

Physical Education Progression of Knowledge

National Curriculum Statements

EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
<p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>	<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. 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. 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>Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations. 	

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Running and Jumping Skills

EFYS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and Developing Running and Jumping skills						
<p>To run at different speeds.</p> <p>To run for varying distances.</p> <p>To run for a variety of purposes.</p> <p>To jump in a variety of ways, landing safely.</p> <p>To jump and land using the correct technique, with both feet.</p> <p>Experiment with different ways of moving such as skipping, running, crawling etc.</p> <p>Tiptoe Step Jump Hop Galloping Bunny hop</p>	<p>To vary their pace and speed when running.</p> <p>To demonstrate good posture and balance when running.</p> <p>To be able to change direction when jogging and running.</p> <p>To run with a basic technique over a variety of distances</p> <p>To perform different types of jumps, such as, one foot to one foot, two feet to two feet, one foot to two feet or two feet to one foot.</p> <p>To perform a short jumping sequence.</p> <p>To jump at a variety of heights and distances.</p>	<p>To run at different paces, speeds and distances.</p> <p>To be able to describe the different paces and the effect that they have on our bodies.</p> <p>To begin to choose the most suitable pace and speed to run at, for different distances.</p> <p>To complete an obstacle course by jogging or running.</p> <p>To perform a variety of jumps safely, with control and confidence.</p> <p>To combine different jumps together to make a sequence.</p> <p>To combine different jumps together with confidence and fluency.</p>	<p>To use a variety of stride lengths when running.</p> <p>To focus on the correct arm and leg technique when running.</p> <p>To begin to combine running with jumping over small hurdles.</p> <p>To focus on trial leg and lead leg action when running over small hurdles or obstacles.</p> <p>To identify and demonstrate how different running techniques and paces can affect their performance.</p> <p>To understand the importance of adjusting pace to suit the distance being ran.</p>	<p>To improve the correct arm and leg technique when running and sprinting.</p> <p>To carry out an effective sprint start and finish.</p> <p>To perform a relay, confidently using the correct baton changeover technique.</p> <p>To develop an effective take-off for the standing long jump.</p> <p>To perform a variety of jumps with control and accuracy, landing safely.</p> <p>To begin to measure the distance when jumping with a partner, further developing the control and length of their jump.</p>	<p>To change pace, speed and direction within a relay race smoothly.</p> <p>Confidently demonstrate how to use the baton in a relay, using the correct changeover technique.</p> <p>To accelerate from a variety of starting positions.</p> <p>To perform a variety of jumps with control and accuracy, landing safely.</p> <p>To measure the distance and height achieved with a partner when jumping.</p> <p>To understand the lead and trail foot technique when performing hurdles.</p>	<p>To know when to change pace, speed and direction in a race.</p> <p>To recap, practise and refine an effective running and sprinting technique, including starting and finishing.</p> <p>To confidently and independently select the most appropriate pace when running different distances.</p> <p>Demonstrate endurance and stamina over long distance running in order to maintain a sustained run.</p> <p>Run over hurdles with fluency, confidence and control.</p>

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	<p>To jump as far as possible and as high as possible.</p> <p>To work with a partner to develop the control and length of their jumps.</p> <p>To demonstrate a variety of movements including running, jumping, hopping, leaping, side stepping and dodging.</p>	<p>To jump as far as possible from a standing position, with control.</p> <p>To choose the most appropriate jump for varying distances.</p> <p>To perform and compare different types of jumps, such as, one foot to one foot, two feet to two feet, one foot to two feet or two feet to one foot.</p>	<p>To use one foot to take off and land with.</p> <p>To confidently use two feet to take off and land with.</p> <p>To combine a variety of jumps together with confidence and control.</p>	<p>To practise jumping over hurdles with a lead and trail foot.</p>	<p>Continue to develop techniques used to throw for increased distance.</p>	<p>To perform a variety of jumps with control, confidence and accuracy, landing safely.</p> <p>To measure different jumps with confidence and accuracy.</p> <p>To understand and develop the lead and trail foot technique when performing hurdles.</p>
Vocabulary						
Run, jump, skip, crawl, gallop, bunny hop, tip toe	Posture, balance, jogging, distance, jumping, heights, leaping, stepping, dodging.	Paces, speeds, obstacle course, combine, sequence.	Stride, technique, hurdles,	Lead and trail foot, sprint, relay, baton, take-off, long jump, measure.	Changeover technique, accelerate,	Fluency, control, endurance, stamina, refine.

