

**PE End Points**  **Key Stage 1**

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|  | **Reception** | **Year 1** | **Year 2** |
| **Dance** | **AfL Questions*** How can we make sure our dance routine looks good?
* How can we make sure our area is safe before beginning dancing?
* Why is listening important when trying to create a dance? What could we be listening to?
* How should we use our eyes when dancing in a space with other people?
 | **AfL Questions*** What is a pattern?
* What do you need to listen to when changing rhythm?
* What do you need to check before changing direction when dancing?
* Which parts of your body do you need to use to help you take off from the floor?
 | **AfL Questions*** What do you need to listen to help your improve your timing?
* What is rhythm?
* How can you use your muscles to make sure you have a good body shape?
* How would you make sure you were able to hold a final position successfully?
* Why is having plenty of space around you important when you are dancing?
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| **Gym** | **AfL Questions*** If you wanted to get from one side of the room to another as smoothly/quickly etc as possible, how would you travel?
* How can you make your body as wide/small as possible?
* How do you know that your body is relaxed/tense?
* How should you position your head to make sure you are safe when performing a roll?
 | **AfL** Questions* What tips would you give to a friend to help them balance successfully?
* Which body part is most important when trying to jump as high as possible?
* If you were trying to create a tucked position, how would you position your chin/head?
* How do your muscle feel when you are in a stretched position?
* What do I mean by a sequence of moves?
 | **AfL Questions*** How do your eyes help you when you are performing a balance?
* If you were asked to travel from one side of the room to the other using a pulling/pushing action, how would you do it? Is there more than one option?
* How many different ways can you exit a bench?
* Which is easier to balance on, the floor or a bench? Can you explain why?
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| **Games/Multi skills** | **AfL Questions*** How should you grasp the ball when throwing underarm?
* Which part of your foot should you use when kicking a ball?
* How should you position your hands when attempting to catch a ball? What would you want to avoid?
* How should you use your legs to ensure you don’t injure yourself when jumping and landing off a piece of equipment?
* What tips would you give to a friend to ensure they didn’t bump into anyone when playing a racing or chasing game? Which tip is the most important?
 | **AfL Questions*** How do you make sure a ball travels in a straight line when throwing underarm?
* Which part of the tennis racquet should you use to hit a ball with? Why will this make you more likely to be successful?
* How do you need to position your body before rolling a ball along the ground?
* How do you use your eyes to help you with your coordination?
* What is the same/different about travelling forwards and backwards?
 | **AfL Questions*** Why is it important to understand the rules before starting a game?
* What could happen if a player didn’t follow the rules?
* What is the same/different between an underarm or overarm throw?
* Which type of throw would you use to throw a ball a long/short distance? Why?
* What job does a defender do in a game?
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| **Athletics** | **AfL Questions*** What tips would you give to a friend to help them run successfully in a straight line?
* Which part/s of your body do you use to help you change direction?
* Why is it important to have plenty of space around you before beginning an activity?
* What will help you run in a straight line?
 | **AfL Questions*** What role do your arms play when attempting to jump from a standing position?
* Is speed or balance more important when trying to complete an obstacle course successfully? Why do you think this?
* Which body part/s allow you to change speed when running?
* How do your muscles feel when running quickly or slowly? If there is a difference, why is this?
* How does breathing help you to run quicker?
 | **AfL Questions*** What tips would you give to a friend on how to jump the furthest distance?
* How do you increase your speed as you are running?
* Why do your muscles get tired when you are running faster? How can you make sure this doesn’t happen?
* Where do you need to be looking when attempting to hurdle over an object? Why is this?
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| **Healthy lifestyle and Diet** | **AfL Questions*** What is the same/different between your heartbeat before and after an activity? Why is this?
* How can you slow your heartrate down once you have finished an activity?
* What types of food should you eat if you want to stay healthy?
* Why does doing physical activity help us to keep healthy?
* What would happen to your body if you only eat MacDonald’s?
 | **AfL Questions*** Your teacher wants to do a PE lesson in the school hall. What should he/she look for before starting to make sure the class is going to be safe?
* What can you do to keep yourself safe during a P.E lesson?
* Why does your body feel tired after a P.E lesson?
* What can you do during a P.E lesson to help you feel healthy/able to carry on for longer?
* What should you do if you spot something or somebody being unsafe during a P.E lesson?
* What should you wear on your feet for a P.E lesson? Why is this?
 | **AfL Questions*** Which of your vital organs are used the most during physical activity? Why is this?
* What role does water play when exercising?
* Why does your heartrate increase during exercise?
* How does your heartrate link to your other major organs?
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