

PE – Knowledge Progression Document



Key Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy body and mind	Know that exercise is important to stay healthy.	Know that breathing changes during exercise.	Know that heart rate and temperature changes during exercise. Know that they have a pulse to measure heart rate.	Know that it is important to warm up and cool down when exercising.	Know that keeping fit is good for health.	Know that exercise is important for mental well being. Know that there are important safety principles when preparing for exercise.	Know that exercise has a valuable role in keeping healthy. Know that muscles have names.
Invasion games	Know that we can control our body and move freely using suitable speed or direction to avoid obstacles.	Know that choices can be made to confidently keep safe in the space during a game. Know that different parts of the body can retrieve and stop a ball.	Know that there are simple tactics for attacking and defending. Know that simple tactics can be used while participating in team games. Know that a ball can be caught and controlled in movement	Know that a ball can move towards a goal with increasing control. Know that players can move into space to help support a team.	Know that a ball can be passed, received and shoot the ball with increasing control. Know that team work can be used to keep possession and score goals when attacking. Know that simple tactics can be used to help a team score or gain possession	Know that there are different skills for different situations. Know that are strategies to pass, receive and shoot the ball with some control under pressure. Know that there are ways to contribute when attacking and defending a range of positions.	Know that a ball can be passed, received and shot with increasing control under pressure. Know that a variety of strategies are used to play competitive games and these can be applied in different ways.