Invasion Skills

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and Developing Invasion skills						
<p>To control a ball and move it around their body.</p> <p>To travel confidently in a variety of ways.</p>	<p>To begin to travel with a ball.</p> <p>To change direction whilst travelling with a ball.</p>	<p>To keep good control of a ball whilst travelling with it.</p> <p>To perform a variety of passes with control.</p>	<p>To practise the correct technique for batting with a stick or bat.</p> <p>To keep good control of a ball whilst dribbling.</p>	<p>To move in multiple directions in isolation and in a game situation.</p> <p>To dribble with the ball using different techniques.</p>	<p>To dribble with the ball using the correct technique, varying their speed and changing direction.</p> <p>To use the correct pass and the correct</p>	<p>To pass and receive a ball with one hand and two hands with some confidence and success.</p> <p>Demonstrate a chest pass, bounce pass, overhead</p>

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<p>To pat a large ball, making it bounce.</p> <p>To throw a large ball to a partner over a very short distance.</p> <p>To catch a ball thrown by a partner with two hands.</p> <p>To kick a ball using the correct part of their foot.</p> <p>Keep a ball under control.</p> <p>To develop the ability to kick a ball towards a target.</p> <p>To stop a ball using the correct technique.</p> <p>To begin to travel with a ball.</p> <p>To throw and catch a large ball with a partner.</p>	<p>To pass a ball to another player whilst on the move.</p> <p>To kick a ball towards a target.</p> <p>To show control when stopping a ball.</p> <p>To demonstrate basic attacking and defending skills in a game situation such as dodging, side stepping and leaping.</p>	<p>To apply and demonstrate simple attacking and defending skills in a game successfully, including dodging and marking.</p> <p>To pass a ball quickly and accurately to another player.</p> <p>To change direction whilst travelling with a ball.</p> <p>To begin to dribble a ball around an area whilst running.</p> <p>To kick a ball at a target, at varying lengths and distances.</p> <p>To learn how to mark a player when they have the ball.</p> <p>Strike or hit a ball with a hockey stick, with control.</p> <p>Learn basic skills for playing a small hockey game.</p> <p>To apply and demonstrate simple attacking and defending skills in a game successfully,</p>	<p>To pass a ball by creating a W on the ball.</p> <p>To use space well to pass and receive a ball.</p> <p>To recognise and begin to apply basic defending skills such as marking and intercepting with some success.</p> <p>To recognise and begin to apply basic attacking skills such as dodging and marking, with some success.</p> <p>To identify and use tactics to help their team keep possession of the ball.</p> <p>To demonstrate marking in a game situation.</p> <p>To make quick decisions about which player to pass</p>	<p>To mark an opposition player with confidence and success.</p> <p>To contribute to the success of their team in attack and defence.</p> <p>To demonstrate effective teamwork and communication in a game situation.</p> <p>To move in multiple directions with speed and confidence.</p> <p>To pass and receive a ball with control and accuracy.</p> <p>To confidently demonstrate how to intercept in a game situation.</p> <p>To confidently demonstrate how to mark man to man in a game situation.</p> <p>Use a stick or bat to strike a ball with accuracy and control.</p> <p>To develop tactics and apply them to basic competitive situations.</p>	<p>technique when passing a ball over a range of distances.</p> <p>To occasionally combine more than one skill, such as dribbling and pivoting in a game situation.</p> <p>To demonstrate effective teamwork and communication in a game situation.</p> <p>To understand the scoring system in a variety of invasion games.</p> <p>To use a range of attacking and defending skills and tactics to contribute towards the success of their team.</p> <p>Understand and demonstrate the defensive stance when marking an opposition player.</p> <p>To play effectively in a variety of positions and formations in a game situation.</p> <p>To choose and implement a variety of ways to attack</p>	<p>pass and shoulder pass with success, using the correct technique.</p> <p>To be able to jump with the ball.</p> <p>To move quickly with the ball when changing direction, showing speed, power and agility.</p> <p>To use more than one type of pass in a game situation.</p> <p>To land with one or two feet with or without the ball. .</p> <p>To understand what being part of a team involves and demonstrate this skill in a game situation with effective communication.</p> <p>To execute the movement skills of dodging and marking a player in a game situation successfully.</p> <p>To apply a range of attacking and defending movement skills within a game</p>
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		including dodging and marking.	to in a game situation.	To increase speed and endurance during game play. To get into the correct position to receive a pass from a teammate.	and defend in a game situation Use a variety of techniques to hit a ball using a variety of bats and sticks. To increase power and strength of passes, moving the ball over short and long distances. Use the correct grip whilst holding a variety of balls to be able to pass it effectively. To pass the ball with accuracy, using the correct technique whilst stationary. To pass the ball with accuracy, using the correct technique whilst on the move. To confidently pass a rugby ball sideways or backwards with control and accuracy. To demonstrate knowledge and understanding of what a tactical decision is in a game situation.	situation to contribute to the success of their team. To make quick decisions of how and when to pass to someone in a game situation. To use a range of ways to keep a ball under control, depending on where it is coming from. Demonstrate effective hand-eye coordination to be able to direct a ball with control. Demonstrate effective hand-eye coordination when striking or hitting a ball with a bat or stick. Identify and apply techniques and tactics that can be used in a game situation. To increase speed and endurance during game play. To confidently and consistently use the
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						correct grip whilst moving with the ball. Share tactical decisions with teammates and support each other when making these decisions.
Vocabulary						
Ball, travel, bounce, throw, catch, kick, target, travel.	Attacking and defending, dodging, sidestepping, pass, leaping, travel,	Strike, control, accuracy, marking, dribble, lengths, marking,	Decisions, tactics, possession, intercepting, receive, technique, speed.	Multiple directions, isolation, success, confidence, teamwork, communication, competitive, endurance,	Range of distances, combine skills, pivoting, scoring system, defensive stance, formations, grip, stationary, tactical decision.	Support, consistently, hand-eye co-ordination, contribute, confidence.

