**Foundation subject: PE Year 3**

**EP 1. Basic Movement**

All pupils must know how to apply and develop a broader range of skills and how to use them in different ways to link them to make actions and sequences of movement in gymnastics.

**EP 2. Basic Movement**

All pupils must know how to swim a distance of at least 25 metres using a range of strokes effectively and how to perform safe self-rescue in different water-based situations.

**EP 3. Team Games**

All pupils must be taught how to enjoy communicating, collaborating and competing with each other in team games.

**EP 4. Team Games**

All pupils must know how to develop an understanding of how to improve in different physical activities and sports and to evaluate and recognise their own success.

**EP 5. Dance and Movement**

All pupils must know how to develop and build up a sequence of movement by responding rhythmically to music, beat and the tempo of sounds.

**EP 6. Dance and Movement**

All pupils must know how to use actions and sequences of movement to choreograph and perform creative dances.

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| **Term** | **End Point 1**  **Basic Movement** | | | | **End Point 2**  **Basic Movement** | | | | **End Point 3**  **Team Games** | | | | **End Point 4**  **Team Games** | | | | **End Point 5**  **Dance and Movement** | | | | **End Point 6**  **Dance and Movement** | | | |
|  | **1.0** | **1.1** | **1.2** | **1.3** | **2.0** | **2.1** | **2.2** | **2.3** | **3.0** | **3.1** | **3.2** | **3.3** | **4.0** | **4.1** | **4.2** | **4.3** | **5.0** | **5.1** | **5.2** | **5.3** | **6.0** | **6.1** | **6.2** | **6.3** |
| **Au1**  Tag rugby & Dance |  |  |  |  |  |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |
| **Au2**  Hockey & Dance |  |  |  |  |  |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |
| **Sp1**  Volleyball & Gymnastics, swim | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |
| **Sp2**  Basketball & Gymnastics, swim | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |
| **Su1**  Athletics & Dance |  |  |  | **√** |  |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |
| **Su2**  Cricket & Dance |  |  |  |  |  |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |

EP1. **Basic Movement.**

All pupils must know how to apply and develop a broader range of skills and how to use them in different ways to link to make actions and sequences of movement in gymnastics.

**Additional End Points**

1.1) Most pupils should know how to run, jump, throw and catch in combination and in partnership with others

1.2) Most pupils should know how to develop flexibility, strength, technique, control and balance

1.3) Most pupils should know how to develop their skills and improve their performances in athletics and gymnastics

EP2. **Basic Movement.**

All pupils must know how to swim a distance of at least 25 metres and to be safe near water.

**Additional End Points: Most pupils should know**

2.1) Must pupils should know how to use an appropriate range of strokes effectively

2.2) Most pupils should know how to perform safe self-rescue in different water-based situations

2.3) Most pupils should know about the dangers associated with pools, ponds, rivers, lakes, canals and the sea and how to keep themselves and others safe

EP3.**Team Games**

All pupils must know how to enjoy collaborating and competing with each other in team games.

**Additional End Points**

3.1) Most pupils should know how to play competitive games including cricket, football, hockey, netball and rounders fairly

3.2) Most pupils should know how to apply basic principles suitable for challenging and defending in games

3.3) Most pupils should know how to take part in outdoor activity both individually and within a team

EP4. **Team Games**

All pupils must know how to develop an understanding of how to improve in different physical activities and sports and to evaluate and recognise their own success.

**Additional End Points**

4.1) Most pupils should know how develop their skills and improve their performance in physical activities

4.2) Most pupils should know how to compare their performances with previous ones to demonstrate improvement to achieve their personal best

4.3) Most pupils should know how to recognise and celebrate their own success and improvement and the success of others

EP5. **Dance and Movement**

All pupils must know how to develop and build up a sequence of movement

**Additional End Points**

5.1) Most pupils should know how to respond rhythmically to music, beat and the tempo of sounds

5.2) Most pupils should know how to build different movements into a sequence

5.3) Most pupils should know how to develop and improve their sequences of movement into a performance

EP6. **Dance and Movement**

All pupils must know how to dance and move to a beat, rhythm and tempo of music.

**Additional End Points**

6.1) Most pupils should know how to listen to music and then to dance and move appropriately

6.2) Most pupils should know how to respond to different types of music to perform dances and sequences of movement

6.3) Most pupils should know to choreograph simple, creative, individual and group dance performances to music