

PE Progression of Knowledge and Skills - TLG-PE

Key to understanding this document: Black = National Curriculum objectives Blue = Knowledge Red = Skills to be taught

At The Discovery School, we follow the TLG-PE scheme. All resources are listed in the scheme and are not referenced on this progression document.

At The Discovery School we understand the importance of our children knowing more, remembering more and doing more. With this in mind, we teach the children the knowledge they require, ensuring they have opportunities for the retrieval of knowledge and the chance to apply new skills during their learning.

Area of Learning	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sending and receiving Attacking and Defending Invasion games: Hockey Football Netball Rugby Handball Dodgeball Basketball Social and emotional links: Team work Cooperation Enjoyment	ELG: Gross Motor Skills Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Revise and refine a range of fundamental movement skills. Further develop and refine a range of ball	Master basic movements including running, jumping, throwing and catching. Can dribble a ball using a range of body parts. Can pass a ball accurately using a range of body parts. Can receive a ball using a range of body parts. Can shoot at a target using rolling and kicking.	Master basic movements including running, jumping, throwing and catching. Can dribble a ball using a variety of equipment. Can pass a ball accurately using a variety of equipment. Can receive a ball using a variety of equipment. Can shoot at a target using a variety of equipment. Can use a variety of equipment correctly and safely.	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Strike/kick/pass a ball with accuracy and control when moving. To receive the ball in a moving position.	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Safely demonstrate the required skills to get the ball from an opponent. Find creative solutions to beat a defender in a 1v1 and 2v1 situation. Demonstrate the attacking principles to successfully execute a 2v1 situation.	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Demonstrate understanding of attacking principles in conditioned, small-sided games. Demonstrate understanding of defensive principles in conditioned, small-sided games. Demonstrate understanding of self and others performance against the objectives. Demonstrate understanding of potential solutions to	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Demonstrate selection and application of the skills and tactics when attacking in a small-sided game. Demonstrate selection and application of the skills and tactics when defending in a small-sided game. Demonstrate an ability to evaluate the performance of self and other. Demonstrate an ability to offer advice and feedback to improve

	<p>skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>		<p>Can demonstrate basic attacking principles.</p> <p>Can demonstrate basic defending principles.</p> <p>Can demonstrate basic tactics in a game.</p> <p>Can make in game decisions about space and act on them accordingly.</p> <p>Can demonstrate basic attacking principles.</p> <p>Can demonstrate basic defending principles.</p> <p>Can demonstrate basic tactics in a game.</p> <p>Can make in game decisions about space and act on them accordingly.</p>			<p>improve the performance of self and others.</p>	<p>the performance of self and others.</p> <p>Successfully referee/umpire and keep score in the games being played.</p>
<p>Net and wall</p> <p>Social and emotional links:</p>	<p>N/A</p>	<p>Master basic movements including running, jumping, throwing and catching.</p>	<p>Master basic movements including running, jumping, throwing and catching.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.</p>		

<p>Team work Cooperation Enjoyment</p>		<p>Can demonstrate control of a racket when balancing objects on it</p> <p>Can demonstrate the correct technique when holding a racket</p> <p>Can serve a ball over a net using suitable body parts</p> <p>Can use a backhand technique to push a stationary ball along the floor</p> <p>Can use a forehand technique to push a stationary ball along the floor</p>	<p>Can return a ball over a net using suitable parts of the body</p> <p>Can serve a ball over a net, into a specific area, using suitable body parts</p> <p>Can use a backhand technique to push a moving ball along the floor</p> <p>Can use a forehand technique to push a moving ball along the floor</p>	<p>In tennis:</p> <p>Hit a self-fed forehand to a target.</p> <p>Hit a self-fed backhand to a target.</p> <p>Can perform the ready position prior to striking the ball.</p> <p>Make contact with the ball with a controlled racket.</p>	<p>In tennis:</p> <p>Hit a moving ball with a forehand to a target.</p> <p>Hit a moving ball with a backhand to a target.</p> <p>Use foot positioning to strike a ball.</p>		
<p>Striking and fielding</p> <p>Throwing and Catching</p> <p>Striking and fielding: Cricket Rounders Tri-Golf</p>	<p>ELG: Gross Motor Skills</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Revise and refine a range of fundamental</p>	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Can demonstrate the correct grip and stance with a range of equipment</p> <p>Can demonstrate an understanding of how to stay safe when others are</p>	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Can pick up and throw a moving ball in one movement</p> <p>Can run safely with equipment in a range of sport specific ways</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.</p> <p>Accurately throw underarm at a target from a stationary position.</p> <p>Accurately throw overarm at a target from a stationary position.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.</p> <p>Accurately throw underarm at a target from a moving position.</p> <p>Accurately throw overarm at a target from a moving position.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.</p> <p>Begin to bowl with accuracy and the correct technique.</p> <p>Use the correct technique to attack the ball.</p> <p>Demonstrate an understanding of basic</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.</p> <p>Effectively umpire and score the game being played.</p> <p>Demonstrate an ability to evaluate the performance of self and others.</p>