Striking and Fielding

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and Developing Fielding and Striking skills						
To roll equipment in a variety of ways. To roll a ball at a target with control. To throw a beanbag or ball at a target. To roll a ball at a target with control.	Throw a ball underarm and overarm with control. To throw a ball at a target with accuracy. To use power when throwing a ball in an open space, improving the	To learn skills for playing small striking and fielding games. Strike a ball with a tennis racket with control. Use the correct technique when striking a ball with a tennis racket. To position the body correctly to strike a ball	To understand basic rules of a striking and fielding game. To throw a shotput with control and accuracy. To throw a javelin with control and accuracy. To perform a push throw with a ball. Show increasing control in their	Use the correct technique for a push throw when throwing a shotput. To pass a variety of balls in a variety of ways with control and accuracy. To develop the correct technique when performing a pull throw. Use the correct grip whilst holding a ball.	Continue to develop techniques used to throw for increased distance. To develop the correct technique when performing a fling throw. To use the correct technique when throwing a discus with control. Throw a shotput, discus and javelin	To develop the correct technique when performing a heave throw. Measure and record the distances of their throws with a partner or independently. Support others in improving their throwing techniques.

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<p>Perform an underarm throw at a target.</p> <p>Hit a ball with a racket or bat.</p>	<p>distance that they can throw.</p> <p>To practise basic striking with a tennis racket.</p> <p>To throw and catch a ball with control and accuracy.</p> <p>To hit a target with a ball when either rolling or throwing a ball.</p> <p>To strike a ball with a racket or bat.</p> <p>Use fielding skills to play a game.</p> <p>To catch a ball thrown by a partner with two hands.</p> <p>To identify useful spaces for throwing and catching a ball.</p> <p>Practice basic striking, sending and receiving skills.</p>	<p>To throw a beanbag, ball or quoit in a variety of ways.</p> <p>To throw a ball at a target with accuracy and control.</p> <p>To throw a ball underarm and overarm at a target.</p> <p>To throw a ball or beanbag at targets of different heights.</p> <p>Investigate ways to change their throwing technique when throwing for distance.</p> <p>To use fielding skills to play a game.</p> <p>To develop catching skills.</p> <p>To throw a ball over a variety of distances.</p> <p>To throw and catch a ball with a partner with control.</p> <p>To perform a chest pass and bounce pass with control.</p> <p>To stop a ball with two hands.</p> <p>To bounce a ball whilst on the spot and whilst moving.</p>	<p>overarm and underarm throws.</p> <p>To develop and investigate different ways of throwing.</p> <p>To aim at a target.</p> <p>To practice scoring a ball into a hoop from a spot, from a variety of distances.</p> <p>To throw a ball underarm and overarm with control and accuracy.</p> <p>To consolidate and develop a range of fielding and striking skills.</p> <p>To perform a chest pass, bounce pass and shoulder pass with control.</p> <p>To dribble with their dominant and non-dominant foot, with control.</p> <p>To move in different directions whilst dribbling a ball.</p> <p>To understand the difference between attacking and defending.</p> <p>Demonstrate successful striking skills.</p>	<p>To catch a variety of balls accurately.</p> <p>Continue to develop techniques used to throw for increased distance.</p> <p>Measure the distances of their throws with a partner or in a small group</p> <p>To practise the correct technique for batting with a variety of equipment.</p> <p>To strike a ball with confidence, using a variety of bats.</p> <p>To throw a ball at a target underarm and overarm with control and accuracy.</p> <p>To use and demonstrate agility, balance and coordination when batting and fielding.</p> <p>To use hand eye coordination to strike a ball whilst on the move and whilst stationary.