



## PE- Athletics

### Cooperate Compete Commit



| Year Group | End Point Substantive Knowledge                                                                                                                                                                                                                                                                                                                                               | Year Group | End Point Substantive Knowledge                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1          | <ul style="list-style-type: none"> <li>• Throw underarm, bounce &amp; catch ball by self &amp; with partner</li> <li>• Kick/stop a ball using a confident foot while static</li> <li>• Run straight and on a curve and sidestep with correct technique</li> <li>• Begin to follow some simple rules</li> <li>• Begin to use a bounce pass, which only bounces once</li> </ul> | 2          | <ul style="list-style-type: none"> <li>• Perform some dribbling skills with hands and feet using space</li> <li>• Pass a ball accurately (hands &amp; feet) over longer distances to a team mate</li> <li>• Combine stopping, pick up/collect &amp; send a ball accurately to other players</li> <li>• Make simple decisions about when /where to move in game to receive a ball</li> <li>• Begin to use a bounce pass, which only bounces once</li> <li>• Use all three passes (chest, shoulder &amp; bounce) correctly</li> </ul> |