

Progression of Knowledge and Skills



Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Reception</u>	<p>Observe effect of activity on their bodies and begin to now that exercise is important. Undressing and dressing self, e.g. coat, shoes and getting changed after P.E. Establish warm up and cool down routine in PE session. Recognise when they need a rest. Simple team games, follow instructions Ball skills</p>	<p>Revise team games Skipping skills</p> <p>Begin to run skilfully and negotiate space, adjusting speed or direction</p>	<p>Dance- Aerobic warm Set dance e.g. country dance with sequence of steps</p> <p>Move freely with pleasure and confidence. Experiment with different types of movement: slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, hopping</p>	<p>Dance- Aerobic warm World music, different dance genres</p> <p>Begin to move rhythmically, imitate and create movement in response to music</p>	<p>Gymnastics – To travel in a safe manner indoors.</p> <p>Stand momentarily on one foot. Jump and land appropriately.</p> <p>To know that the body can be moved into a variety of shapes and ways.</p>	<p>Athletics- getting ready for sports day Whole School Sports Day</p>
<u>Year 1</u>	<p>Games - To develop and explore jumping hopping and skipping actions. To begin to develop hand eye coordination. To develop and explore changing direction and dodging. To be able to track, stop, send and receive ball using different parts of the body. To develop throwing and catching skills. To aim a variety of balls and equipment accurately. To know the rules of simple team</p>	<p>Dance - To explore travelling actions. To be able to use counts of 8 to move in time with music. To respond imaginatively to a stimulus. To understand that movements can communicate a mood, feeling or idea, with or without a stimulus. To copy, remember and repeat actions that represent the theme. To use a variety of moves that change speed and</p>	<p>Gymnastics - To explore travelling movements using the space around you. To move safely and confidently in own space showing changes of speed and direction. To develop quality when performing gymnastic shapes. To develop technique stability and control when performing balances and shape jumps. To take part in a circuit to develop stamina strength and coordination. To develop technique in the barrel,</p>	<p>Multi-skills - To develop and explore jumping hopping and skipping actions. To begin to develop hand eye coordination. To develop and explore changing direction and dodging. To be able to track, stop, send and receive ball using different parts of the body. To develop throwing and catching skills. To aim a variety of balls and equipment accurately. To move towards a goal with the</p>	<p>Rounders – To throw and catch a ball. To show some different ways of hitting, throwing and striking a ball. To play as a fielder and get the ball back to a stop zone. To hold a bat correctly. To hit a ball with a bat.</p>	<p>Athletics/Sports Day Prep - To explore hopping jumping and leaping for distance. To learn to move at different speeds for varying distances. To travel in different directions (side to side, up and down) with control and fluency. To develop throwing for distance and accuracy. To develop coordination and control when throwing and catching. To take</p>

	games. To participate in simple games.	direction. To link together dance moves with gestures and changing direction in time to music. To create actions that relate to the story. To listen to others and share ideas.	straight and forward roll. To explore linking gymnastic actions to create a sequence. To watch, copy and describe others work.	ball. To know the rules of simple team games. To participate in simple games.		part in a circuit to develop stamina coordination and agility. To listen to others and share ideas.
<u>Year 2</u>	Games - To develop and explore jumping hopping and skipping actions. To explore how the body moves when running at different speeds. To kick and move with a ball. To be able to stop, send and receive a ball with your feet. To develop throwing and catching skills. To develop throwing to a teammate. To aim a variety of balls and equipment accurately. To know the rules of simple team games. To participate in simple games using different tactics to succeed in the games.	Dance - To explore space and simple movement patterns. To explore different levels and speeds of movement. To copy remember and repeat actions. To perform in unison. To create actions in response to a stimulus. To be able to select and use movement actions to represent an idea. To link movement phrases for a performance. To know how to link movements together appropriately in a sequence, with a beginning and ending.	Gymnastics - To remember and repeat simple gymnastic actions with control. To explore travelling actions directions and levels. To perform shapes, create balances and link them. To know how to hop, jump and leap and understand how to in a variety of ways, and apply these individually and with others. To be able to link travelling actions balances and shapes using apparatus. To explore and develop sequence building alone and with a partner. To take part in a circuit to develop stamina strength and coordination. To communicate effectively and develop trust.	Games - To explore how the body moves when running at different speeds. To develop dodging and use it to lose a defender. To kick and move with a ball. To be able to stop, send and receive a ball with your feet. To develop throwing and catching skills. To develop throwing to a teammate. To be able to stay with a player when defending.	Rounders - To show some different ways of hitting, throwing and striking a ball. To play as a fielder and pass the ball back to the bowler to make the runner stop. To hold a bat correctly. To hit a ball with a bat. To know the basic rules of the game. To participate in a game of rounders.	Athletics/Sports Day Prep - To develop the sprinting action, running with agility and confidence. To develop rhythm and balance in running over obstacles. To develop jumping for distance and learn the best technique to do so. To develop throwing for distance and accuracy. To run for distance. To take part in a circuit to develop stamina coordination and agility. To watch/listen to others and share ideas.
<u>Year 3</u>	Netball - To develop passing and moving toward a goal. To begin to understand and apply simple tactics. To develop movement skills to lose a defender. To be able to defend an opponent and try to win the ball. To develop	Dance - To create actions in response to a stimulus and move in unison with a group. To be able to select and use actions to represent an idea. To work with a partner to create dance	Gymnastics - To develop the straight barrel and forward roll. To be able to create interesting balances on small/large body parts. To be able to transition smoothly between balances. To create sequences with matching and contrasting	Hockey - To develop ball control and movement skills. To be able to send & receive a hockey ball with a partner under control . Develop a range of skills that enable them to dribble, send and receive a	Striking & Fielding - To develop underarm and overarm throwing and catching. To explore overarm bowling technique. To explore fielding techniques. To learn how to grip the bat and explore the batting technique. To	Athletics/Sports Day Prep - To develop sprinting technique and improve on personal best. To develop changeover in relay events. To develop fluency and rhythm when running over obstacles. To