</p> <p>To play in a competitive situation, demonstrating</p>	<p>with control and accuracy.</p> <p>Measure and record the distances of their throws with a partner or in a small group.</p> <p>Develop batting and fielding skills.</p> <p>Demonstrate effective teamwork and communication when working as fielders.</p> <p>To run, throw and catch with control.</p> <p>Use the correct grip and technique when striking a ball using a variety of bats.</p> <p>To throw a ball at a target, underarm and overarm, with control and accuracy.</p> <p>To develop control when striking a ball using a variety of bats.</p> <p>To understand when to run, when to catch and when to throw.</p> <p>To be able to choose the most effective fielding techniques and</p>	<p>To develop and refine throwing techniques to throw for accuracy.</p> <p>To choose the most effective batting and fielding techniques and tactics in a game situation.</p> <p>To throw and catch with confidence and control, under pressure.</p> <p>To work on reaction times when fielding and batting.</p> <p>To fully understand the rules of a striking and fielding game in order to help others.</p> <p>To bowl and throw a ball overarm at a target with control and accuracy.</p> <p>To develop batting skills.</p> <p>To develop control when batting a ball for distance.</p> <p>To strike a ball for distance.</p> <p>To use a variety of fielding techniques to stop the ball quickly and effectively.</p>
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		<p>To get into a position to catch a ball.</p> <p>To throw and bounce a ball into a hoop.</p> <p>To throw and catch a ball with a partner sideways or backwards.</p>	<p>Practice striking the ball at varying lengths and distances.</p> <p>Direct a ball using a stick or bat, with control.</p> <p>To throw a rugby ball sideways, using the correct technique, whilst stationary.</p> <p>To catch a rugby ball with control</p>	<p>effective teamwork and communication.</p> <p>To understand and demonstrate the role of a wicket keeper and backstop.</p> <p>Develop fielding skills and understand the importance of fielders in a game situation.</p>	<p>tactics in a game situation.</p> <p>To understand and demonstrate the role of a wicket keeper and backstop.</p>	<p>To understand and demonstrate the role of a backstop.</p> <p>To demonstrate effective teamwork and communication when playing in a tournament.</p> <p>To use a variety of tactics in order to beat another team.</p>
Vocabulary						
Roll, target, ball, beanbag, throw, underarm, racket, hit.	Overarm, power, striking, fielding, catch.	Sideways, backwards, bounce, chest pass, bounce pass, investigate, technique, fielding, distances.	Striking, fielding, javelin, push throw, aim, range of fielding and striking, shoulder pass, dominant, non-dominant, direct.	Pass, control, accuracy, grip, distance, measure, batting, strike, target, co-ordination, balance, agility,	Competitive, communication, teamwork, backstop, tactics, accuracy,	Independently, refine, support, effective, pressure, reaction.

Gymnastics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and Developing Gymnastic skills						
<p>Explores different ways of travelling with confidence.</p> <p>Explores different ways of travelling with confidence around, under and over balancing equipment.</p>	<p>Experimenting with different ways of travelling confidently, using different body parts.</p> <p>Travel at different speeds, heights and in different directions.</p>	<p>Demonstrate different ways of travelling confidently, on the floor and on apparatus.</p> <p>Create new ways of travelling confidently, showing</p>	<p>Link a series of different movements together to form a short sequence.</p> <p>Practice and refine their own movements independently, showing awareness</p>	<p>Link a series of movements and rolls, jumps together to form a longer sequence.</p> <p>Practice and refine different ways of travelling confidently using different body</p>	<p>Select and combine ideas to form a specific sequence based on a theme.</p> <p>Select ideas to compose specific sequences of movements, rolls,</p>	<p>Combine a series of movements together to create a routine with a theme or style showing a good understanding of control and form.</p> <p>Describe what they have done or changed to better</p>

