

### P.E. Progression of Skills and Knowledge

**Key to understanding this document: Black = National Curriculum objectives    Red = Knowledge/Skills to be taught    Green = Resources to be used**

Area of Learning	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Invasion games:</b>  <b>Striking and fielding:</b>  <b>Net &amp; wall games:</b>  <a href="#">Resources related to sport and linked to lesson plan</a>		Master basic movements including running, jumping, throwing and catching.  <b>Social and emotional links</b> Team work Cooperation Enjoyment  Use basic underarm and rolling skills. (Striking and fielding)  Hit and kick a ball in a variety of ways (Invasion games, Striking and fielding, net & wall games)	Master basic movements including running, jumping, throwing and catching.  <b>Social and emotional links</b> Team work Cooperation Enjoyment  Perform a basic technique for catching and underarm throwing, with consistency from standing and moving. (Invasion games, Striking and fielding)  Perform basic skills of striking	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.  <b>Social and emotional links</b> Team work Cooperation Enjoyment  Throw and catch a ball with control when under pressure. (Invasion games, Striking and fielding)  Strike and kick a ball with control while moving. (Invasion games)	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.  <b>Social and emotional links</b> Team work Cooperation Enjoyment  Change the pace, length and direction, when throwing, striking or kicking a ball to outwit an opponent. (Invasion games, striking and fielding, net games)  Develop techniques and	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.  <b>Social and emotional links</b> Team work Cooperation Enjoyment  Use a range of sending, receiving and travelling techniques in games with control. (Invasion games, Striking and fielding)  Develop techniques and	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.  <b>Social and emotional links</b> Team work Cooperation Enjoyment  Perform a range of skills (throwing, catching, kicking, and striking) with greater speed, fluency and accuracy during invasion, striking and net games. (Invasion games, striking and fielding, net games)

		<p>Intercept, stop and catch balls, as well as small equipment consistently. (Invasion games and Fielding)</p>	<p>and kicking a ball with control from standing. (Invasion games, striking and fielding, net games)</p>		<p>Choose and use a range of ball skills with consistent accuracy. (Invasion games, striking and fielding, net games)</p> <p>Appreciate that rules need to be consistent and fair.</p>	<p>skills, for attacking and defending, and using them consistently, accurately, confidently and with control. (Invasion games, striking and fielding, net games)</p>	
<p><b>Tactics</b> Can be taught within games lessons.</p>		<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p><b>Social and emotional links</b> Team work Cooperation</p> <p>Describe simple tactics.</p> <p>Show awareness of space and actions of others.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p><b>Social and emotional links</b> Team work Cooperation</p> <p>Use simple tactics in a small sided game.</p> <p>Show awareness of opponents and</p>	<p>Apply basic principles suitable for attacking and defending.</p> <p><b>Social and emotional links</b> Team work Cooperation</p> <p>Choose and use a range of simple tactics for defending and challenging opponents.</p>	<p>Apply basic principles suitable for attacking and defending.</p> <p><b>Social and emotional links</b> Team work Cooperation</p> <p>Use a variety of tactics to attack and keep possession and score.</p>	<p>Apply basic principles suitable for attacking and defending.</p> <p><b>Social and emotional links</b> Team work Cooperation</p> <p>Know and use basic strategic and tactical principles of various games and adapt them to different situations.</p>	<p>Apply basic principles suitable for attacking and defending.</p> <p><b>Social and emotional links</b> Team work Cooperation</p> <p>Understand, use and apply a range of tactics and strategies for defence and attack.</p>

			team mates during games.				
<b>Gymnastics</b>  <a href="#">Resources related to sport and linked to lesson plan</a>	To develop balance, agility and co-ordination.	To develop balance, agility and co-ordination.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.
	<b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being	<b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being	<b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being	<b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being	<b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being	<b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being	<b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being
	Use basic actions using changes in speed and directions, including travelling, rolling, jumping and climbing.	Perform basic gymnastic actions with control and co-ordination.	Perform combinations of gymnastic actions using floor, mats and apparatus.	Perform a range of gymnastic actions with increased consistency and fluency.	Perform combinations of gymnastic actions with different levels, speeds and direction.	Perform actions, shapes and balances with good body tension and extension.	Combine and perform actions, shapes and balance with fluency and an increasingly difficult sequence.
	Show good awareness of space, apparatus and the actions of others.	Repeat a sequence of gymnastic actions including transitions and moments of still.  Create and perform a short sequence with a clear beginning,	Adapt gymnastic techniques and transitions, identifying when control and balance is needed.	Combine actions and show clarity of shape, control and balance in longer sequences alone or in a partners.			Create and perform a longer, fluent sequence, using planned variation and contrasts in

