



PE End Points

PE intent

I will enjoy exercise.
I will know the benefits exercise has on my body and mind.

Intent	PE at Holy Family aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in all our children now and for their future beginning in early years through fine, gross, locomotor and manipulation skills and continuing development through key stage one and two. Physical education is an important part of leading a healthier lifestyle and our curriculum ensures all children have the opportunity to have an outstanding experience in PE through teacher led or external led activities on a weekly basis. Our curriculum ensures that their knowledge of motor competence, rules, strategies, tactics, and healthy participation in order to meet the aims of the national curriculum is fully met at the end of each and every unit. Our offer teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved through hard work and application. We deliver high-quality teaching and learning opportunities that inspire all children to improve their skills and apply them to a game situation in every session. We want to teach all children how to independently cooperate and collaborate with others, as part of a team and as a leader, understanding fairness and competitiveness of play to embed life-long values in their lives. We ensure all children reflect on their own, and others', performance and use clear communication within PE lessons. All children are taught the importance exercise has on their physical and mental health which motivates them to exercise beyond their Primary years. Our intent is clear at Holy Family; Physical Education is not for some; it is for everyone.
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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Ball skills <ul style="list-style-type: none"> - Children will know how to develop dribbling a ball with their hands - Children will know how to explore accuracy when rolling a ball - Children will know how to explore throwing with accuracy towards a target - Children will know how to explore catching with two hands - Children will know how to explore dribbling a ball with their feet - Children will know how to explore tracking a ball that is coming towards them 	Dance <ul style="list-style-type: none"> - Children will know how to use counts of 8 to move in time and make my dance look interesting - Children will know how to explore pathways in dance - Children will know how to create their own dance using actions, pathways and counts - Children will know how to explore speeds and actions - Children will know how to copy, remember and repeat actions that represent the theme - Children will know how to copy, repeat, create and perform actions that represent the theme 	Fitness <ul style="list-style-type: none"> - Children will know knowledge of how exercise can make you feel - Children will know how exercise can make you feel strong and healthy - Children will know how exercise relates to breathing - Children will know how exercise helps their brain - Children will know how exercise helps their muscles - Children will know the importance of daily exercise 	Striking and fielding <ul style="list-style-type: none"> - Children will know how to develop underarm throwing and catching - Children will know how to develop overarm throwing - Children will know how to develop hitting a ball - Children will know how to develop collecting a ball - Children will know how to develop getting a batter out - Children will know how to play games and score points 	Net and wall <ul style="list-style-type: none"> - Children will know how to defend space using the ready position - Children will know how to play against an opponent and keep the score - Children will know how to hit with a racket - Children will know how to develop racket and ball skills - Children will know how to develop sending a ball using a racket - Children will know how to hit over a net 	Athletics <ul style="list-style-type: none"> - Children will know how to move at different speeds over varying distances - Children will know how to develop balance - Children will know how to develop changing direction quickly - Children will know how to hop, jump and leap for distance - Children will know how to throw for distance - Children will know how to throw for accuracy
2	Invasion <ul style="list-style-type: none"> - Children will know what being in possession means and supporting a teammate to do this - Children will know that scoring goals is an attacking skill and explore ways to do this 	Fitness <ul style="list-style-type: none"> - Children will know how to run for a long time - Children will know how to jump in a long rope using timing - Children will know how to use coordination in individual skipping 	Gymnastics <ul style="list-style-type: none"> - Children will know how to perform gymnastic shapes with control and link them together - Children will know how to use shapes to create balances 	Striking and fielding <ul style="list-style-type: none"> - Children will know how to track a rolling ball and collect it - Children will know how to develop underarm throwing and catching to field a ball - Children will know 	Net and wall <ul style="list-style-type: none"> - Children will know the ready position for defending space on court - Children will know how to return a ball with hands - Children will know how to 	Athletics <ul style="list-style-type: none"> - Children will know the sprinting action - Children will know how to jump for distance - Children will know how to jump for height - Children will