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<p>Explores different ways of moving onto and off climbing equipment.</p> <p>Copy a variety of balances using both hands and feet.</p> <p>Hold simple shapes and balances for at least 5 seconds.</p> <p>Hop using alternate feet at least 3 times.</p> <p>Perform a pencil roll and tuck roll with control.</p> <p>Wide shape – star Small shape – tuck Tall shape – pencil Standing balances – one point balancing (one foot)</p> <p>Pencil jump Star jump Pencil roll Tuck roll (egg roll)</p>	<p>Exploring different ways of moving onto and off equipment safely.</p> <p>Performing a pencil jump, star jump and tuck jump with control.</p> <p>Jump onto a mat and down from equipment safely, using the 'magic chair' position.</p> <p>Perform a variety of shapes (tall, small and wide) and be able to hold each shape for at least 5 seconds.</p> <p>Perform a variety of balances with control for at least 5-8 seconds.</p> <p>Copy, remember and repeat movement sequences with a clear start and clear finish.</p> <p>Performing a pencil roll, log roll and tuck</p>	<p>varying heights and speeds.</p> <p>Perform a pencil jump, tuck jump and star jump with confidence and control.</p> <p>Jump off apparatus safely, using the 'magic chair' position.</p> <p>Move from one roll into another roll and finish by standing.</p> <p>Perform a variety of balances with control for at least 5-8 seconds.</p> <p>Copy, remember and repeat movement sequences with a clear start and clear finish.</p> <p>Performing a pencil roll, log roll, teddy bear roll and tuck roll (egg roll) with control.</p>	<p>of others around them.</p> <p>Demonstrate different ways of travelling confidently using different body parts, on the floor and on apparatus.</p> <p>Begin to perform movements to a higher standard, linking multiple movements together to make a sequence.</p> <p>Demonstrate basic shapes and balances on the floor and apparatus, holding them for approx. 8- 10 seconds.</p> <p>Create longer and more complex sequences with a partner, demonstrating control and consistency.</p> <p>Perform a variety of point balances and counter balances with control and confidence.</p> <p>Perform a variety of point balances on</p>	<p>parts both on the floor and on apparatus.</p> <p>Use an increasing range of movements, actions, directions, levels and heights within sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Create longer and more complex sequences with a partner or group, showing changes of direction, speed and levels.</p> <p>Perform a variety of point, patch and counter balances with control and confidence.</p> <p>Perform a variety of point, patch and counter balances on apparatus with control and confidence.</p>	<p>jumps, balances and shapes.</p> <p>Adapt their sequences to fit new criteria or suggestions from peer and teacher feedback.</p> <p>Perform a variety of ways to travel with confidence and control.</p> <p>Add multiple travelling movements into a sequence to represent a theme.</p> <p>Use an increasing range of movements, actions, directions, levels and heights within sequences.</p> <p>Move with clarity, fluency, expression and control.</p> <p>Create longer and more complex sequences with a partner or group, showing changes of</p>	<p>their performance during a lesson.</p> <p>Adapt their routines to fit new criteria or suggestions from peer and teacher feedback.</p> <p>Demonstrate a variety of ways to travel with confidence and control within their routine, using different body parts each time.</p> <p>Add multiple travelling movements into a sequence to represent a theme.</p> <p>Use an increasing range of movements, actions, directions, levels and heights to represent a theme or style within a routine.</p> <p>Perform a variety of point, patch and counter balances with control and confidence.</p> <p>Perform a variety of point, patch and counter balances on</p>
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	<p>roll (egg roll) with control.</p> <p>Perform rocking forwards and backwards with control in preparation for forwards and backwards rolls.</p> <p>Use space well, thinking of the safety of themselves and others.</p> <p>Hop confidently using alternate feet for at least 5 seconds.</p>	<p>Perform a forwards roll from a crouched position.</p> <p>Use space well, thinking of the safety of themselves and others.</p> <p>Begin to repeat and copy counter balances with a partner.</p> <p>Create a movement sequence that reflects a theme.</p>	<p>apparatus with control and confidence.</p> <p>Know what mirroring and symmetry mean, identifying this when making shapes with a partner or group.</p> <p>Perform a teddy bear roll, pencil roll, tuck roll and forwards roll with confidence.</p> <p>Perform a pencil jump, star jump and tuck jump off apparatus, clearly demonstrating the shapes in the air.</p>	<p>Demonstrate mirroring and matching within sequences. Use the correct gymnastics terms when performing and evaluating.</p> <p>Perform a variety of rolls with confidence and control.</p> <p>Perform a variety of jumps with confidence and control.</p> <p>Demonstrate a variety of shapes of different heights, depth and levels within a sequence.</p>	<p>direction, speed and levels.</p> <p>Perform a variety of point, patch and counter balances on apparatus and without, with control and confidence</p>	<p>apparatus with control and confidence.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances.</p>
Vocabulary						
<p>Explore, travel, balance, hop, pencil roll, tuck roll, Wide shape – star Small shape – tuck Tall shape – pencil Standing balances – one point balancing (one foot)</p>	<p>Experiment, equipment, pencil jump, star jump, tuck jump, magic chair, copy, remember, repeat, rocking, movement, Floor balances – two point balancing (two feet, one foot and one hand etc)</p>	<p>Demonstrate, apparatus, heights, speed, clear start, clear finish, crouched, teddy bear roll, Straddle shape Floor balances Counter balances (with a partner)</p>	<p>Link, sequence, practise, refine, awareness, mirroring, symmetry, forwards roll, pencil, jump, tuck jump, Pike shape Patch balances, balances on apparatus Mirroring and</p>	<p>Sequence, gymnastics, performing, evaluating, clarity, expression, confidence, Front and back support,</p>	<p>Select and Combine, theme, adapt, criteria, feedback, increasing range, fluency,</p>	<p>Routine, consistently, style, describe, Group formation balances</p>

