

# PHYSICAL EDUCATION

*These 'End of Year Goals' must be used alongside the National Curriculum and Development Matters.*



## PE – EYFS

1	Listen and follow instructions with several ideas or actions.
2	Express themselves effectively, showing awareness of the listener's needs
3	Show good control and coordination of large movements
4	Show good control and coordination of small movements
5	Show importance of good health of physical exercise and healthy diet.

## PE – Year 1

1	Children develop simple fundamental movements which they copy, repeat and explore with basic control.
2	Children begin to become aware of their feelings and feelings of others when working together.
3	Follow basic instructions and generally do their best in any physical tasks on their own.
4	Can describe and comment on their own and others' actions
5	Talk about how to exercise safely and describe how their bodies feel when they are moving and when they are at rest.

## PE – Year 2

1	Competent and confident in simple fundamental movement skills
2	Access a broad range of opportunities to extend their agility, balance and coordination individually and with others.
3	Engage in simple competitive activities against themselves and cooperative physical activities with others whilst trying their best.
4	Talk generally about the differences between their own and others' simple actions and suggest some improvements.
5	To begin to show a basic understanding of simple tactic for attacking and defending.
6	Children give a simple explanation of how to exercise safely.
7	Describe how their bodies feel during different activities and have a simple awareness that exercise is good for them.

### PE – Year 3

1	Copy, repeat, remember and explore their simple fundamental movement skills
2	Engage and collaborate in partner work and small group activity and start to display some simple, effective communication and cooperation skills.
3	Follow and understand simple rules and competitive physical activities against others' whilst being keen to do well.
4	Describe in more detail how their work is different from others' work and start to use this understanding to improve their own performance.
5	Begin to show an increasing understanding of simple tactics and some basic compositional ideas.
6	Describe how their bodies feel if they are physically active for sustained periods of time and are aware that their health will benefit.
7	Give reasons why it is important to warm up before physical activity.

### PE – Year 4

1	Develop a broader range of skills and begin to select and apply them more appropriately with control and coordination.
2	Display more developed communication and collaborative skills in partner and group work. They praise others and offer support to teammates.
3	During competitive activities they can cope with winning and losing and want to improve their own performance.
4	Describe in some detail how their work is similar and different from others' and start to use this understanding to improve their own performance. Tactical and compositional understanding is improving.
5	Know what the different intensities of physical exercise feels like.
6	Give some reasons why health will benefit if they are physically active for sustained period of time.
7	Show that they can warm up safely

### PE – Year 5

1	Select and apply skills for use in different ways and in different contexts with good control and coordination.
2	Children display a positive attitude cooperative and competitive physical exercise.
3	Work effectively as part of a team, listening respectfully to the ideas of others and sharing their own.
4	Understand the importance of fair play in competition by persevering in challenging themselves to improve their performance.
5	Overserve others' and compare comment on aspect including skills, technique, tactics, ideas and composition used.
6	Use their findings on a consistent basis to refine their own performance in some physical activities and sports.
7	Display a good understanding of health benefits of engaging regularly in vigorous physical activity for sustained periods of time in and out of school.
8	Plan and demonstrate that they can take their own warm up and cool down safely.

## PE – Year 6

1	Link their skills to make actions and sequences of movement by applying and performing them accurately with precision, control and physical fluency.
2	Enjoy communicating, collaborating and competing with each other to consistently work well in team challenges with good communication skills.
3	Engage fully in individual and team competitive physical activities by respecting the rules and displaying a good sense of fair play.
4	Display resilience and challenge themselves consistently to improve their own performance.
5	Evaluate and recognise correctly and with consistency their own and others' success by regularly comparing and giving feedback on skills, techniques, ideas and composition using in their own and others' work and use this understanding consistently to make improvements across a range of physical activities and sports.
6	Explain in detail how physical activity and sport contributes to a healthy lifestyle.
7	Engage in a range of physical activities and sports and can describe some of the different health benefits of each.
8	Consistently warm up and cool down safely in ways that suit the activity.