		<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>middle and end, to include apparatus or partner.</p> <p>Use appropriate language to accurately describe a gymnastic sequence.</p>	<p>Adapt a gymnastic sequence to include different levels, speeds and/or direction.</p> <p>Recognise that strength and suppleness are important parts of fitness.</p>	<p>Understand how strength and suppleness can improve gymnastic performance.</p>	<p>Repeat a longer, more difficult sequence accurately, emphasising extension, body shape and changes in direction, alone, with a partner or a small group.</p> <p>Understand why warming-up and cooling-down is important for our bodies.</p>	<p>actions and speed.</p>
<p><b>Athletics</b> Can also be taught during multi-skills lessons</p> <p><a href="#">Resources related to sport and linked to lesson plan</a></p>		<p>To develop balance, agility and co-ordination.</p> <p><b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being Resilience</p>	<p>To develop balance, agility and co-ordination.</p> <p><b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being Resilience</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p><b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p><b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p><b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p><b>Social and emotional links</b> Enjoyment Desire to improve Confidence Self-esteem Physical well-being Resilience</p>

		<p>Improve their running technique and run for long distances</p> <p>Complete a run and jump sequence</p> <p>Develop an under arm and over arm throwing action.</p> <p>Take part in a variety of team races using a variety of equipment.</p>	<p>Run with a good technique at different speeds. Perform a two footed jump.</p> <p>Show a good throwing technique and extend accuracy and distance.</p> <p>Compete in a range of team events.</p>	<p>Resilience</p> <p>Select running techniques and speeds appropriate to an activity.</p> <p>Make up and repeat a short sequence of linked jumps.</p> <p>Throw a variety of objects, changing their action for accuracy and distance.</p> <p>Take part in relay activities, knowing when to run and what to do.</p>	<p>Resilience</p> <p>Show some control when using a range of basic running, jumping and throwing actions, knowing when it's appropriate to change their technique.</p> <p>Perform a range of jumps showing contrasting techniques.</p> <p>Throw with some accuracy and power into a target area.</p> <p>Work in groups cooperatively, to use different techniques, speeds and effort to meet challenges.</p>	<p>Resilience</p> <p>Understand and demonstrate the difference between sprinting and distance running.</p> <p>Show balance and control in take-off activities.</p> <p>Demonstrate a range of throwing actions using modified equipment with some accuracy and control.</p> <p>Organise and manage an event well.</p>	<p>Choose the best pace for a running event, in order to sustain running and improve their personal target.</p> <p>Show control, balance and power in take-off and landing activities.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Choose appropriate techniques for specific event.</p> <p>Organise and judge events and challenges well.</p>
<b>Dance</b>		To perform dances using	To perform dances using	To perform dances using a	To perform dances using a	To perform dances using a	To perform dances using a

<a href="#">Resources related to sport and linked to lesson plan</a>	<p>simple movement patterns.</p> <p><b>Social and emotional links</b>          Enjoyment          Desire to improve          Confidence          Self-esteem          Physical well-being          Emotional wellbeing          Cultural understanding</p> <p>Use basic actions using changes in speed and directions, including travelling, rolling, jumping and climbing.</p> <p>Show good awareness of space and the actions of others.</p> <p>Link and repeat basic actions with</p>	<p>simple movement patterns.</p> <p><b>Social and emotional links</b>          Enjoyment          Desire to improve          Confidence          Self-esteem          Physical well-being          Emotional wellbeing          Cultural understanding</p> <p>Perform basic actions with control and co-ordination.</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,</p>	<p>range of movement patterns.</p> <p><b>Social and emotional links</b>          Enjoyment          Desire to improve          Confidence          Self-esteem          Physical well-being          Emotional wellbeing          Cultural understanding</p> <p>Perform combinations of movements to a piece of music.</p> <p>Adapt a sequence of movement patterns to include different levels, speeds and/or direction.</p>	<p>range of movement patterns.</p> <p><b>Social and emotional links</b>          Enjoyment          Desire to improve          Confidence          Self-esteem          Physical well-being          Emotional wellbeing          Cultural understanding</p> <p>movement patterns with increased consistency and fluency.</p> <p>Combine actions and show clarity of shape, control and balance in longer sequences alone or in a partners.</p>	<p>range of movement patterns.</p> <p><b>Social and emotional links</b>          Enjoyment          Desire to improve          Confidence          Self-esteem          Physical well-being          Emotional wellbeing          Cultural understanding</p> <p>Perform movement patterns with different levels, speeds and direction.</p> <p>Repeat longer, more difficult movement patterns accurately, emphasising body shape and changes in direction, alone,</p>	<p>range of movement patterns.</p> <p><b>Social and emotional links</b>          Enjoyment          Desire to improve          Confidence          Self-esteem          Physical well-being          Emotional wellbeing          Cultural understanding</p> <p>Combine and perform movement patterns with control and balance with fluency and an increasingly difficult sequence.</p> <p>Create and perform a longer, fluent movement patterns, using planned variation and contrasts in</p>

