

**PE End Points**  **Key Stage 2**

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|  | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Dance** | **AfL Questions*** How would you make sure your audience enjoyed your performance?
* How would you make sure you and your partner worked well to create a small dance sequence? How would you make the partnership successful?
* Why is repetition often used in dance sequences?
* How does using a pattern help you to perform successfully?
 | **AfL Questions*** \*Why is using expression important when trying to tell a story through dance?
* \*How do you ensure your movements are fluent?
* \*How would you phrase a comment on another group’s work to help them improve next time?
* \*How does the music you are using help to decide what style of dance you do?
 | **AfL Questions*** How does the rhythm of the music help you to perform your dance successfully?
* How would you ensure your group works well together when creating a dance routine?
* How would you use the muscles of your body to ensure your movements are precise?
* Why does a repeating pattern work well when creating a dance routine?
* What type of phrases could you use when evaluating another groups’ performance which would make them feel successful but also help them to improve next time?
 | **AfL Questions*** How is street dance the same/different from the styles of dance you have done in previous years?
* What type of music is most appropriate for a street dance routine? Why?
* Why is a variety of speeds and levels important when creating a successful dance routine?
* What type of phrases could you use when evaluating another groups’ performance which would make them feel successful but also help them to improve next time?
* What style of movement is typical of street dance e.g. smooth and flowing/precise and sharp?
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| **Gym** | **AfL Questions*** What is the same/different between performing a tuck/star/straddle or pike jump?
* What is meant by a sequence of movements? How do you achieve smooth transition in a sequence?
* What role does your vision play when attempting to perform a turn?
* What advice would you gie to a friend who was attempting to perform a successful balance?
* What checks would you make before using a piece of equipment to ensure it is safe?
 | **AfL Questions*** \*How can you achieve improved height when entering a vault?
* \*What is the safest way to land when exiting a vault?
* \*What elements of a cartwhe l ensure it is aesthetially pleasing?
* \*What role do your core muscles play when performing any sort of gymnastics move? Which element do they support?
* \*Why does repeated practise of a move e.g. a stretch help improve your performnce?
 | **AfL Questions*** How do you improve your strength when performing gymnastics moves?
* What is the difference between a stag leap and a split jump?
* How must you position your head when performing any sort of roll to ensure it is performed safely?
* How does the style of music impact on the gymnastics moves you would choose to put into your routine?
* How many different ways can you think of to link two moves together in a sequence?
 | * Jumps and Leaps