	<ul style="list-style-type: none"> - Children will know that stopping goals is a defending skill and explore ways in which to do this - Children will know how to gain possession - Children will know how to mark an opponent and understanding that this is a defending skill - Children will know how to apply simple tactics for attacking and defending 	<ul style="list-style-type: none"> - Children will know how to develop stamina and change direction - Children will know exercises to develop strength - Children will know how to develop agility, balance and coordination 	<ul style="list-style-type: none"> - Children will know travelling actions and balances using apparatus - Children will know how to perform different shapes, take offs and landings when performing jumps - Children will know how to roll and sequence build - Children will know how to create a sequence using apparatus 	<ul style="list-style-type: none"> how to develop overarm throwing to limit a batter's score - Children will know how to develop hitting for distance to score more points - Children will know how to get a batter out - Children will know rules of a game and play fairly 	<ul style="list-style-type: none"> play against a partner - Children will know how to develop their racket skills and use them to return a ball - Children will know how to develop returning a ball with a racket - Children will know how to play against an opponent with a racket 	<ul style="list-style-type: none"> know how to throw for distance - Children will know how to throw for accuracy - Children will know how to select and apply knowledge and technique an athletics carousel
3	Football <ul style="list-style-type: none"> - Children will know the attacking skill of dribbling - Children will know how to change direction and speed when dribbling - Children will know how to pass and begin to recognize when to use different skills - To apply attacking skills to move towards a goal - Children will know defending skills to delay an opponent and gain possession - Children will know 	Dance <ul style="list-style-type: none"> - Children will know how to create actions in response to a stimulus and move in unison with a partner - Children will know how to create actions to move in contact with a partner or interact with a partner - Children will know how to select and link appropriate actions and dynamics to show a dance - Children will know to remember, repeat and create actions to 	Fitness <ul style="list-style-type: none"> - Children will know how to recognise different areas of fitness and explore what their body can do - Children will know how to develop speed and strength - Children will know how to develop coordination - Children will know how to develop agility - Children will know how to develop balance 	Cricket <ul style="list-style-type: none"> - Children will know how to underarm and overarm throw and apply these to a striking and fielding game - Children will know bowling technique and know the rules of the skill - Children will know how to develop batting technique and where to hit the ball - Children will know fielding techniques and apply them to a game - Children will know different roles in a game and begin to 	Tennis <ul style="list-style-type: none"> - Children will know how to develop racket and ball control - Children will know how to rally using forehand - Children will know how to return the ball using a forehand - Children will know how to rally using backhand - Children will know how to score and use simple rules - Children will 	Athletics <ul style="list-style-type: none"> - Children will know sprinting technique and improve on their personal best - Children will know changeover techniques in relay - Children will know jumping technique in a range of approaches and take off positions - Children will know how to develop throwing

	<p>how to apply skills and knowledge to compete in a tournament</p>	<p>represent an idea</p> <ul style="list-style-type: none"> - Children will know how to share ideas of actions and dynamics to create a dance to show location - Children will know how to use choreographing ideas to develop a dance 	<ul style="list-style-type: none"> - Children will know how to develop stamina 	<p>think tactically about each role</p> <ul style="list-style-type: none"> - Children will know how to apply skills and knowledge to compete in a tournament 	<p>know how to work collaboratively with others to begin to manage a game</p>	<p>technique for distance and accuracy</p> <ul style="list-style-type: none"> - Children will know how to develop throwing for distance in a pull throw - Children will know how to develop officiating and performing skills
4	<p>Basketball</p> <ul style="list-style-type: none"> - Children will know the attacking skill of dribbling - Children will know how to protect the ball when dribbling against an opponent - Children will know how to develop passing and begin to recognise when to use different skills - Children will know how to use defending skills to delay an opponent and gain possession - Children will know the technique of shooting - Children will know how to apply skills and knowledge to compete in a tournament 	<p>Fitness</p> <ul style="list-style-type: none"> - Children will know how to recognise different areas of fitness and explore what their body can do - Children will know how to develop speed and strength - Children will know how to develop coordination - Children will know how to develop agility - Children will know how to develop balance - Children will know how to develop stamina 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Children will know how to develop individual and partner balances - Children will know how to develop individual and partner balances using apparatus - Children will know how to develop control in performing and landing rotation jumps - Children will know how to develop rotation jumps and sequence building using apparatus - Children will know the straight, barrel, forward and straddle roll 	<p>Rounders</p> <ul style="list-style-type: none"> - Children will know how to underarm and overarm throw and apply these to a striking and fielding game - Children will know bowling technique and know the rules of the skill - Children will know how to develop batting technique and where to hit the ball - Children will know fielding techniques and apply them to a game - Children will know different roles in a game and begin to think tactically about each role - Children will know how to apply skills and knowledge to compete in a tournament 	<p>Swimming</p> <p>Tennis</p> <p>Swimming</p> <ul style="list-style-type: none"> - Children will know and perform safe self-rescue in different water-based situations - Children will know and perform swimming confidently, competently and proficiently over a distance of 25metres - Children will know and use a range of strokes effectively <p>Tennis</p> <ul style="list-style-type: none"> - Children will know how to develop racket and ball control - Children will know how to develop 	<p>Athletics</p> <ul style="list-style-type: none"> - Children will know how to develop stamina and an understanding of speed and pace in relation to distance - Children will know how to develop power and speed in the sprinting technique - Children will know how to develop technique for jumping for distance - Children will know how to develop power and technique when throwing for distance - Children will know how to develop a pull