	<p>bounce and chest pass and begin to recognise when to use them. To develop attacking skills. To develop understanding of different rules of invasion games. To be able to apply the skills, rules and tactics to a mini tournament.</p>	<p>patterns. To understand how dynamics, affect movement actions. To use a range of relationships to make work look interesting. To understand and use formations. To use transitions to link movement phrases. To work co-operatively with a group to create a dance piece. To perform in front of others with confidence.</p>	<p>actions and shapes. To be able to match a partner in a sequence. To communicate effectively and develop trust. To evaluate effectiveness and quality of a performance and recognise how own performance has improved.</p>	<p>hockey ball. Link movement of dribbling a hockey ball with sending and receiving a ball with a team. Working within a team task, dribbling and turning under control. Use a range of speeds (slow – fast) dribbling the hockey ball and be aware of obstacles and other children. Keeping control when dribbling a ball towards a goal to aim and shoot with accuracy. Recognise how to use special awareness whilst dribbling a hockey ball under control. Improve their understanding of creating space to receive a ball.</p>	<p>be able to play the role of bowler, batter, wicket keeper and fielder in a modified game. To begin to communicate during a game. To create a plan with a team to solve challenges.</p>	<p>develop jumping techniques in a range of approaches and take off positions. To develop throwing for distance in a pull throw. To develop officiating and performing skills.</p>
<p><u>Year4</u></p>	<p>Invasion Games - To develop ball handling skills. To develop passing and moving. To keep possession of a ball. To develop passing and moving the ball towards an opponent's goal. To develop movement skills to lose a defender. To be able to defend an opponent and try to win the ball. To play small-sided matches applying basic tactics of attacking and defending. To develop an understanding of different rules for games.</p>	<p>Dance - To copy and create actions in response to an idea. To choose actions which relate to a theme. To demonstrate an awareness of the music's rhythm and phrasing when improvising. To use actions, dynamics, spacing and timing within a dance. To remember and repeat actions and create dance ideas in response to a stimulus. To use action and reaction when creating ideas with a partner. To use choreographing ideas to</p>	<p>Gymnastics - To develop individual and partner balances. To develop control in performing and landing rotation jumps. To develop the straight, barrel, forward and straddle roll. To be able to explore pathways and travelling movements. To be able to create a sequence to include apparatus. To be able to create a partner sequence to include apparatus. To perform with increased accuracy consistently. To perform and evaluate own and others' sequences.</p>	<p>Hockey - To develop ball control and movement skills. To be able to send & receive a hockey ball with a partner under control . Develop a range of skills that enable them to dribble, send and receive a hockey ball. Link movement of dribbling a hockey ball with sending and receiving a ball with a team. Working within a team task, dribbling and turning under control. Use a range of speeds (slow – fast) dribbling the hockey ball and be aware of obstacles and other children. Keeping</p>	<p>Striking and Fielding Games - To develop overarm throwing and catching. To develop underarm bowling. To develop and investigate different ways of throwing, and to know when each is appropriate. To learn how to grip the bat and develop batting technique. To use hand-eye coordination to strike a moving and a stationary ball. To be able to field a ball using a two-handed pick up and a short barrier. To be able to play the role of bowler, batter, wicket keeper</p>	<p>Athletics/Sports Day Prep - To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop communication skills and technique in relays. To develop technique when jumping for distance. To develop power and technique when throwing for distance. To develop a pull throw for distance and accuracy.</p>