<p>Social and emotional links: Team work Cooperation Enjoyment</p>	<p>movement skills.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>using striking equipment</p> <p>Can pick up and throw a stationary ball in one movement</p> <p>Can strike a ball accurately along the floor</p> <p>Can throw underarm</p> <p>Can throw overarm</p> <p>Can throw a variety of different size and weight balls using a range of styles</p> <p>Can catch a variety of different size and weight balls</p>	<p>Can strike a ball accurately over varying distances</p> <p>Can strike a ball off a tee using a range of equipment</p> <p>Can catch, whilst moving, a variety of different sized and weight balls</p> <p>Can accurately throw, whilst moving, a variety of balls using a range of styles</p> <p>Can use different throwing techniques to shoot at targets</p> <p>Can catch a range of other PE equipment (Quoits, Frisbees, etc.)</p> <p>Can accurately throw a range of other PE equipment (Quoits, Frisbees, etc.)</p>	<p>Successfully stop a ball travelling towards them on the floor.</p> <p>Catch a ball in a game environment.</p> <p>Strike a stationary ball accurately.</p>	<p>Strike a moving ball using the correct technique.</p> <p>Understand the mechanics of bowling.</p>	<p>tactics for defending, both whilst fielding and balling during a game.</p> <p>Demonstrate an understanding of basic tactics for attacking, both whilst fielding and balling during a game.</p>	<p>Demonstrate basic tactics for defending, both whilst fielding and batting.</p> <p>Demonstrate basic tactics for attacking, both whilst fielding and batting.</p>
<p>Dance</p> <p>Social and emotional links: Enjoyment Desire to improve</p>	<p>ELG: Gross Motor Skills</p> <p>Negotiate space and obstacles safely, with consideration</p>	<p>To perform dances using simple movement patterns.</p> <p>Use basic actions using changes in speed and directions,</p>	<p>To perform dances using simple movement patterns.</p> <p>Perform basic actions with control and co-ordination.</p>	<p>To perform dances using a range of movement patterns.</p> <p>Perform combinations of movements to a piece of music.</p>	<p>To perform dances using a range of movement patterns.</p> <p>Perform movement patterns with increased consistency and fluency.</p>	<p>To perform dances using a range of movement patterns.</p> <p>Perform movement patterns with different levels, speeds and direction.</p>	<p>To perform dances using a range of movement patterns.</p> <p>Combine and perform movement patterns with control and balance with fluency</p>

<p>Confidence Self-esteem Physical well-being Emotional wellbeing Cultural understanding</p>	<p>for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>ELG: People, Culture and Communities</p> <p>Children at the expected level of development will:</p> <p>Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and</p>	<p>including travelling, rolling, jumping and climbing.</p>	<p>Repeat a sequence of movements to music including transitions and moments of still.</p> <p>Create and perform a short sequence with a clear beginning, middle and end, independently or with a partner.</p>	<p>Adapt a sequence of movement patterns to include different levels, speeds and/or direction.</p>	<p>Combine actions and show clarity of shape, control and balance in longer sequences alone or in partners.</p>	<p>Repeat longer, more difficult movement patterns accurately, emphasising body shape and changes in direction, alone, with a partner or a small group.</p>	<p>and an increasingly difficult sequence.</p> <p>Create and perform a longer, fluent movement patterns, using planned variation and contrasts in actions and speed.</p>
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	<p>what has been read in class.</p> <p>Revise and refine a range of fundamental movement skills.</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Combine different movements with ease and fluency.</p>						
<p>Gymnastics</p> <p>Social and emotional links: Enjoyment Desire to improve Confidence Self-esteem Physical well-being</p>	<p>ELG: Gross Motor Skills</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p>	<p>To develop balance, agility and co-ordination.</p> <p>Use basic actions using changes in speed and directions, including travelling, rolling, jumping and climbing.</p> <p>Show good awareness of space, apparatus and the actions of others.</p>	<p>To develop balance, agility and co-ordination.</p> <p>Perform basic gymnastic actions with control and co-ordination.</p> <p>Repeat a sequence of gymnastic actions including transitions and moments of still.</p> <p>Create and perform a</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Floor gymnastics:</p> <p>Execute a teddy bear roll with correct form and technique.</p> <p>Execute a dish balance with correct form and technique.</p> <p>Execute a stork stand</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Floor gymnastics:</p> <p>Execute a bent leg linking move with correct form and technique.</p> <p>Execute a side roll with correct form and technique.</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Floor gymnastics:</p> <p>Execute an arabesque with correct form and technique.</p> <p>Execute a forward roll with correct form and technique.</p> <p>Execute a tuck jump</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Floor gymnastics:</p> <p>Demonstrate dynamic movements, using apparatus as an obstacle.</p> <p>Execute a cartwheel linking move with correct form and technique.</p>