**AfL Questions*** What tips would you give to a friend who had never performed a cat leap before?
* Why is a variety of speeds, levels and directions important when choreographing a routine?
* What elements of a vault should always be the same, no matter what type of vault you are performing? Why is this?
* How would you ensure that the space you are working in is safe before beginning a performance?
* How do your hands need to be placed when performing a cartwheel?
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| **Games** | **AfL Questions*** What would be the most effective way to travel in a particular situation?
* What factors determine whether a ball hits a target successfully when kicked?
* What tips would you give to a friend to ensure they are using correct batting technique for cricket/tennis/rounders etc?
* Why is displaying sportsmanship important when taking part in games?
* Where should your eyes be focused when attempting to hit a ball approaching from a distance?
 | **AfL Questions*** How can you display sportsmanship when taking part in games?
* What type of pass would you select when throwing a ball over a long/short distance? Why have you made this selection?
* Why is knowing the rules essential prior to starting a new game?
* What would happen if someone chose to break a rule? What impact would there be on the game?
* What are the essential things which must be done in order to catch a ball successfully when it approaches you from any height?
 | **AfL Questions*** What positive impact do clear rules have on a competitive game?
* Which type of pass would you choose when throwing a ball over a particular distance? Why have you made that selection?
* What steps can you take to ‘get free’ from a player during a competitive match?
* Where do you need to place your body when attempting to defend a pass? Is this the only possibility?
* How would you ensure a friend is using a safe overarm technique? What advice would you give to them prior to the throw?
 | **AfL Questions*** How would you adapt a particular game to accommodate a friend e.g. visually impaired, in a wheelchair etc?
* Can you create a game of your own using the skills developed in this particular unit?
* Why are tactics important when playing a team game? What impact can they have on the outcome?
* What is the same/different between an attacking and defending role?
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| **Tennis** | **AfL Questions*** How should you grip a tennis racquet to ensure you have the most control?
* What is the difference between a fore hand and back hand grip on a tennis racquet?
* Where should the ball be hitting the racquet to ensure it is under control?
* How should you position your body to maintain balance and control when hitting a tennis ball?
 | **AfL Questions*** What tips would you give to a friend attempting a drop serve for the first time?
* How should your feet be position when attempting a volley?
* What factors determine your choice of shot during a competitive game?
* How does your body position impact on the direction of the ball?
 | **AfL Questions*** How should you position our body when attempting to make a ground shot? How does this differ from a volley?
* How should your racquet be positioned in order to ensure your shot hits the target?
* How should you grip your racquet when performing a back hand shot? How is this different from a forehand shot?
* What factors during a competitive game impact on the shot you choose to play?
* Why is a clear understanding of the rules important before beginning a match? What impact would it have if the role were broken?
 | **AfL Questions*** In what game situation would you use a drop shot?
* What is the difference between a high and low serve?
* What decisions would need to be made with your doubles partner prior to a game in order to ensure victory?
* What different factors in a game could impact the choice of shot you make?
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| **Athletics** | **AfL Questions*** Why is using the correct technique important when throwing a ball?
* Whose responsibility is it when doing a baton change?
* Why is it important that scores are recorded accurately when taking part in a competition?
* How many different throwing techniques can you think of?
* What factors would determine which throwing technique you would use in a given situation?
 | * To select and maintain a running pace for different distances.
* To develop the ability to run for longer distances (200m).
* To practise throwing with accuracy and power.
* To know how to throw safely and with understanding.
* To understand which technique is the most effective when jumping for distance (long jump).
* To perform a running jump with more than one component (triple jump).
* To explore different footwork patterns.
* To demonstrate good running technique in a competitive situation.
* AfL Questions
* Why is maintaining a suitable pace important when taking part in long distance running?
* How can you increase your stamina to allow you to run for longer distances without stopping?
* What factors should be considered before commencing a throwing event to ensure it is safe?
* What role do your arms play when attempting to jump at length?
 | **AfL Questions*** How will effective peer and self-evaluation help you to improve your performance next time?
* How can you decide the order of runners in a relay race? Is this the only option?
* Which part of your body generates power when attempting a throwing event?
* How would you advise someone if their goal was to be able to run faster?
 | **AfL Questions*** How does evaluating another’s performance help you to improve your own?
* What factors of your body positioning influence the accuracy of our throw?
* What is the same/different between the throwing techniques for e.g. shot putt/javelin?
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| **Swimming and water safety** | **AfL Questions*** Why is it important to breathe out under water?
* Why is treading water an essential life skill?
* Which stroke would you select if you were aiming to swim a length in the fastest time?
* What steps should you take if you find yourself in a dangerous situation in water?
 |  |  | **AfL Questions*** How would you advise someone to keep themselves safe in water?
* What factors could affect someone’s confidence in a swimming pool?
* How would you coach them to overcome these fears?
* Why is it important to be able to confidently perform a self-rescue?
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| **Healthy lifestyle and Diet** | **AfL Questions*** What happens to your body when you begin to warm up?
* Why does this happen?
* How would you feel the day after exercise if you didn’t cool down?
* How many categories of food are there?
* Why is it important to eat food from all of these categories?
 | **AfL Questions*** What impact does warming up have on your performance during the main activity?
* How many different food groups can you name?
* Which muscle groups help you when e.g. kicking a football?
* What is the difference between a static and dynamic stretch? Is one more important than the other?
 | **AfL Questions*** What do we mean by a gross muscle group?
* What benefits to your lifestyle are there as a result of keeping fit?
* What factors should you consider before beginning an activity to ensure it is safe?
* If you had weak muscles, what impact could this have on your day to day life?
* Why is a balanced diet important?
 | **AfL Questions*** What is the same/different between a gross and fine motor group?
* When we exercise, which body parts are impacted and how?
* Prepare a balanced meal which would be suitable for an athlete before a competition. Why have you made these selections?
* How do you feel when taking part in vigorous exercise? Why? Link to body parts.
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