

PE Progression of knowledge and skills

Key Stage 1 National Curriculum Expectations	Key Stage 2 National Curriculum Expectations
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching, as well as - developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns. 	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending -develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] -perform dances using a range of movement patterns -take part in outdoor and adventurous activity challenges both individually and within a team -compare their performances with previous ones and demonstrate improvement to achieve their personal best.

<p>EYFS</p>	<p>Physical Development</p> <p>ELG: Gross Motor Skills</p> <ul style="list-style-type: none"> • Negotiate 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 <p>ELG: Fine Motor Skills</p> <ul style="list-style-type: none"> • Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases • Use a range of small tools, including scissors, paint brushes and cutlery • Begin to show accuracy and care when drawing <p>Swimming:</p> <ul style="list-style-type: none"> • Enter and exit the water safely • Develop water confidence in and around the swimming pool. • Movement through water: Floating with equipment on front and back. • Beginning to kick when using float • Blowing bubbles by putting face in water.
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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamental skills	<ul style="list-style-type: none"> Balancing on points and patches Climbing Under arm throw Catching of a large ball Sprint run, Stop Skip Hop Gallop 	<ul style="list-style-type: none"> Side roll Over arm throw Catch medium/small balls 2 handed strike e.g. tennis racket/bat Jump for height and distance 	<i>Experienced in rest of curriculum</i>	<i>Experienced in rest of curriculum</i>	<i>Experienced in rest of curriculum</i>	<i>Experienced in rest of curriculum</i>
Target Games	<ul style="list-style-type: none"> Complete underarm throw with accuracy Complete underarm roll with accuracy Understanding rules of games Collaborating/cooperating with 1- 2 team mates. Adapt body position to suit technique eg (bending to roll a ball) 	<ul style="list-style-type: none"> Explore different ways objects can be manipulated eg tennis and rugby balls Complete in small sided games and display sportsmanship Complete over arm throw with confidence Receive and throw a small to medium ball with confidence. 	<ul style="list-style-type: none"> Accurately strike an object with a piece of equipment with appropriate force Use simple rules fairly to devise own games Recognise best practice individually. 	<ul style="list-style-type: none"> Work cooperatively to put strategies and solutions into actions. Change the rules to increase challenge. Recognise best practice in themselves and others Give in game feedback to improve performance 	<ul style="list-style-type: none"> Use a range of sending and striking techniques to hit a target with precision Consider opponent's performance and react to changes within the game. Develop own games using skills from the games learned Gain an appreciation for rules. 	<ul style="list-style-type: none"> Use a range of sending and striking techniques to hit a target with precision Consider opponent's performance and react to changes within the game. Develop own games using skills from the games learned
Striking and Fielding	<ul style="list-style-type: none"> Kick or strike a static object e.g. a ball from a cone) Use an underarm throw to pass ball to peers Understanding basic scoring rules. Stop a ball in motion. 	<ul style="list-style-type: none"> Use a range of sending and receiving, such as overarm throw Changing body position to stop a ball in motion Understanding the importance of rules 	<ul style="list-style-type: none"> Strike a static object with accuracy and intent Begin to make decisions when striking an object accurately to a space. Begin to communicate as a group to coordinate stopping a ball in motion 	<ul style="list-style-type: none"> To Strike a moving object with intent into space To communicate formation changes to maximise effectiveness e.g. fielding wider when a good striker enters play To develop an understanding of a range of scoring techniques 	<ul style="list-style-type: none"> Develop tactical decisions when striking a ball Begin to develop simple tactics to compete Continue to develop communication to return a ball Use a range of sending, receiving and fielding techniques in good time. 	<ul style="list-style-type: none"> Develop tactical decisions when striking a ball Begin to develop simple tactics to compete Continue to develop communication to return a ball Use a range of sending, receiving and fielding techniques in good time.

