



Physical Education – End Point Descriptors



By the end of the Foundation Stage most children will achieve their Early Learning Goal. Through taught experiences and experiences gained through continuous provision most children will be able to:

- *ELG: Physical Development. Gross Motor: Negotiates space and obstacles safely, with consideration for themselves and others, demonstrate strength, balance and coordination when playing, move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.*
- *ELG: Expressive Art and Design, Being Imaginative & Expressive..... Performs songs, rhymes poems and stories with others and (when appropriate) tries to move in time with music.*

By the end of Key Stage 1 the majority of our children will be able to:

- Master basic movements including running, jumping catching and throwing
- Demonstrate balance, agility and coordination
- They will be able to apply these skills to a range of activities.

They will also have developed the skills which enable them to:

- Participate in team games
- Develop and demonstrate simple tactics for attacking and defending

In addition to this the children will be able to:

- Perform dances using simple movement patterns.

Although not part of Key Stage 1 requirements, at Hallcroft we feel that developing skills in swimming is of great importance and as such becomes part of our curriculum in Year 2. Our children will be able to

- Enter and exit the water safely
- Understand the importance of being safe around water.
- All children will be able to self-propel in the pool over a distance of 5 meters using a floatation device.
- Most children will be able to swim a distance of 5 meters unaided
- Some children will be able to swim distances of 10 meters or over using a recognisable stroke.
- All children will explore the skills needed to use a range of strokes (front crawl, back stroke and breast stroke)