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Dance

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and Developing Dance skills						
<p>Combine a range of different movements together.</p> <p>Change the speed of their actions.</p> <p>Copy dance moves. Create movements to music.</p> <p>Remember a small dance routine.</p>	<p>Combine a range of different movements together, creating a sequence of actions.</p> <p>Vary the speed of their actions. Create a short movement phrase, which demonstrates their own ideas.</p> <p>Move in time to music.</p>	<p>Combine a range of different movements together, creating a sequence of actions.</p> <p>Vary the speed, level and height of their actions. Create a short motif inspired by a given stimulus.</p> <p>Copy, remember and repeat actions.</p> <p>Understand and demonstrate unison, canon and mirroring.</p> <p>Move in time to music, counting in beats of four.</p> <p>Use space well when combining different movements together.</p>	<p>Improvise with a partner or group to create a simple dance by combining a range of different movements together.</p> <p>Vary the speed, level and height of their actions within a routine.</p> <p>Create motifs from different stimuli.</p> <p>Compare and adapt movements and motifs to create a larger sequence.</p> <p>Understand and demonstrate unison, canon, mirroring and formation.</p> <p>Move in time to the music, counting in beats of four.</p> <p>Perform with some rhythm, expression and repetition.</p> <p>Demonstrate spatial awareness.</p>	<p>Compose a dance with a partner or group that reflects the chosen dance style.</p> <p>Identify and repeat movement patterns and actions of a chosen dance style.</p> <p>Vary the speed, level, height and directions of their actions within a routine.</p> <p>Change parts of a dance after self-evaluation.</p> <p>Demonstrate the use of unison, canon, mirroring and a variety of formations within a dance routine.</p> <p>Move in time to the music, dancing and</p>	<p>Perform partner and/or group dances that reflect the chosen dance style.</p> <p>Improvise movements with confidence, fluency, creativity and imagination in response to a stimulus.</p> <p>Identify, repeat and choreograph movement patterns and actions of a chosen dance style.</p> <p>Show a change of pace, timing, height and direction within their movements.</p> <p>Modify parts of a sequence as a result of peer evaluation and self-evaluation.</p>	<p>Combine and link an increasing number of movement phrases and patterns, both individually and within a pair or group.</p> <p>Improvise movements with confidence, fluency, creativity and imagination in response to a stimulus. Identify, repeat, choreograph and add to movement patterns and actions of a chosen dance style.</p> <p>Demonstrate multiple changes of pace, timing, height and direction within their movements.</p> <p>Modify parts of a sequence as a result of peer evaluation and self-evaluation.</p>

Physical Education Progression of Knowledge

				<p>counting in beats of eight.</p> <p>Demonstrate spatial awareness when creating motifs from different stimuli.</p>	<p>Demonstrate the use of unison, canon, mirroring and formations a variety of times within a sequence.</p> <p>Move in time to the music, dancing in beats of eight and ensuring that their actions fit the rhythm of the music.</p> <p>Develop an awareness of their use of space when changing formations within a routine.</p> <p>Use transitions to link movements together smoothly.</p>	<p>Demonstrate the use of unison, canon and formations multiple times within a movement phrase.</p> <p>Demonstrate a range of dance techniques such as isolation, tempo and repetition.</p> <p>Use various transition movements to link movement phrases together smoothly.</p>
Vocabulary						
Dance, copy, speed	Combine, sequence, music.	Actions, level and height, remember, repeat	Motif, Stimulus, compare, adapt, unison, canon, mirroring, formation, spatial awareness.	Compose, style, identify, repeat, routine, self-evaluation.	Improvise, confidence, fluency, creativity, imagination, choreograph, pace, timing, rhythm, transitions.	Movement phases, demonstrate, isolation, tempo.