		change how actions are performed.		control when dribbling a ball towards a goal to aim and shoot with accuracy. Recognise how to use special awareness whilst dribbling a hockey ball under control. Improve their understanding of creating space to receive a ball.	and fielder in a game. To play and apply skills learnt to mini cricket. To demonstrate sporting behaviour.	
<u>Year 5</u>	Invasion Games - To develop passing and moving. To develop passing and moving towards a goal. To be able to use the attacking principle of creating and using space. To be able to change direction and lose a defender. To be able to defend ball side and know when to go for interceptions. To be able to play in small-sided matches applying basic attacking and defending strategies.	Dance - To create a dance using a random structure and perform the actions showing quality and control. To understand how changing the dynamics of an action changes the appearance of the performance. To understand and use relationships and space to change how a performance looks. To work with a group to create poses and link them together using transitions. To work with a partner to copy and repeat actions and keeping in time.	Gymnastics - To be able to perform symmetrical and asymmetrical balances. To be able to explore different methods of travelling, linking actions in both canon and synchronisation. To be able to perform a range of jumps and land correctly. To be able to link travel, balance and jumps to perform a sequence. To be able to use a range of apparatus. To be able to create a partner sequence using apparatus.	Hockey - Send, receive, and dribble with a hockey ball, whilst keeping control and possession whilst turning. Combine receiving and dribbling a hockey ball under control unopposed and opposed to shoot accurately. To be able to dribble under control whilst maintaining possession of a hockey ball opposed. Recognise the correct time to intercept or tackle the opposition to gain possession of the ball. To work collaboratively with a team to compete against others. To be able to play in small-sided matches applying basic attacking and defending strategies.	Striking and Fielding Games - To develop throwing accuracy and catching skills. To develop underarm bowling accuracy. To develop batting accuracy and directional batting. To develop overarm bowling technique and accuracy. To be able to play in small sided matches applying the correct rules To play in a range of roles and positions within small sided matches	Athletics/Sports Day Prep - To be able to apply different speeds over varying distances. To develop fluency and coordination when running for speed. To develop technique in relay changeovers To develop power, control and consistency in jumping for distance. To develop throwing with force for longer distances. To develop throwing with greater control and technique.
<u>Year 6</u>	Invasion Games - To develop passing and moving using a range of techniques. To develop passing and moving towards a goal at speed. To be able to use the	Dance - To copy and repeat a set dance phrase showing confidence in movements. To work collaboratively with a partner to explore and	Gymnastics - To develop counter- balance and counter tension. To be able to link partner balances into a sequence. To develop a range of jumps from varying	Hockey - Send, receive and dribble with a hockey ball, whilst keeping control and possession whilst turning.	Striking and Fielding Games - To develop catching skills (close/deep catching and wicket keeping). To develop overarm bowling technique and	Athletics/Sports Day Prep - To work collaboratively with a partner to set a steady pace. To develop your own and others sprinting

	<p>attacking principle of creating and using space. To be able to use the defending principle of denying space. To be able to play in a range of roles and positions within small-sided matches.</p>	<p>develop the dance idea. To use changes in level and speed when choreographing. To perform in time with a range of tempos. To work within a group collaboratively to perform a dance routine. To use choreographing devices to improve how the performance looks.</p>	<p>heights and equipment. To combine flight, travel and balance into a sequence. To work with a partner to perform a sequenced routine. To use a range of apparatus to perform a sequence.</p>	<p>Combine receiving and dribbling a hockey ball under control unopposed and opposed to shoot accurately. To be able to dribble under control whilst maintaining possession of a hockey ball opposed. Recognise the correct time to intercept or tackle the opposition to gain possession of the ball. To work collaboratively with a team to compete against others. To be able to play in small-sided matches applying basic attacking and defending strategies.</p>	<p>accuracy. To develop a variety of fielding techniques and to use them within a game. To develop long and short barriers and apply them to a game situation. To compete in small-sided matches playing in a role of positions. To apply the correct rules to small-sided matches.</p>	<p>technique. To develop running over obstacles with greater control and coordination. To develop take off position when jumping for height. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance.</p>
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