

**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? |
| **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? |
| **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? |
| **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? |
| **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? |
| **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? |
| **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. |