

 PE- Ultimate Frisbee Experiment Express Inspire 							
Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge
3	- Perform basic throwing and catching techniques - Move into spaces to receive - Communicate with teammates - Apply simple strategies in attacking and defending - Work together and show good sportsmanship	4	Not taught in this year group	5	- Develop a range of throwing and catching techniques – increasing accuracy and control - Maintain possession for long periods of time - Select appropriate passes and movement patterns to support the team - Evaluate their own/others performance - Apply attacking and defending principles	6	Not taught in this year group