

## PE

### Progression of Knowledge and Skills



<p><b>EYFS Development matters: 3 and 4 year olds</b></p> <p><b>Physical Development</b></p>	<ul style="list-style-type: none"> <li>- Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>- Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>- Use large-muscle movements to wave flags and streamers, paint and make marks</li> <li>- Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> </ul>			
<p><b>EYFS Development matters: Reception</b></p> <p><b>Physical Development</b></p>	<ul style="list-style-type: none"> <li>- Revise and refine the fundamental movement skills they have already acquired:- rolling- crawling - walking - jumping - running - hopping - skipping - climbing</li> <li>- Progress towards a more fluent style of moving, with developing control and grace.</li> <li>- Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</li> <li>- Combine different movements with ease and fluency.</li> <li>- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>- Develop overall body-strength, balance, coordination and agility.</li> <li>- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> </ul>			
<p><b>Early Learning Goal</b></p> <p><b>Physical Development</b></p>	<ul style="list-style-type: none"> <li>- Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>- Demonstrate strength, balance and coordination when playing.</li> <li>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>			
<p><b>Year Groups</b></p> <p><b>Overview</b></p>		<p style="text-align: center;"><b>Year 1 and Year 2</b></p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p style="text-align: center;"><b>Year 3 and Year 4</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>perform dances using a range of movement patterns</p>	<p style="text-align: center;"><b>Year 5 and Year 6</b></p>

		perform dances, using simple movement patterns	take part in outdoor and adventurous activity challenges both individually and within a team	
			compare their performance with previous ones and demonstrate improvement to achieve their personal best	
<b>Games</b>		<p><i>For instance:</i></p> <p><i>Practise different skills associated with simple games (e.g. co-ordinating throwing and catching)</i></p> <p><i>Work cooperatively in teams</i></p>	<p><i>For instance:</i></p> <p><i>Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy)</i></p> <p><i>Work well as a team in competitive games</i></p> <p><i>Apply basic principles of attacking and defending</i></p> <p><i>Develop an understanding of fair play (respect team -mates and opponents)</i></p>	<p><i>For instance:</i></p> <p><i>Develop techniques of a variety of skills to maximise team effectiveness</i></p> <p><i>Use the skills e.g. of throwing and catching to gain points in competitive games (fielding)</i></p> <p><i>Use tactics when attacking or defending</i></p> <p><i>Apply rules of fair play to competitive games</i></p>
	<b>Running</b>	<p><i>For instance:</i></p> <p><i>Run for 1 minute</i></p> <p><i>Show differences in running at speed and jogging</i></p> <p><i>Use different techniques to meet challenges</i></p> <p><i>Describe different ways of running</i></p>	<p><i>For instance:</i></p> <p><i>Run smoothly at different speeds</i></p> <p><i>Choose different styles of running of different distances</i></p> <p><i>Pace and sustain their effort over longer distances</i></p> <p><i>Watch and describe specific aspects of running (e.g. what arms and legs are doing)</i></p> <p><i>Recognise and record how the body works in different types of challenges over different distances</i></p> <p><i>Carry out stretching and warm-up safely</i></p> <p><i>Set realistic targets of times to achieve over a short and longer distance (with guidance)</i></p>	<p><i>For instance:</i></p> <p><i>Sustain pace over longer distance – 2 minutes</i></p> <p><i>Perform relay change-overs</i></p> <p><i>Identify the main strengths of a performance of self and others</i></p> <p><i>Identify parts of the performance that need to be improved</i></p> <p><i>Perform a range of warm-up exercises specific to running for short and longer distances</i></p> <p><i>Explain how warming up affects performance</i></p> <p><i>Explain why athletics can help stamina and strength</i></p> <p><i>Set realistic targets for self, of times to achieve over a short and longer distance</i></p>
<b>Athletics</b>				