		a beginning, middle and end.	independently or with a partner.			with a partner or a small group.	actions and speed.
<b>Feedback</b> Can be taught within games, athletics, dance and gymnastic lessons.		Watch, describe and comment on what they have seen.  Know participating in different sports is good for them and describe what it feels like.	Begin to watch others and focus on specific actions to improve their own skills.  Describe the differences in the way their body works and feels when trying different sports.	Compare their performances with previous ones and demonstrate improvement to achieve their best.  Recognise good performances in themselves and others and use what they have learnt to improve their own work.  Compare and comment on two or more performances.  Know and describe the effects of different activities on their body and how to improve their	Compare their performances with previous ones and demonstrate improvement to achieve their best.  Describe their own and others' work, identify good performances and suggest ideas on how to improve.  Understand how different activities affect their health and fitness, and how it affects their heart rate, breathing and temperature.	Compare their performances with previous ones and demonstrate improvement to achieve their best.  Watch, evaluate and suggest improvements and strengths in a partner's performance.  Understand why exercise is good for your health and fitness and predict how it affects their heart rate, breathing and temperature.	Compare their performances with previous ones and demonstrate improvement to achieve their best.  Evaluate their own and others performances, and explain how they can be refined and improved.  Know the different types of fitness and how difference activities can contribute to a healthy lifestyle.

				<b>health and fitness.</b>			
<p style="text-align: center;"><b>Yoga</b></p> <p style="color: #008000; text-decoration: underline;">Resources related to sport and linked to lesson plan</p>		<p>To develop balance, agility and co-ordination.</p> <p><b>Social and emotional links</b>          Enjoyment          Emotional well-being          Physical well-being          Spiritual, moral and cultural understanding          Confidence</p> <p style="color: #FF0000;">Recognise the changes in their body when they exercise.</p> <p style="color: #FF0000;">Copy and repeat yoga poses.</p> <p style="color: #FF0000;">Show awareness of space when moving.</p> <p style="color: #FF0000;">Can help others create poses.</p>	<p>To develop balance, agility and co-ordination.</p> <p><b>Social and emotional links</b>          Enjoyment          Emotional well-being          Physical well-being          Spiritual, moral and cultural understanding          Confidence</p> <p style="color: #FF0000;">Describe how their body feels during exercise.</p> <p style="color: #FF0000;">Copy, repeat and remember yoga poses and like them together.</p> <p style="color: #FF0000;">Can move from one pose to another thinking about their breathing.</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their best.</p> <p><b>Social and emotional links</b>          Enjoyment          Emotional well-being          Physical well-being          Spiritual, moral and cultural understanding          Confidence</p> <p style="color: #FF0000;">Describe how exercise benefits</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their best.</p> <p><b>Social and emotional links</b>          Enjoyment          Emotional well-being          Physical well-being          Spiritual, moral and cultural understanding          Confidence</p> <p style="color: #FF0000;">Describe how exercise helps the body and mind.</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their best.</p> <p><b>Social and emotional links</b>          Enjoyment          Emotional well-being          Physical well-being          Spiritual, moral and cultural understanding          Confidence</p> <p style="color: #FF0000;">Describe why we exercise and its importance on</p>	<p>To develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their best.</p> <p><b>Social and emotional links</b>          Enjoyment          Emotional well-being          Physical well-being          Spiritual, moral and cultural understanding          Confidence</p> <p style="color: #FF0000;">Describe how exercise can help us in different situations in life</p>



