

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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? |
| **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? |
| **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? |
| **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? |
| **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? |