			<ul style="list-style-type: none"> Respond to changes in rules that affect scoring 	<ul style="list-style-type: none"> To plan, assess and evaluate the effectiveness of a formation/tactic 		
Net and wall games	<ul style="list-style-type: none"> To use underarm and two-handed sending and receiving techniques To develop hand-eye/foot coordination Predict how a ball bounces/reacts 	<ul style="list-style-type: none"> Using a range of different ball types Change technique of strike/send to match ball e.g. softball or Frisbee. Adapt body shape to send/receive objects using a variety of techniques Begin to make predictions of how different balls/objects react in space 	<ul style="list-style-type: none"> To increase confidence and competence in using underarm strike in a range of contexts To keep an active foot position to move swiftly around the court Begin to develop spatial awareness and positioning Continue to develop spatial awareness and positioning To explore the use of over-arm strikes 	<ul style="list-style-type: none"> To increase confidence and competence in using underarm strike in a range of contexts To keep an active foot position to move swiftly around the court Begin to develop spatial awareness and positioning Continue to develop spatial awareness and positioning To explore the use of over-arm strikes 	<ul style="list-style-type: none"> Develop spatial awareness when competing with a partner. Change play type based on positioning of an opponent To use the over-arm strike in a range of shot types Use a range of shots to use the entire playing area and move the opponent Communicate efficiently with peers using a clear set of instructions 	<ul style="list-style-type: none"> Develop spatial awareness when competing with a partner. Change play type based on positioning of an opponent To use the over-arm strike in a range of shot types Use a range of shots to use the entire playing area and move the opponent Communicate efficiently with peers using a clear set of instructions
Invasion Games	<ul style="list-style-type: none"> To congratulate friends on peers on a good performance Understand rules and regulations for a game Explain why rules and regulations are important Perform showing respect and kindness Develop enjoyment for physical activity and games Develop resilience and mental toughness 	<ul style="list-style-type: none"> Perform showing respect and kindness Begin to create own rules for games Begin to make links between fundamental movement skills and performance Demonstrate team spirit Develop resilience and mental toughness Begin to understand rules and enforce rules independently 	<ul style="list-style-type: none"> Send and receive an object to a team-mate Explore how important space is when attacking. Develop understanding of how balances can be used within a game. Keep a ball away from a defender Keep possession and move forward simply to score Respond to rules and regulations that affect game play Begin to develop basic tactics 	<ul style="list-style-type: none"> Send and receive an object to a team-mate Explore how important space is when attacking. Respond to rules and regulations that affect game play Begin to develop basic tactics Use appropriate footwork to assist quick reactions Use possession to move forward in more complex ways 	<ul style="list-style-type: none"> Consider the best sending and receiving options. Actively attack spaces in a defence Adapt rules and regulations to assess skills Coach skills to peers using topical vocabulary To create space by using pass and move Maintain integrity of positioning To give and receive feedback and make adjustments to performance 	<ul style="list-style-type: none"> Attack using width of the pitch to stretch defences defend using player marking Defend using zonal marking To set targets for a session based on a previous performance Explain how skills and tactics can be utilised in a range of sports and games Develop coaching skills of communication, clarity and making links