		<p>Identify the benefits of breathing techniques.</p>	<p>Can provide others with feedback using yoga words.</p>	<p>the body and muscles.</p> <p>Create simple yoga routines including yoga poses.</p> <p>Clear shapes can be created using the body.</p> <p>Copy breathing techniques used to calm the body and mind.</p>	<p>Create routines using yoga poses, linking them in different ways.</p> <p>Shapes created using the body and children can describe how the shape stretches their body.</p> <p>Copy and remember different breathing techniques which can calm the body and mind.</p>	<p>the body (mentally and physically.)</p> <p>Create routines using yoga poses ensuring they are linked and thought is considered around their breathing.</p> <p>Shapes can be created using the body, with identification of which muscles are being used.</p> <p>Remember and describe different breathing techniques which can calm the body and mind.</p>	<p>(e.g. when stressed)</p> <p>Create yoga routines linked to specific themes which the yoga poses are linked together and consideration is taken around their breathing.</p> <p>Select different shapes using the body, which appropriately stretch different muscle.</p> <p>Select which breathing techniques are best for them in order to calm body and mind.</p>
<p><b>Outdoor and Adventur</b></p>		<p><b>Social and emotional links</b>          Enjoyment          Team work          Cooperation</p>	<p><b>Social and emotional links</b>          Enjoyment          Team work          Cooperation</p>	<p>To take part in outdoor and adventurous activity challenges both</p>	<p>To take part in outdoor and adventurous activity challenges both</p>	<p>To take part in outdoor and adventurous activity challenges both</p>	<p>To take part in outdoor and adventurous activity challenges both individually</p>

<p><b>ous activities</b></p> <p><a href="#">Resources related to sport and linked to lesson plan</a></p>		<p>Confidence Resilience</p> <p>Follow simple instructions to move around an obstacle.</p> <p>Understand key directions (right left, forward backwards, turn)</p> <p>Individually and in pairs solve simple problems.</p>	<p>Confidence Resilience</p> <p>Create simple instructions to move a partner around an obstacle.</p> <p>Understand and use key directions (right, left, forward, backwards, turn)</p> <p>Individually and in pairs solve simple problems in a set period of time.</p> <p>Start to look at simple maps to move around a short course.</p>	<p>individually and within a team.</p> <p><b>Social and emotional links</b> Enjoyment Team work Cooperation Confidence Resilience</p> <p>Orientate themselves with increasing confidence and accuracy around a short trail.</p> <p>Identify and use effective communication to begin to work as a team.</p> <p>Identify symbols used on a key.</p> <p>Begin to choose equipment that is appropriate for an activity.</p>	<p>individually and within a team.</p> <p><b>Social and emotional links</b> Enjoyment Team work Cooperation Confidence Resilience</p> <p>Orientate themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a physical challenge.</p> <p>Communicate clearly with other people in a team and with other teams.</p> <p>Experience a range of roles within a team.</p> <p>Try a range of equipment for</p>	<p>individually and within a team.</p> <p><b>Social and emotional links</b> Enjoyment Team work Cooperation Confidence Resilience</p> <p>Orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Design and create an orienteering course that can be followed and offers some challenge to other.</p> <p>Begin to use navigation equipment to orientate around a trail.</p>	<p>and within a team.</p> <p><b>Social and emotional links</b> Enjoyment Team work Cooperation Confidence Resilience</p> <p>Orientate themselves with confidence around an orienteering course when under pressure.</p> <p>Design an orienteering course that is clear to follow and offers challenge to others.</p> <p>Use navigation equipment to improve a trail.</p> <p>Communicate clearly and</p>
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				<p>Begin to complete activities in a set period of time.</p> <p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>creating and completing an activity.</p> <p>Make an informed decision on the best equipment to use for an activity.</p> <p>Begin to use a map to complete an orienteering course.</p> <p>Start to improve trails to increase the challenge of the course.</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve better results.</p>	<p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering activities as part of a team and individually.</p> <p>Choose the best equipment for an outdoor activity.</p> <p>Create an outdoor activity that challenges other.</p> <p>Work effectively as part of a team.</p> <p>Complete an orienteering course on multiple occasions, in a quicker time due to improved techniques.</p>	<p>effectively with others when under pressure.</p> <p>Demonstrate leadership skills when necessary.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Successfully use a map to complete an orienteering activity.</p> <p>Give detailed and effective evaluation of performances and activities with an aim of increasing challenge and improving performance.</p> <p>Listen to feedback and improve an</p>
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						orienteering course from it.
<b>Swimming</b>	<p>All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p><b>Social and emotional links</b>          Enjoyment          Desire to improve          Confidence          Self-esteem          Physical well-being          Resilience</p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively.</li> <li>Perform safe-rescue in different water-based situation.</li> </ul> <p><b>Key Vocabulary:</b>          Competently          Confidently          Proficiently          Strokes          Effectively          Front crawl          Backstroke          Breaststroke          Safe-rescue</p>					
<b>Key Vocabulary</b>	Invasion Games: Roll Underarm Hit Kick Catch	Invasion Games: Accuracy Striking Inside foot Tactics:	Invasion Games: Under pressure Overarm throw Attacking Defending/Defensive	Invasion Games: Pace Tactics Outwit Rules Fair play	Invasion Games: Sending Receiving Technique Cooperation Consistent	Invasion Games: Fluency Tactics: Game awareness

