to others. - Be aware of the benefits of training and practice.	Sport and physical activity - Learn how to use a broad range of skills in different ways and to link them to make actions and sequences of movement. - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance. - Take part in outdoor and adventurous activity challenges both individually and within a team. - Swim competently, confidently and proficiently over a distance of at least 25 metres. - Use a range of swimming strokes effectively. - Perform safe self-rescue in different water-based situations. Performance and composition, rules and tactics - Be able to communicate, collaborate and compete with each other. - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Perform dances using a range of movement patterns. - Know the rules of different games and be able to explain and model them. Healthy lifestyles - Know that being healthy includes our mental, physical and social well-being - Know the risks of a sedentary lifestyle (obesity, illness, mental health issues) - Know different types of fitness and methods of exercising Appraisal - Develop an understanding of how to improve in different physical activities and sports. - Learn how to evaluate and recognise their own success. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Use peer feedback effectively to improve motivation, competitive and collaborative behaviour and social relationships. - Be aware of the benefits, purpose and value of training and practice.