



St Luke's CE Primary

Physical Education Progression Map and End Points



PE Curriculum Progression and End Points

End of EYFS	End of Key Stage One	End of Lower Key Stage Two	End of Upper Key Stage Two
<p>Games</p> <ul style="list-style-type: none"> • Handles objects safely and with increasing control and intention • Shows confidence in choosing resources and perseverance in carrying out a chosen activity • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Shows confidence in choosing resources and perseverance in carrying out a chosen activity. • Is proactive in seeking adult support and able to articulate their wants and needs. • Is aware of behavioural expectations and sensitive to ideas of justice and fairness • Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles 			

PE Curriculum End Points for Learning

End of EYFS	End of Key Stage One	End of Lower Key Stage Two	End of Upper Key Stage Two
<p>Reception</p> <p>Gross Motor Skills Children at the expected level of development will: - 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.</p> <p>Fine Motor Skills Children at the expected level of development will: - Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery; - Begin to show accuracy and care when drawing.</p>	<p>Year 1 and Year 2</p> <p>Children should have developed fundamental movement skills, become increasingly competent and confident.</p> <p>Through a broad range of activities, the children will have opportunities to extend their agility, balance and coordination, individually and on with others.</p> <p>They should be able to engage in competitive (both individually and against others) and co-operative physical activities, in range of increasing challenging situations.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Year 3 and Year 4</p> <p>Children will continue to develop their fundamental movements from Key Stage 1 and start to apply them in different ways. They should link them to make actions and sequences of movements.</p> <p>They should enjoy communicating, collaborating and competing with each other.</p> <p>The children should begin to develop an understanding of how to improve in different physical activities and start to apply this to different sports.</p> <p>Through different physical activities they should start to recognise their own success and should begin to evaluate their own performance and success.</p> <p>Play competitive games (both inter and intra)</p>	<p>Year 5 and Year 6</p> <p>Physical development and skills learned should be built on and they should be more competent, confident and begin to demonstrate some expertise in their own ability.</p> <p>Through comparison the children should demonstrate an ability to improve their performance to achieve personal best.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform self-rescue in different water based activities.</p>