			<ul style="list-style-type: none"> - Children will know how to asses different rolls 		<ul style="list-style-type: none"> - returning a ball using a forehand and understand when to use it - Children will know how to develop the backhand and know when to use it - Children will know how to keep a rally going showing increased technique - Children will know how to use and apply rules and simple tactics - Children will know how to use rules to manage a game 	<ul style="list-style-type: none"> - throw for distance and accuracy - Children will know how to develop officiating and performing skills
5	Hockey <ul style="list-style-type: none"> - Children will know how to develop dribbling to beat a defender - Children will know how to send and receive the ball with control under pressure - Children will know to select the appropriate skill, choosing when to pass and when to dribble - Children will know to move into and create space to 	Dance <ul style="list-style-type: none"> - Children will know how to create a dance using a random structure and perform the actions showing quality and control - Children will know how changing dynamics changes the appearance of the performance - Children will know and use relationships and space to change how a performance looks 	Fitness <ul style="list-style-type: none"> - Children will have an awareness of what their body is able to do - Children will know how to develop speed and stamina - Children will know how to develop strength using their own body weight - Children will know how to develop coordination 	Cricket <ul style="list-style-type: none"> - Children will know how to develop throwing and catching under pressure and apply these to a game - Children will know how to develop bowling under pressure - Children will know how to strike a bowled ball with increasing consistency - Children will know fielding techniques and select the 	Volleyball <ul style="list-style-type: none"> - Children will know the fast catch volley to create space and place the ball - Children will know and develop the set shot and understand when to use it - Children will know how to develop the dig and understand when to use it - Children will 	Athletics <ul style="list-style-type: none"> - Children will know pace and apply different speeds over varying distance - Children will know how to develop fluency and coordination when running for speed - Children will know how to develop technique in relay

	<p>support a teammate</p> <ul style="list-style-type: none"> - Children will know to use the appropriate defensive technique for the situation - Children will know how to apply rules, skills and principles to play in a tournament 	<ul style="list-style-type: none"> - Children will know how to copy and repeat movements in the style of rock and roll - Children will know how to work with a partner to copy and repeat actions in time with the music - Children will know how to work collaboratively with a group to choreograph a dance in the style of rock and roll 	<ul style="list-style-type: none"> - Children will know how to develop agility - Children will know how to develop balancing with control 	<p>appropriate action for the situation</p> <ul style="list-style-type: none"> - Children will know and apply tactics in a game - Children will know and apply skills and knowledge to compete in a tournament 	<p>know how to select and apply skills to keep a continuous rally going</p> <ul style="list-style-type: none"> - Children will know how to develop the underarm serve and learn the rules of serving - Children will know and apply rules, skills and principles to play in a tournament 	<p>changeovers</p> <ul style="list-style-type: none"> - Children will know how to develop momentum and power in the triple jump - Children will know how to develop throwing with force for longer distances - Children will know how to develop throwing with greater control and technique
6	<p>Tag Rugby</p> <ul style="list-style-type: none"> - Children will know when to run and when to pass - Children will know to move into space to support a teammate - Children will know how to use defending skills to gain possession - Children will know how to defend as a unit to prevent attackers from scoring - Children will know how to use a variety of attacking skills to beat a defender - Children will know how to apply rules, skills and tactics learnt to play in a 	<p>Fitness</p> <ul style="list-style-type: none"> - Children will have an awareness of what their body is able to do - Children will know how to develop speed and stamina - Children will know how to develop strength using their own body weight - Children will know how to develop coordination - Children will know how to develop agility - Children will know how to develop balancing with control 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Children will know the straddle, forward and backwards roll - Children will know how to develop rolling into sequence work using apparatus - Children will know how to develop counter balance and counter tension - Children will know how to develop counter balance and counter tension into sequence work with apparatus - Children will 	<p>Rounders</p> <ul style="list-style-type: none"> - Children will know how to develop throwing and catching under pressure and apply these to a game - Children will know how to develop bowling under pressure - Children will know how to strike a bowled ball with increasing consistency - Children will know fielding techniques and select the appropriate action for the situation - Children will know and apply tactics in a game - Children will know and apply skills 	<p>Badminton</p> <ul style="list-style-type: none"> - Children will know how to return the shuttlecock using the underarm clear - Children will know how to return the shuttlecock using the overarm clear - Children will know how to use a variety of shots to keep a continuous rally going - Children will know how to develop the serve and understand the rules of serving - Children will 	<p>Athletics</p> <ul style="list-style-type: none"> - Children will know how to develop their own and others sprinting technique - Children will know and identify a suitable pace for an event - Children will know how to develop power, control and technique for the triple jump - Children will know how to develop power, control and technique when throwing for distance - Children will

	tag rugby tournament		<p>know how to develop jumps and explore the effect of height</p> <ul style="list-style-type: none"> - Children will know how to explore jump sequence work with consideration of performance tools 	<p>and knowledge to compete in a tournament</p> <ul style="list-style-type: none"> - 	<p>know and employ tactics to play against an opponent and with a partner</p> <ul style="list-style-type: none"> - Children will know and apply rules, skills and principles to play against an opponent 	<p>know how to develop throwing with force and accuracy for longer distances</p> <ul style="list-style-type: none"> - Children will know how to work collaboratively in a team to develop the officiating skills of measuring, timing and recording
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