<p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Revise and refine a range of fundamental movement skills.</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines.</p>	<p>Link and repeat basic actions to copy or create and perform a movement phrases with a beginning, middle and end.</p> <p>Know the difference between tension and relaxation</p>	<p>short sequence with a clear beginning, middle and end, to include apparatus or partner.</p> <p>Use appropriate language to accurately describe a gymnastic sequence.</p>	<p>on the mat with correct form and technique.</p> <p>Execute a star jump from apparatus with a safe and secure landing.</p> <p>Land correctly when jumping off a medium/high piece of apparatus.</p> <p>Execute a forward, straight leg linking step with correct form and technique.</p> <p>Execute a backwards, straight leg linking step with correct form and technique.</p> <p>Demonstrate basic counter balances with a partner on the mat.</p> <p>Rhythmic gymnastics:</p> <p>Create low, medium and high spirals with a ribbon. Create horizontal and vertical spirals with a ribbon.</p>	<p>Execute a shoulder balance with correct form and technique.</p> <p>Execute a full turn jump with correct form and technique from apparatus.</p> <p>Execute a half turn jump with correct form and technique from apparatus.</p> <p>Create a group balance with 4 people, with all people linked together in some way.</p> <p>Demonstrate advanced counter balances with one partner off the ground.</p> <p>Complete a 7 piece sequence including a minimum of 2 different components.</p> <p>Rhythmic gymnastics:</p> <p>Execute the ribbon swing with correct technique and fluidity.</p> <p>Execute the ribbon snake with correct technique and fluidity.</p>	<p>from apparatus with correct form and technique.</p> <p>Execute a full spin linking move with correct form and technique.</p> <p>Create a group balance with 5 people, with all people linked together in some way.</p> <p>Rhythmic gymnastics:</p> <p>Execute the ribbon swing and ribbon snake combined whilst travelling.</p> <p>Throw and catch the hoop and execute a movement whilst the hoop is in flight.</p> <p>Roll the ball from one hand to another across the chest without losing control of the ball.</p> <p>Roll the ball from the base of the neck to catch it behind the back without losing control of the ball.</p> <p>Execute the helicopter</p>	<p>Execute a straddle jump from apparatus with correct form and technique.</p> <p>Execute a headstand with correct form and technique.</p> <p>Demonstrate dynamic movements, using partner as an obstacle.</p> <p>Create a group balance with 6 people, with all people linked together in some way.</p> <p>Complete a 14 piece sequence including 4 different components.</p> <p>Evaluate the performance of others and offer constructive feedback for improvement.</p> <p>Rhythmic gymnastics:</p> <p>Execute a 2 foot to 1 foot leap whilst moving the ribbon.</p> <p>Rotate or spin the hoop around different body parts in a stationary position.</p>
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<p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p>				<p>Skip with the hoop in a stationary position. Skip with the hoop whilst travelling.</p> <p>Bounce a ball at a variety of heights in a stationary standing position.</p> <p>Bounce a ball at a variety of heights in a stationary crouching position.</p> <p>Bounce a ball at a variety of heights in a stationary kneeling position.</p> <p>Skip with the rope in a forward motion whilst in a stationary position.</p> <p>Create a 5 piece sequence with a minimum of 1 components</p>	<p>Swing the hoop overhead whilst passing it from hand to hand.</p> <p>Throw and catch the hoop in a stationary position.</p> <p>Swing the ball from one hand to another whilst transferring weight from one leg to the other.</p> <p>Bounce a ball at a variety of heights whilst travelling.</p> <p>Travel forward whilst skipping, using the jogging step.</p> <p>Swing the rope from hand to hand using the correct technique and fluidity.</p> <p>Create a 7 piece sequence including a minimum of 2 different components.</p>	<p>rope swing with correct technique & fluidity in a stationary position.</p> <p>Execute the stag leap with correct technique and fluidity.</p> <p>Self-evaluate own performance and offer constructive feedback for improvement.</p> <p>Create a 10 piece sequence including a minimum of 3 different components.</p>	<p>Rotate or spin the hoop around different body parts whilst travelling.</p> <p>Execute a cat leap with correct technique and fluidity.</p> <p>Throw and catch the ball in a stationary position, whilst performing movements whilst the ball is in flight.</p> <p>Throw and catch the ball when travelling, whilst performing movements whilst the ball is in flight.</p> <p>Skip with the rope in a backward motion whilst in a stationary position.</p> <p>Execute the helicopter rope swing with correct technique & fluidity whilst travelling.</p> <p>Evaluate the performance of others and offer constructive feedback for improvement.</p>