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<p>Gymnastics</p>	<p>Know that there are ways to move confidently and safely in their own and general space. (under, round, over equipment and obstacles)</p> <p>Know that simple movements can be copied to form a sequence.</p> <p>Know that there are ways to jump off an object and land appropriately.</p> <p>Know that are bodies can make shapes according to commands.</p>	<p>Know that there are ways to move confidently and safely in their own and general space, using change of speed and direction.</p> <p>Know that movement phrases have with beginnings, middles and ends.</p> <p>Know that there are a variety of gymnastic actions to explore and perform (pencil/straight, tuck, star, pike, dish and arch).</p>	<p>Know that a simple sequence can be made with a partner by sharing ideas.</p> <p>Know that there are ways to create routines which have a clear beginning and ending.</p> <p>Know that a combination of gymnastic actions can be remembered, repeated and link body shapes and balances under control and with precisions.</p>	<p>Know that contrasting actions can be used to plan a sequence.</p> <p>Know that own ideas for movements can be used as a response to a task.</p> <p>Know that actions can be completed with increasing balance and control.</p> <p>Know that there are ways to move in unison with a partner and adapt sequences to suit different types</p>	<p>Know that a sequence can be planned and performed with a partner that includes a change of level and shape.</p> <p>Know that balances can be performed safely individually and with a partner.</p> <p>Know that body tension can improve the control and quality of their movements.</p> <p>Know that a performance can be improved by watching, describing and suggest possible improvements.</p>	<p>Know that apparatus can be used to create and perform sequences individually and with a partner.</p> <p>Know that a set criteria can be used to make simple judgments about performances and suggest ways they could be improved.</p> <p>Know that a canon and synchronisation, and matching and mirroring can be used when performing with a partner and a group.</p>	<p>Know that gymnastics can develop flexibility, strength, technique, control and balance.</p> <p>Know that gymnastic actions, shapes and balances can be combined and performed with control and fluency.</p> <p>Know that a performance can be improved by watching, describing and suggest possible improvements.</p>
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<p>Dance</p>	<p>Know that basic body actions and rhythms can be explored and copied.</p> <p>Know that a body can respond in different ways to different types of music.</p> <p>Know that bodies can make large and small movements.</p>	<p>Know that by using a range of body actions and body parts a performance of movement can be created.</p> <p>Know that the body can be explored and movement ideas can be responded to imaginatively in a range of stimuli.</p> <p>Know that movements can be composed and linked to have simple beginnings, middles and ends.</p>	<p>Know that dances can be performed using simple movement of patterns.</p> <p>Know that dancers can explore the change of rhythm, speed, level and direction.</p>	<p>Know that dance phrases can be created to communicate ideas.</p> <p>Know that dance phrases can be created with a partner and in a small group and in unison.</p> <p>Know that dynamic and expressive qualities can be used to express an idea.</p> <p>Know that counts can be used to keep in time with a group and the music.</p> <p>Know that movements and the expressive qualities of dance can be discussed.</p>	<p>Know that simple motifs and movement patterns can be used to structure dance phrases on their own, with a partner and in a group.</p> <p>Know that a range of stimuli related to character and narrative will allow the dancer to respond imaginatively to the music.</p> <p>Know that formation, canon and unison can be used to develop a dance.</p> <p>Know that dances can be performed clearly and fluently.</p> <p>Know that appropriate language can be used to describe, interpret and evaluate dance.</p>	<p>Know that actions can be adapted and refined, dynamics and relationships in a dance.</p> <p>Know that different styles of dance can be performed clearly and fluently.</p> <p>Know that are different ways to suggest improvements to their own and other people's work.</p>	<p>Know that dances can be performed using a range of movement patterns</p> <p>Know that individuals, pairs and groups can choreograph motifs and structure simple dances how to work creatively and imaginatively.</p> <p>Know that props can be used to choreograph a dance.</p> <p>Know that appropriate language can be used to evaluate and refine their own and others' work.</p>
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<p>Net and wall</p>	<p>Know that there are ways to catch a large ball.</p> <p>Know that there are strategies to kick a ball along the floor.</p>	<p>Know that there are different ways to work with a partner in throwing and catching games.</p> <p>Know that a ball can be hit with control using an appropriate object.</p>	<p>Know that to catch and control a ball in movement working with a partner or in a small group.</p> <p>Know that basic tactics can be used in a simple team games.</p> <p>Know that there are best places to stand during a team game, to support the game.</p>	<p>Know how to return a ball to a partner</p> <p>Know how to use basic racket skills.</p> <p>Know how to move quickly around the court using a variety of movement patterns.</p>	<p>Know that there a range of basic racket skills and variety of shots in different areas of the court.</p> <p>Know that there is a ready position and when it is appropriate to return to that position.</p>	<p>Know that there are strategies that can be used to develop skills and begin to use these under some pressure</p> <p>Know that preferred skills can be selected and applied with increasing consistency.</p> <p>Know that there is a need for tactics and make decisions about when best to use them.</p>	<p>Know that they can use a wider range of skills in game situations.</p> <p>Know that there are good and bad decisions when making shots within a game.</p> <p>Know there are a variety of tactics that can be identified and used</p>
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<p>Striking and fielding</p>	<p>Know that a ball can be hit with another piece of equipment.</p> <p>Know that they can throw a ball using over or under arm.</p>	<p>Know that there are techniques to striking a ball with control.</p> <p>Know that a ball can be fielded using under and over arm throwing.</p> <p>Know that simple games have rules and skills.</p>	<p>Know that simple tactics can vary, be chosen and used.</p> <p>Know that there are strategies to catch and control a ball in movement working with a partner or in a small group.</p> <p>Know that games have opposition.</p> <p>Know that there are strategies to hit a ball accurately using a piece of equipment.</p>	<p>Know that there are techniques to perform over arm and underarm throwing, and catching skills.</p> <p>Know that they can strike a bowled ball after a bounce.</p> <p>Know that a ball can be bowled towards a target.</p>	<p>Know that there are techniques to perform over arm and underarm throwing, and catching skills with increasing accuracy.</p> <p>Know that there are techniques to strike a ball after a bounce.</p> <p>Know that there are ways to bowl a ball with some accuracy, and consistency.</p> <p>Know that a ball can be thrown at different speeds, directions and heights.</p>	<p>Know how to sometimes strike a bowled ball.</p> <p>Know how to develop a wider range of skills and use these under some pressure.</p> <p>Know how to use tactics effectively in a competitive situation.</p>	<p>Know how to use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding.</p> <p>Know how to develop and adapt their striking, fielding, throwing and catching skills to different heights, distances in small and large games.</p> <p>Know that a variety of techniques and tactics are used in the game as a batter, bowler and fielder.</p>
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<p>Multi skills and athletics</p>	<p>Know that there are skills to running, jumping and throwing with a range of equipment.</p> <p>Know that commands given can be used to vary the speed of running.</p>	<p>Know that a variety of objects can be thrown correctly with one hand.</p> <p>Know that there are strategies to jump from a stationary position with control.</p> <p>Know that there are strategies to change speed and direction whilst running.</p>	<p>Know that there are tactics to run at fast, medium and slow speeds.</p> <p>Know that there are strategies to develop their balance, coordination and agility.</p>	<p>Know that there are different ways to take off and land when jumping.</p> <p>Know that there are ways to develop jumping for distance and height.</p> <p>Know that actions and approaches can be changed to impact on jumping accuracy and distance.</p>	<p>Know that there is a difference between sprinting and jogging and the skills involved in each.</p> <p>Know that there are a variety of different throwing techniques.</p> <p>Know that there are strategies to jump for distance and height with control and balance.</p> <p>Know that there are strategies that can be used to throw with some accuracy and power into a target area.</p>	<p>Know that different paces can be used at different points in a running event.</p> <p>Know that there are a range of jumps with different techniques.</p> <p>Know that there are good technique when throwing for distance and accuracy.</p> <p>Know that stamina and power help people to perform well in different athletic activities.</p>	<p>Know that there are a range of jumps with varying levels of power, control and consistency at both take off and landing.</p> <p>Know that there is a way to throw with accuracy and good technique when throwing for distance.</p> <p>Know that there are strategies to lead a small group through a short warm-up routine.</p> <p>Know that some athletic activities can improve strength, power or stamina.</p>
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<p>Outdoor adventurous activity</p>				<p>Know that there are effective ways to communicate ideas and listen to others.</p> <p>Know that there are best ways to work with a partner and a small group to plan and attempt to apply strategies to solve problems.</p> <p>Know that there are a range of skills to map reading skills.</p>	<p>Know that there are ways to accurately follow and give instructions.</p> <p>Know that there are key symbols on a map and a key to help navigate around a grid.</p> <p>Know that reflections can be made upon solving challenges.</p>	<p>Know that there are ways to work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p> <p>Know that critical thinking is beneficial when approaching a task.</p> <p>Know how to navigate around a course using a map.</p> <p>Know that there are strategies to solving challenges and ways to alter methods in order to improve.</p>	<p>Know that critical thinking allows you to form good ideas.</p> <p>Know that group thinking and reflection are a best method to solve problems and overcome challenges.</p> <p>Know that there are a variety of strategies to orientate and use a map efficiently to navigate around a course.</p>
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