Physical Education Progression of Knowledge

OAA

Year 3	Year 4	Year 5	Year 6
<p>To take part in outdoor and adventurous activities individually and within a pair.</p> <p>To navigate in pairs or individuals to an orienteering control marker location.</p> <p>To be able to identify and follow a key.</p> <p>To recognise, orientate and follow the school orienteering map.</p> <p>To understand what a 'birds eye view' diagram is.</p> <p>To record information.</p> <p>To travel safely to and from orienteering control marker locations.</p> <p>Orienteer themselves with increasing confidence and accuracy around a short trail.</p> <p>Identify symbols used on a key. To demonstrate effective teamwork and communication.</p> <p>To communicate as a team, deciding which marker locations each member is going to or, if relay style, which order they are going in.</p>	<p>To take part in outdoor and adventurous activity challenges both individually and within a pair.</p> <p>To navigate as a team to an orienteering control marker location.</p> <p>To navigate in pairs to an orienteering control marker location.</p> <p>To recognise the orienteering map is a 'birds eye view' diagram of the ground.</p> <p>To recognise, orientate and follow the school orienteering map.</p> <p>To record information accurately.</p> <p>To set up a course based on a given key.</p> <p>To travel safely to and from control marker locations. Orienteer themselves with accuracy around a short trail.</p> <p>Create a short trail for others to complete, with a physical challenge. To recognise symbols used on a key.</p>	<p>To take part in outdoor and adventurous activity challenges both individually and within a team. To know the 8 points on a compass.</p> <p>To navigate as a team to an orienteering control marker location.</p> <p>To navigate in pairs to an orienteering control marker location.</p> <p>To recognise the orienteering map is a 'birds eye view' diagram of the ground.</p> <p>To recognise, orientate and follow the school orienteering map.</p> <p>To record information accurately.</p> <p>To review performance in order to improve next time.</p> <p>To set up an orienteering course in pairs, groups and individually.</p> <p>To travel safely to and from control marker locations.</p> <p>To use the key to recognise the relevant symbols and features on the orienteering map.</p>	<p>To take part in outdoor and adventurous activity challenges both individually and within a team. To know the 8 points on a compass.</p> <p>To use a compass for navigation.</p> <p>To navigate as a team to an orienteering control marker location.</p> <p>To navigate in pairs to an orienteering control marker location.</p> <p>To navigate individually to an orienteering control marker location.</p> <p>To recognise the orienteering map is a 'birds eye view' diagram of the ground.</p> <p>To recognise, orientate and follow the school orienteering map.</p> <p>To record information accurately.</p> <p>To review performance in order to improve next time.</p> <p>To set up an orienteering course in pairs, groups and individually.</p> <p>To travel safely to and from control marker locations. To use the key to</p>

Physical Education Progression of Knowledge

<p>To take responsibility for themselves and others. Increase confidence to make decisions.</p>	<p>To effectively allocate roles in the team, for example, a map-reader, a runner and a recorder.</p> <p>To demonstrate effective teamwork and communication.</p> <p>To communicate as a team, deciding which marker locations each member is going to or, if relay style, which order they are going in.</p> <p>To take responsibility for themselves and others. Increase ability and confidence to make decisions.</p>	<p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Design an orienteering course that can be followed by another team, with some physical challenges.</p> <p>Identify a key on a map and begin to use the information in activities. To effectively allocate roles in the team, for example, a map-reader, a runner and a recorder.</p> <p>To demonstrate effective teamwork and communication.</p> <p>To communicate as a team, deciding which marker locations each member is going to or, if relay style, which order they are going in.</p> <p>To guide a blindfolded team member effectively to a control marker location with or without physical contact. Improving the ability to work with and trust others.</p> <p>To take responsibility for themselves and others.</p> <p>To communicate and collaborate with teammates in order to travel around the course effectively. Increase ability and confidence to make decisions.</p>	<p>recognise the relevant symbols and features on the orienteering map.</p> <p>Orientate themselves with confidence and accuracy around an orienteering course when under a time limit.</p> <p>Design an orienteering course for other children that is clear to follow and offers challenge to others.</p> <p>Identify a key on any given map.</p> <p>Use a range of map styles and make an informed decision on the most effective.</p> <p>To effectively allocate roles in the team, for example, a map-reader, a runner and a recorder.</p> <p>To demonstrate effective teamwork and communication.</p> <p>To communicate as a team, deciding which marker locations each member is going to or, if relay style, which order they are going in.</p> <p>To guide a blindfolded team member effectively to a control marker location with or without physical contact.</p> <p>Improving the ability to work with and trust others.</p>
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Physical Education Progression of Knowledge