	<b>Jumping</b>		<p><i>For instance:</i></p> <p><i>Perform the 5 basic jumps (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</i></p> <p><i>Perform combinations of the above</i></p> <p><i>Show control at take-off and landing</i></p> <p><i>Describe different ways of jumping</i></p> <p><i>Explain what is successful or how to improve</i></p>	<p><i>For instance:</i></p> <p><i>Perform combinations of jumps e.g. hop, step, jump showing control and consistency</i></p> <p><i>Choose different styles of jumping</i></p> <p><i>Watch and describe specific aspects of jumping e.g. what arms and legs are doing</i></p> <p><i>Set realistic targets when jumping for distance for or height (with guidance)</i></p>	<p><i>For instance:</i></p> <p><i>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</i></p> <p><i>Set realistic targets for self, when jumping for distance or height</i></p>
	<b>Throwing</b>		<p><i>For instance:</i></p> <p><i>Throw into targets Perform a range of throwing actions e.g. rolling, underarm, overarm</i></p> <p><i>Describe different ways of throwing</i></p> <p><i>Explain what is successful or how to improve</i></p>	<p><i>For instance:</i></p> <p><i>Explore different styles of throwing, e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)</i></p> <p><i>Throw with greater control Consistently hit a target with a range of implements</i></p> <p><i>Watch and describe specific aspects of throwing (e.g. what arms and legs are doing)</i></p> <p><i>Set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others (guidance)</i></p>	<p><i>For instance:</i></p> <p><i>Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus</i></p> <p><i>Organise small groups to SAFELY take turns when throwing and retrieving implements</i></p> <p><i>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</i></p>
<b>Dance</b>	<b>Compose</b>		<p><i>For instance:</i></p> <p><i>Copy some moves</i></p> <p><i>Develop control of movement using:</i>  <i>Actions (WHAT) – travel, stretch, twist, turn, jump</i>  <i>Space (WHERE) – forwards, backwards, sideways, high, low, safely showing an awareness of others</i>  <i>Relationships (WHO) – on own and with a partner by teaching each other 2 movements to create a dance with 4 actions</i>  <i>Dynamics (HOW) – slowly, quickly, with appropriate expression</i>  <i>Use own</i></p>	<p><i>For instance:</i></p> <p><i>Create dance phrases/dances to communicate an idea</i>  <i>Develop movement using;</i>  <i>Actions (WHAT); travel, turn, gesture, jump, stillness</i>  <i>Space (WHERE); formation, direction and levels</i>  <i>Relationships (WHO); whole group/duo/solo, unison/canon</i>  <i>Dynamics (HOW); explore speed, energy</i>  <i>Choreographic devices; motif, motif development and repetition</i>  <i>Structure a dance phrase, connecting different ideas, showing a clear beginning, middle and end</i></p>	<p><i>For instance:</i></p> <p><i>Create longer, challenging dance phrases/dances</i>  <i>Select appropriate movement material to express ideas/thoughts/feelings</i>  <i>Develop movement using;</i>  <i>Actions (WHAT); travel, turn, gesture, jump, stillness</i>  <i>Space (WHERE); formation, direction, level, pathways</i>  <i>Relationships (WHO); solo/duo/trio, unison/canon/contrast</i>  <i>Dynamics (HOW) explore speed, energy (e.g. heavy/light, flowing/sudden)</i></p>

			<i>ideas to sequence dance Sequence and remember a short dance</i>	<i>Link phrases to music</i>	<i>Choreographic devices; motif, motif development, repetition, retrograde (performing motifs in reverse) Link phrases to music</i>
	<b>Performance</b>		<i>For instance: Move spontaneously showing some control and co-ordination Move with confidence when walking, hopping, jumping, landing Move with rhythm in the above actions Demonstrate good balance Move in time with music Co-ordinate arm and leg actions (e.g. march and clap) Interact with a partner (e.g. holding hands, swapping places, meeting and parting)</i>	<i>For instance: Perform dance to an audience showing confidence Show co-ordination, control and strength (Technical Skills) Show focus, projection and musicality (Expressive Skills) Demonstrate different dance actions – travel, turn, gesture, jump and stillness Demonstrate dynamic qualities – speed, energy and continuity Demonstrate use of space – levels, directions, pathways and body shape Demonstrate different relationships – mirroring, unison, canon, complementary &amp; contrasting</i>	<i>For instance: Perform dance to an audience showing confidence and clarity of actions Show co-ordination, control, alignment, flow of energy and strength (Technical Skills) Show focus, projection, sense of style and musicality (Expressive Skills) Demonstrate a wide range of dance actions – travel, turn, gesture, jump and stillness Demonstrate dynamic qualities – speed, energy, continuity, rhythm Demonstrate use of space – levels, directions, pathways, size and body shape Demonstrate different relationships – mirroring, unison, canon, complementary and contrasting, body part to body part and physical contact</i>
	<b>Appreciation</b>		<i>For instance: Respond to own work and that of others when exploring ideas, feelings and preferences Recognise the changes in the body when dancing and how this can contribute to keeping healthy</i>	<i>For instance: Show an awareness of different dance styles and traditions Understand and use simple dance vocabulary Understand why safety is important in the studio Compare and comment on their own and other's work -strengths and areas for improvement</i>	<i>For instance: Show an awareness of different dance styles, traditions and aspects of their historical/social context Understand and use dance vocabulary Understand why safety is important in the studio Compare and evaluate their own and others' work</i>

