

PE End points

Year Group	End Point Statement
Nursery	☐ Run safely and negotiate space. ☐ Jump using two feet and land safely. ☐ Balance momentarily on one foot. ☐ Catch and kick a large ball. ☐ Climb confidently and use equipment safely. ☐ Follow simple movement instructions (e.g. start/stop). ☐ Show increasing independence in dressing and self-care. ☐ Recognise the effects of physical activity on their bodies.
Reception	☐ Move confidently and safely in a range of ways. ☐ Travel under, over and through equipment with control. ☐ Throw, catch, kick and control objects with increasing accuracy. ☐ Demonstrate good coordination and balance. ☐ Explain why exercise and healthy eating are important. ☐ Manage personal hygiene and dressing independently. ☐ Assess simple risks and keep themselves safe.
Year 1	☐ Throw, catch, kick, roll and dribble a ball with control. ☐ Participate in simple team games and follow rules. ☐ Balance on one foot for 5 seconds. ☐ Link two simple gymnastic movements together.

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	□ Jump for height and distance using correct technique. □ Move to music and perform simple dance sequences. □ Strike a ball with a racket or bat.
Year 2	□ Apply fundamental movement skills with increasing accuracy. □ Pass and control a ball using hands and feet. □ Dribble through obstacles successfully. □ Demonstrate simple attacking and defending tactics. □ Perform balances, rolls and jumps with control. □ Link short dance sequences to music. □ Strike and catch a ball consistently during games.
Year 3	□ Combine running, jumping, throwing and catching skills effectively. □ Apply simple tactics in competitive situations. □ Pass and control a ball using hands, feet or equipment. □ Perform balances, jumps and rolls with increasing control. □ Compare and evaluate their own performance. □ Demonstrate speed, endurance and power in athletics. □ Participate successfully in outdoor and adventurous activities.

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Year 4	□ Apply a range of passes and tactics during games. □ Control a ball confidently in competitive situations. □ Create and perform more complex gymnastic sequences. □ Work collaboratively to create balances and movement sequences. □ Strike, field and catch with increasing accuracy. □ Demonstrate improved athletic techniques. □ Use forehand and backhand shots in net and wall activities. □ Reflect on and improve their performance.
Year 5	□ Select and apply appropriate tactics in competitive games. □ Lead and work effectively within a team. □ Perform complex gymnastic sequences with control and creativity. □ Create and perform extended dance sequences linked to music. □ Demonstrate power and technique in athletics events. □ Swim 25 metres confidently and perform basic self-rescue. □ Sustain rallies using forehand and backhand shots. □ Evaluate and improve their own performance.

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Year 6	□ Apply advanced game skills and tactics across a range of sports. □ Make effective decisions about when to pass, dribble, shoot or tackle. □ Lead others and model fair play and teamwork. □ Perform complex gymnastic and dance sequences with precision and creativity. □ Demonstrate speed, agility, endurance and power across athletics events. □ Swim 25 metres confidently using a range of strokes and perform self-rescue. □ Use a variety of net and wall shots tactically to outwit opponents. □ □ Analyse and improve performances to achieve personal bests