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| **Reception End Points** | **Year 1 & 2 End Points** | **Year 3 & 4 End Points** | **Year 5 & 6 End Points** |
| **Physical**   * Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders. * Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders. * Pupils will be able to move and balance in high and low ways, applying champion gymnastics criteria, both on the floor and on apparatus. * Pupils will develop their ability to throw, roll and stop a ball with control. * Pupils will explore catching and will be ready to receive a ball. * Pupils will move their bodies with big actions as they explore moving as characters. * Pupils will move their bodies with big actions linked to a stimulus. * Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders. * Pupils will be able to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus. * Pupils will develop their ability to walk and move into space, change direction and keep away from the defenders. | **Physical**   * Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus * Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately. * Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges. * Pupils will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders. * Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can   ensure their movements are big and clear.   * Pupils will consolidate their ability to   dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.   * Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus. * Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball. * Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully. * Pupils will consistently apply the correct technique for jumping. Pupils will accurately apply their jumping skills in combination and also within games. * Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag. | **Physical**   * Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball. * Pupils will develop their ability to run   and jump as fast/far as possible with the  correct techniques and throw for distance exploring the most effective technique.   * Pupils will develop their passing and   moving skills to outwit their opponents, keeping possession.   * Pupils will develop their passing and   moving skills to outwit their opponents  and keep possession of the ball. Pupils  will explore how we tag an opponent.   * Pupils will develop their ability to use   and apply different relaxation techniques.  Pupils will be able to execute a variety of  meditative balances correctly.   * Pupils will develop their passing and   moving, dribbling and shooting skills to outwit their opponents and keep  possession of the ball and score.   * Pupils will throw/hit the ball into space on their opponents’ side of the court. After playing a shot pupil will recover to already position, ready to return the ball. * Pupils will perform with big and clear   movements that flow. They will perform with expression and be able to stay in character.   * Pupils will execute ‘excellent’ balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together. * Pupils will work within teams to complete the different problem-solving challenges successfully. * Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game. | **Physical**   * Pupils will execute ‘excellent’ balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their balances with movement. * Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness. * Pupils will perform with clarity, fluency, accuracy and consistency as part of a big group. Pupils will always perform with high energy. * Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put. * Pupils will be able to pass, move, dribble, shoot, tackle and block accurately and consistently, switching fluidly between attack and defence as possession changes. * Pupils will be able to apply refined fielding skills, (accurate throwing, catching and retrieving skills) will be in order to prevent the batters from scoring. * Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes. * Pupils will be able to execute the backhand and forehand technique with accuracy and consistency. Pupils will be able to use and apply the serve in games. * Pupils will refine their developing ability to orientate a map and locate points, returning to base as quickly as possible. * Swim competently, confidently and proficiently over a distance of at least 25 metres. * Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) * Perform safe self-rescue in different water-based situations |
| **Cognitive**   * Pupils will apply developing concentration skills as they focus on the ball and listen to all the instructions. The ball as they move it and the target. * Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus. * Pupils will develop their curiosity and imagination as they experiment moving in different ways. * Pupils will develop an understanding of why we move into space as they explore moving and walking. * Pupils will also be able to adjust their speed and change direction to avoid other pupils. | **Cognitive**   * Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement. * Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball. * Pupils will refine their application of life skills such as curiosity and imagination as they create a range of movements linked to a variety of characters. * Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important. * Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball. * Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences. * Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations. * Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics. * Pupils will demonstrate a strong understanding of why, when and where we jump in a game and apply imagination and creativity to their jumping. * Pupils will start to create and apply simple tactics for attacking and defending. Pupils will understand why rules are important in a game. | **Cognitive**   * Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team. * Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important. * Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team. * Pupils will apply an understanding of where, when and why we pass and move, in order to score a try. Pupils will understand the importance of tagging. * Pupils will understand what relaxation means as well as understanding why   meditative balances can benefit the mind  and body.   * Pupils will develop their understanding of where, when and why we throw/hit the ball into spaces on their opponents’ side of the court. * Pupils will refine their ability to evaluate   their own and others’ performances. Pupils will problem solve and apply resourcefulness as they construct their sequences.   * Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team. * Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding). | **Cognitive**   * Pupils will apply life skills such as evaluation and reflection as they recognise the strengths and weaknesses in their sequences and find ways to improve them. * Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility. * Pupils will make effective evaluations of an individual, pairs’ or groups strengths and weaknesses. Pupils will reflect on their own performances. * Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important. * Pupils will begin to create and apply tactics that they can then adapt depending on the game situation. * Pupils will apply effective decision making as they unpick the different positions within the fielding team making choices as to which positions pupils play. * Pupils will demonstrate an understanding of where to play the shuttle and why. Pupils will understand the consequences if shots are not accurate and controlled. * Pupils will refine their understanding of what makes an effective team and understand how important teamwork is when orienteering. |
| **Social**   * Pupils will develop life skills such as fairness and empathy as they encourage and support each other. They play by the   rules and encourage other pupils.   * Pupils will develop life skills such as gratitude and empathy as they encourage support each other and watch others performance. Congratulate others in their work. | **Social**   * Pupils will demonstrate life skills such as gratitude as they work safely with each other. Pupils will support each other and share apparatus. Enjoy creating their movements and sequences. * Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules. Pupils will develop their ability to give and receive feedback concerning the technique. | **Social**   * Pupils will develop life skills such as   respect and communication as they collaborate with others including their opponents.   * Pupils will develop life skills such as   cooperation and encouragement as they collaborate with others and support each  other to develop their techniques.   * Pupils will effectively apply life skills   such as cooperation as they collaborate  with others and support each other to develop their mindfulness techniques. | **Social**   * Pupils will refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges. * Pupils will develop life skills such as communication and respect as they collaborate with others and play by the rules. * Pupils will develop communication skills as they officiate in game-based scenarios. Pupils will also start to lead their team and manage their games. * Pupils will work positively with their team members to find success demonstrating effective collaborative skills, leading their team. * Pupils will consistently apply life skills such as respect and trust as they work successfully with others to execute their sequences and group performance. |
| **Wellbeing**   * Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible. * Pupils will begin to show self-belief as they travel with confidence, over, under and through apparatus. * Pupils will start to explore honesty, as they learn to keep the score. | **Wellbeing**   * Pupils will develop their self-belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing. * Pupils will develop and apply life skills such as self-belief and honesty as they strive to improve their own performance and always keep the score playing fairly. * Strive to complete the different challenges, adapting strategies and never giving up. | **Wellbeing**   * Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and self-motivation. * Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination. * Pupils will develop their ability to stay focused when using various mindfulness techniques as they strive to improve their performances showing integrity. * Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self   motivation.   * Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes. | **Wellbeing**   * Pupils will apply integrity and self-discipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences. * Pupils will refine life skills such as self-motivation, resilience and self-discipline as they strive to improve their own performances. * Pupils will demonstrate effective responsibility as they work with less able pupils and create movement ideas to improve the quality of their work. * Pupils will strive to improve their own technique, ensuring they always apply maximum effort. * By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing. * Pupils will refine their leadership skills and take responsibility for others. |