			<p>To take responsibility for themselves and others.</p> <p>To communicate and collaborate with teammates in order to travel around the course effectively. Increase ability and confidence to make decisions.</p>
Developing and Acquiring Thinking/ Tactical Skills			
<p>To plan effectively the quickest route to take.</p> <p>To allocate marker locations as per the strengths of individuals in the group.</p> <p>To organise and determine the rules of an orienteering competition</p>	<p>To plan effectively the quickest route to take.</p> <p>To allocate marker locations as per the strengths of individuals in the group.</p> <p>To organise and determine the rules of an orienteering relay / competition. Begin to complete activities in a set period.</p>	<p>To plan effectively the quickest route to take.</p> <p>To allocate marker locations as per the strengths of individuals in the group.</p> <p>To guide a blindfolded teammate safely and efficiently around the course.</p> <p>To organise and determine the rules of an orienteering competition.</p> <p>Begin to complete activities against a stopwatch.</p> <p>Start to improve trails to increase the challenge of the course.</p>	<p>To effectively plan the quickest route to take.</p> <p>To allocate marker locations as per the strengths of individuals in the group.</p> <p>To guide a blindfolded teammate safely and efficiently around the course.</p> <p>To organise and determine the rules of an orienteering competition.</p> <p>Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</p>
Developing and Acquiring Physical Skills			
<p>To plan physically how they will get around the course quickly.</p> <p>To breathe effectively to preserve energy.</p>	<p>To plan physically how they will get around the course quickly.</p> <p>To breathe effectively to preserve energy.</p>	<p>To plan physically how they will get around the course quickly.</p> <p>To breathe effectively to preserve energy.</p>	<p>Plan how they will physically get around the course quickly and efficiently .</p> <p>To adopt an efficient running technique to preserve energy.</p>

Physical Education Progression of Knowledge

<p>To alter the way of travelling to support a teammate who is slower/faster.</p> <p>To maintain balance in all areas of the orienteering course.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>To alter the way of travelling to support a teammate who is slower/faster.</p> <p>To maintain balance in all areas of the orienteering course.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>To alter the way of travelling to support a teammate who is slower/faster.</p> <p>To maintain balance in all areas of the orienteering course.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>To alter the way of travelling to support a teammate who is slower/faster.</p> <p>To maintain balance in all areas of the orienteering course.</p> <p>Develop flexibility, strength, technique, control and balance.</p>
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Health and Fitness In Every Unit Of Work

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Describe how the body feels when standing still and when exercising.	Describe how the body feels when still and when exercising. Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Recognise and explain what our bodies need to stay healthy. Carry and place equipment safely.	Recognise and describe the effects of exercise on the body and mind. Know the importance of strength and flexibility for physical activity. Carry and place equipment safely. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times of the day and how this might affect performance. Know the importance of controlling the body in physical activity. Explain why exercise is good for your health. Recognise and understand benefits of warming up and cooling down.	Understand and describe how different exercises affect performance in different ways. Recognise and understand benefits on the body, from warming up and cooling down. To be able to understand and explain safety principles when preparing for and during exercise. Understand why exercise is important for our	Understand and describe the importance of warming up and cooling down, alongside effects that they have on our bodies. Carry out warm-ups and cool downs safely and effectively. Understand why exercise is good for our physical and mental health and well-being. Understand and describe different

Physical Education Progression of Knowledge

				Carry and set up equipment safely.	health, fitness and wellbeing. Set up and carry equipment safely.	lifestyles that we can maintain to keep ourselves healthier and fit. Set up and carry equipment safely.

Evaluation In Every Unit of Work

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Watch and describe.</p> <p>Begin to say how they could improve.</p>	<p>Watch and describe.</p> <p>Begin to say how they could improve,</p> <p>Talk about the differences between their technique and the techniques of others.</p>	<p>Watch, describe and evaluate the effectiveness of a technique.</p> <p>Identify what aspects worked well and what aspects could be improved next time.</p>	<p>Watch, describe and evaluate the effectiveness of a technique giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Choose and use criteria to evaluate their own and other's techniques</p> <p>Explain why they have used particular skills or techniques.</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate ideas for improvements.</p> <p>Explain why they have used particular skills or techniques.</p> <p>Explain the effect that particular skills or techniques have.</p>