			<ul style="list-style-type: none"> Use quick, sharp movements to outwit opposition 			<ul style="list-style-type: none"> Develop strategies to defend and attack different teams
Gymnastics	<ul style="list-style-type: none"> Explore four of the five basic shapes: stretch, tuck, star and straddle shape. Moving and travelling using various parts of the body (creature movements). Apply the basic shapes to rolling and climbing. Stretch rolls (log roll), tuck rolls and teddy rolls. Half rolls and forward rolls 	<ul style="list-style-type: none"> Recap four previous shapes. Introduce Pike shape. Stretch, tuck and teddy rolls and keep practising their forward rolls along the wedge. Introduction of short floor sequences Skipping using hoops and ropes Introducing jumping and safe landing 	<ul style="list-style-type: none"> Recap rolls already learned. Forward rolls on floor. Backward rolls to knees using wedge Balancing Simple set floor routines Jumping and Landing using low box Straight jumps from box 	<ul style="list-style-type: none"> Exiting rolls and presentation Backwards roll on floor Set routines featuring rolls and balancing Squat jumping using low box (jumping on and off) Applying basic shapes to jumps 	<ul style="list-style-type: none"> Introduction of mini-trampoline with stretch/tuck jumps Backward roll to straddle Shoulder roll Cartwheel Planning routines using mirroring/matching/canon Introduce squat through vault teacher assistance 	<ul style="list-style-type: none"> Mini-trampoline for all 5 basic shapes Adding bridge inversion to set floor routines Adding half-lever to set floor routines Partner balancing Composing and performing short routines in pairs Establishing squat-through using vaulting box.
Athletics	<ul style="list-style-type: none"> Take off in different ways and land in coordinated ways. (walk, fast walk, side step, slow jog, running, walking backwards, jump from 2 feet to 2 feet, hop.) Jump forwards, backwards and sideways on two feet, then hop on one foot Push pass and bounce a ball to my partner, then throw a ball into a target (buckets, hoop, wall targets, boxes etc) Observe a partner and give accurate feedback 	<ul style="list-style-type: none"> Walk and run with good posture and balance.. (head straight, back straight, keep on your toes) Jump: <ul style="list-style-type: none"> 2 feet to 2 feet 1 foot to 2 feet 2 feet to 1 foot 1 foot to 1 foot send an object towards a target in different ways (under-arm, over-arm) observe a partner and give accurate feedback 	<ul style="list-style-type: none"> Run with a tall body on balls of the feet, picking feet up high, head held high. Jump: <ul style="list-style-type: none"> 2 feet to 2 feet 1 foot to 2 feet 2 feet to 1 foot 1 foot to 1 foot Left to right Perform a one handed push throw and a pull throw with accuracy towards a target from my dominant hand Say which throw was the easiest and most difficult to achieve, 	<ul style="list-style-type: none"> Maintain a good running technique when sprinting and running over obstacles Use a short run to jump from one to two feet Demonstrate a two handed push throw and a sling throw Observe a partner and give accurate feedback, saying what went well and what could be better 	<ul style="list-style-type: none"> Observe a partner and give accurate feedback Demonstrate the ability to accelerate from a variety of static positions Perform triple jump combination sequences with balance and control Sustain jogging and running at a consistent pace for over a minute Observe a partner and give accurate feedback, evaluating steps for improvement 	<ul style="list-style-type: none"> Demonstrate the ability to accelerate from a variety of static positions Perform triple jump combination sequences with balance and control Sustain jogging and running at a consistent pace for over a minute Observe a partner and give accurate feedback, evaluating steps for improvement

			<p>and how I can/ have improved my accuracy and distance</p> <ul style="list-style-type: none"> Observe a partner and give accurate feedback, saying what went well and what could be better 			
Dance	<ul style="list-style-type: none"> Learn basic movements relating to feelings. Show that they have a clear starting and finishing position. Respond to different music showing a range of emotions. Perform dance movements and simple routines using simple movement patterns. 	<ul style="list-style-type: none"> Use simple vocabulary to describe moods and how dances make them feel. Remember and repeat simple dance phrases. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement. Keep up an activity over a period of time and know what they need to warm up and cool down for dance. 	<ul style="list-style-type: none"> Explore and create characters and narratives in response to a range of stimuli. Describe, interpret and evaluate their own and others' dances, taking account of character and narrative. 	<ul style="list-style-type: none"> Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. Organise their own warm up and cool down activities to suit the dance. Show an understanding of why it is important 	<ul style="list-style-type: none"> Use complex vocabulary to describe moods and how dances make them feel. Explore, improvise and combine movement ideas fluently and effectively. Understand how a dance is formed and performed. To evaluate, refine and develop their own and others' work
Swimming	<ul style="list-style-type: none"> Moving through water by kicking and paddling with arms. Paddling 5m Back kicking Beginning to submerge Exit water using steps 	<ul style="list-style-type: none"> Pushing and gliding (unaided) on their front and back – using log rolls to rotate Introducing front stroke overarm Introducing back stroke Introducing a breast stroke kicking. Exit water without using steps 	<ul style="list-style-type: none"> Sculling head first and feet first Dolphin leg kicks Rolling front and back Submerging through hoops and collecting sinkers Front crawl for 10m 	<ul style="list-style-type: none"> Front crawl for 10m Back stroke for 10m Breaststroke for 10m Butterfly for 10m 	<ul style="list-style-type: none"> Front crawl for 25m Back stroke for 25m Breaststroke for 25m Butterfly for 25m Introduction of forward rolls and tumble turns Head-first surface dives Handstands in water Treading water for 2 minutes Beginning personal survival 	<ul style="list-style-type: none"> Confidently swim front crawl for a minimum 25m Confidently swim back stroke for a minimum of 25m Confidently swim breaststroke for a minimum 25m Confidently swim butterfly for minimum of 25m Sink, push and glides Learning personal survival skills within the water.