	<p>Stop Intercept</p> <p>Tactics: Tactics Space Actions</p> <p>Gymnastics: Travel Roll Jump Climb Apparatus Copy Repeat Tension Relaxation</p> <p>Athletics: Running Technique Distance Jump Under arm Over arm Teams</p> <p>Dance: Speed Direction Travel Roll</p>	<p>Team Mates Feedback Opponents</p> <p>Gymnastics: control Coordination sequence transition perform</p> <p>Athletics: Technique Speed Accuracy Team work Resilience</p> <p>Dance: Control Coordination Sequence Transition Perform</p> <p>Feedback: Actions Specific Improve Differences</p> <p>Yoga: Exercises</p>	<p>Teamwork</p> <p>Tactics: Defending Attacking Teamwork Challenging</p> <p>Gymnastics: Combination Floor Mat Balance Adapt Strength Suppleness Physical well-being</p> <p>Athletics: Adapt Accuracy Relay Tactics Self-Esteem</p> <p>Dance: Combination Beat/rhythm Adapt Levels</p>	<p>Tactics: Possession Awareness</p> <p>Gymnastics: Consistency Fluency Shape Independently Performance Confidence</p> <p>Athletics: Contrast Power Cooperation Effort Desire</p> <p>Dance: Consistency Fluency Combine Shape Balance</p> <p>Feedback: Peer-feedback Positivity Heart-rate Breathing Temperature</p>	<p>Tactics: Adapt Cooperation Positivity Strategic Tactical</p> <p>Gymnastics: Tension Extension Warm-up Cool down</p> <p>Athletics: Sprinting Balance Control Modify Organise</p> <p>Dance: Repeat accuracy</p> <p>Feedback: Evaluate Strengths Predict</p> <p>Yoga: Mentally Physically</p>	<p>Strengths of others</p> <p>Gymnastics: Fluency Variation Contrasting</p> <p>Athletics: Pace Event Sustain Targets Judge</p> <p>Dance: Challenge Cultural understanding</p> <p>Feedback: Refine Improve Healthy Lifestyle</p> <p>OAA: Pressure leadership Orienteering Evaluation</p>
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		<p>Jump Climb space Repeat</p> <p>Feedback: Comment Describe</p> <p>Yoga: Copy repeat space Movement Poses Breathing</p> <p>OAA: Instructions Obstacle Directions Left Right Forwards Backwards Problems</p>	<p>Movement Sequence Feedback</p> <p>OAA: Period of time Maps Teamwork</p>	<p>Feedback: Compare Performance Health Fitness</p> <p>Yoga: Muscles Benefits Routine Shape Calm</p> <p>OAA: Orientate Communication Keys Equipment Effectiveness Improve</p>	<p>Yoga: Link Stretches Shape Breathing techniques</p> <p>OAA: Physical challenge roles decision modify</p>	<p>Muscles</p> <p>OAA: Accuracy Design Challenge Navigate Improve techniques</p>	
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