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							Create a 14 piece sequence including 4 different components.
Athletics Social and emotional links: Enjoyment Desire to improve Confidence Self-esteem Physical well-being Resilience	ELG: Gross Motor Skills Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Revise and refine a range of fundamental movement skills.	To develop balance, agility and co-ordination. Adjust running pace smoothly. Can demonstrate a variety of jumping styles. Can describe the effect of throwing from sitting, kneeling or standing. Can perform hop and jump combinations with balance and control. Can throw and retrieve equipment safely.	To develop balance, agility and co-ordination. Can accelerate from a variety of static positions and explain the differences. Can demonstrate the ability to change speed. Can hop for distance. Can jump from side to side with balance, speed and rhythm. Can run/jog at a consistent pace for a few minutes.	To develop flexibility, strength, technique, control and balance. Demonstrate good running posture. Accelerate and decelerate rapidly. Jump for distance from two feet to two feet. Demonstrate correct technique for throwing a vortex.	To develop flexibility, strength, technique, control and balance. Maintain a good running technique when sprinting over obstacles. Jump for distance from one foot to two feet. Demonstrate effective technique for throwing a javelin. Demonstrate effective technique using the sling throw. Demonstrate effective technique using the heave throw. Demonstrate effective technique using a push throw.	To develop flexibility, strength, technique, control and balance. Demonstrate a dynamic sling throw. Demonstrate a dynamic heave throw. Demonstrate a dynamic push throw. Demonstrate a dynamic javelin throw. Demonstrate the ability to maintain a smooth running pace relevant to distance covered. Hop, step and jump in the correct sequence.	To develop flexibility, strength, technique, control and balance. Demonstrate understanding of stamina and effectively run over a long distance. Sprint over obstacles using constant stride lengths. Pass a relay baton at speed using a “push pass”. Sprint rapidly over short distances as an individual and in relays. Hop, step and jump with speed and balance.
OAA Social and emotional links: Enjoyment Team work	N/A	Can follow basic directional instructions. Can achieve success in basic hunt and find games.	Can follow basic directional instructions. Can achieve success in basic hunt and find games.	To take part in outdoor and adventurous activity challenges both individually and within a team.	To take part in outdoor and adventurous activity challenges both individually and within a team.	To take part in outdoor and adventurous activity challenges both individually and within a team.	To take part in outdoor and adventurous activity challenges both individually and within a team.

<p>Cooperation Confidence Resilience</p>		<p>Can identify objects from above.</p> <p>Can navigate using aerial photography.</p>	<p>Can identify objects from above.</p> <p>Can navigate using aerial photography.</p>	<p>Can find North from a compass.</p> <p>Can understand and use a compass to navigate.</p> <p>Can use a compass to show a basic understanding of maps.</p> <p>Can sketch maps of simple outside areas and use the correct symbols to represent features.</p>	<p>Can understand how to make route choice decisions.</p> <p>Can work as part of a team to implement creative solutions to problems.</p> <p>Can use pacing to prepare simple maps for others to follow.</p> <p>Can use pacing and compass skills to follow basic maps devised by others.</p>		
<p>Swimming</p> <p>Provided in Year 4 and scoop up sessions in Year 6</p>	<p>All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe-rescue in different water-based situation.</p> <p>Social and emotional links:</p> <p>Enjoyment</p> <p>Desire to improve</p> <p>Confidence</p> <p>Self-esteem</p> <p>Physical well-being</p> <p>Resilience</p>						
<p>Key Vocabulary</p>	<p>Please See TLG-PE planning for vocabulary associated with each year group.</p>						