Gymnastics	Balance		<p>For instance</p> <p>Stand and sit "like a gymnast"</p> <p>Explore the 5 basic shapes: straight/tucked/star/straddle/pike</p> <p>Balance in these shapes on large body parts: back, front, side, bottom</p> <p>Explore balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively)</p> <p>Develop balance by showing good tension in the core and tension and extension in the arms and legs, hands and feet</p> <p>Develop balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively)</p> <p>Challenge balance and use of core strength by exploring and developing use of upper body strength taking weight on hands and feet – front support (press up position) and back support (opposite) NB: ensure hands are always flat on floor and fingers point the same way as toes</p>	<p>For instance:</p> <p>Explore and develop use of upper body strength taking weight on hands and feet – front support (press up position) and back support (opposite) NB: ensure hands are always flat on floor and fingers point the same way as toes</p> <p>Explore balancing on combinations of 1/2/3/4 "points" e.g. 2 hands and 1 foot, head and 2 hands in a tucked head stand</p> <p>Balance on floor and apparatus exploring which body parts are the safest to use</p> <p>Explore balancing with a partner: facing, beside, behind and on different levels</p> <p>Move in and out of balance fluently</p>	<p>For instance:</p> <p>Perform balances with control, showing good body tension</p> <p>Mirror and match partner's balance i.e. making same shape on a different level or in a different place</p> <p>Explore symmetrical and asymmetrical balances on own and with a partner</p> <p>Explore and develop control in taking some/all of a partner's weight using counter balance (pushing against) and counter tension (pulling away from)</p> <p>Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus</p> <p>Perform group balances at the beginning, middle or end of a sequence. Consider how to move in and out of these balances with fluency and control</p> <p>Begin to take more weight on hands when progressing bunny hop into hand stand</p>
	Travel		<p>For instance:</p> <p>Begin to travel on hands and feet (hands flat on floor and fully extend arms)</p> <p>Monkey walk (bent legs and extended arms)</p> <p>Caterpillar walk (hips raised so legs as well as arms can be fully extended. Keep hands still while walking feet towards hands, keep feet still while walking hands away from feet until in front support position)</p> <p>Bunny hop (transfer weight to hands)</p>	<p>For instance:</p> <p>Use a variety of rolling actions to travel on the floor and along apparatus</p> <p>Travel with a partner; move away from and together on the floor and on apparatus</p> <p>Travel at different speeds e.g. move slowly into a balance, travel quickly before jumping</p> <p>Travel in different pathways on the floor and using apparatus, explore different entry and exit points other than travelling in a straight line on apparatus</p>	<p>For instance:</p> <p>Travel sideways in a bunny hop and develop into cartwheeling action keeping knees tucked in and by placing one hand then the other on the floor</p> <p>Increase the variety of pathways, levels and speeds at which you travel</p> <p>Travel in time with a partner, move away from and back to a partner</p>
	Jump		<p>For instance:</p> <p>Explore shape in the air when jumping and landing with control (e.g. star shape)</p>	<p>For instance:</p> <p>Explore leaping forward in stag jump, taking off from one foot and landing on the other (on floor and along bench controlling take-off and landing)</p>	<p>For instance:</p> <p>Make symmetrical and asymmetrical shapes in the air</p>

				<p>Add a quarter or half turn into a jump before landing          Make a twisted shape in the air and control landing by keeping body upright throughout the twisting action</p>	<p>Jump along, over and off apparatus of varying height with control in the air and on landing</p>
	<b>Roll</b>		<p>For instance:          Continue to develop control in different rolls          Pencil roll – from back to front keeping body and limbs in straight shape          Egg roll – lie on side in tucked shape, holding knees tucked into chest roll onto back and onto other side. Repeat to build up core strength          Dish roll – with extended arms and legs off the floor, roll from dish to arch shape slowly and with control          Begin forward roll (crouch in tucked shape, feet on floor, hands flat on floor in front. Keep hands and feet still, raise hips in the air to inverted 'V' position</p>	<p>For instance:          Continue to develop control in rolling actions on the floor, off and along apparatus or in time with a partner.          Combine the phases of earlier rolling actions to perform the full forward roll          Begin the backward roll</p>	<p>For instance:          Explore different starting and finishing positions when rolling e.g. forward roll from a straddle position on feet and end in a straddle position on floor or feet/begin a backward roll from standing in a straight position, ending in a straddle position on feet          Explore symmetry and asymmetry throughout the rolling actions</p>
<b>Swimming and Water Safety</b>	<p>All schools must provide swimming instruction in either KS1 or KS2.          In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li><input type="checkbox"/> use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</li> <li><input type="checkbox"/> perform safe self-rescue in different water-based situations</li> </ul>				