



PE Year Group End Points

	EYFS	YEAR 1	YEAR 2	END OF KS1	YEAR 3	YEAR 4	YEAR 5	YEAR 6	END OF KS2
Balance FUNS 1	Stand still for 10 seconds.	Stand still for 30 seconds.	Complete 5 mini squats.	Master basic movements including running, jumping, throwing and catching. Develop balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games.	Stand still for 30 seconds with eyes closed. Complete 5 squats.	Complete 5 ankle extensions.	Stand still on an uneven surface for 30 seconds. Stand still on an uneven surface for 30 seconds with eyes closed.	Complete 10 squats into ankle extensions. Complete 5 squats with eyes closed.	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
Balance FUNS 3	Hold mini-front support position. Reach round and point to ceiling with either hand in mini-front support.	Place cone on back and take it off with other hand in mini-front support.	Hold mini-back support position. Place cone on tummy and take it off with other hand in mini-back support.		Hold full front support position.	Lift 1 arm and point to the ceiling with either hand in front support. Transfer cone on and off back in front support.	Transfer tennis ball on and off back in a front support.	Transfer cone on and off tummy in back support. Transfer tennis ball on and off tummy in back support.	
Co-ordination FUNS 6	Jump from 2 feet to 2 feet forwards, backwards and side-to-side.	Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).	Jump from 2 feet to 2 feet with quarter turn in both directions.	Develop simple tactics for attacking and defending. Perform dances using simple movement patterns.	Jump from 2 feet to 2 feet with 180-degree turn in either direction.	Complete a tucked jump. Complete a tucked jump with 180-degree turn in either direction.	Jump 2 feet to 2 feet forwards, backwards and side to side. Hop forwards and backwards freezing on landing. Jump 1 foot to other forwards and backwards freezing on landing.	Hop sideways raising knee and freezing on landing. Jump 1 foot to other sideways raising knee and freeze on landing.	



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Co-ordination FUNS 8	Roll large ball and collect the rebound. Roll small ball and collect the rebound.	Throw large ball and catch the rebound with 2 hands. Throw tennis ball, catch rebound with same hand after 1 bounce.	Throw tennis ball, catch rebound with same hand without a bounce. Throw tennis ball, catch rebound with other hand after 1 bounce.		Throw tennis ball, catch rebound with other hand without a bounce. Strike large, soft ball along ground with hand 5 times in a rally. Strike a ball with alternate hands in a rally.	Kick a ball with the same foot. Kick a ball with alternate feet. Roll 2 balls alternately using both hands sending 1 as the other is returning.	Alternately throw and catch 2 tennis balls against a wall.	Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). Throw 2 tennis balls against a wall in a circuit, in both directions.	Perform dances using a range of movement patterns. Take part in outdoor and adventurous activity challenges both individually and within a team.
Co-ordination FUNS 10	Side-step in both directions. Gallop, leading with either foot. Hop on either foot.	Skip. Combine side steps with 180-degree front pivots off either foot.	Combine side-steps with 180-degree reverse pivots off either foot. Skip with knee and opposite elbow at 90-degree angle.		Hopscotch forwards and backwards hopping on the same leg (right and left). Hopscotch forwards and backwards alternate hopping leg each time.	Move in a 3-step zigzag pattern forwards. Move in a 3-step zigzag pattern backwards.	Combine 3-step patterns with cross-over (swerve) when changing lead leg.	Move in 3-step zigzag pattern with knee raise across body just before changing lead leg and direction. Move in 3-step zigzag pattern lifting foot up behind just before changing lead leg and direction.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Agility FUNS 12	React and catch a large ball dropped from shoulder height after 2 bounces.	React and catch a large ball dropped from shoulder height after 1 bounce.	React and catch a tennis ball dropped from shoulder height after 1 bounce.		React and catch a tennis ball dropped from shoulder height after 2 bounces balancing on 1 leg.	React and catch a tennis ball dropped from shoulder height after 1 bounce balancing on 1 leg.	React and step across body, bring hand across body and catch tennis ball after 2 bounces	React and step across body, bring hand across body and catch tennis ball after 1 bounce.	