



# Subject Area: Physical Education (PE)



Knowledge/skills progression	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Dance</p> <p>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space</p>	<p><b>Nursery</b></p> <p>increasingly able to use and remember patterns related to music and rhythm.</p> <p><b>Reception</b></p> <p>Progress towards a more fluent style of moving.</p>	<p>Copy dance moves.</p> <p>Make up a short dance, after watching one.</p> <p>Dance imaginatively.</p> <p>Change rhythm, speed, level and direction.</p>	<p>Change rhythm, speed, level and direction with consistency.</p> <p>Dance with control and co-ordination.</p> <p>Make a sequence by linking sections together.</p> <p>Link some movement to show a mood or feeling.</p>	<p>Change rhythm, speed, level and direction with consistency.</p> <p>Dance with control and co-ordination.</p> <p>Make a sequence by linking sections together.</p> <p>Link some movement to show a mood or feeling.</p>	<p>Perform pair/group dance involving canon &amp; unison, meet &amp; part</p> <p>Respond to music in time &amp; rhythm to show like/unlike actions</p> <p>Respond to music to express a variety of moods &amp; feelings</p>	<p>Respond imaginatively to stimuli related to character/music/story</p> <p>Perform clear &amp; fluent dances that show sensitivity to idea/stimuli</p> <p>Make up dance within a small group</p>	<p>Show/fluency/control in chosen dances in response to stimuli</p> <p>Perform fluent dances with characteristics of different styles/eras</p> <p>Adapt &amp; refine(in pair/group), dances that vary direction, space &amp; rhythm</p>

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Gymnastics	<p><b>Nursery</b> Skip, hop, stand on one leg + hold a pose.</p> <p><b>Reception</b> Develop overall body strength, coordination, balance and agility.</p>	<p>Make body tense, relaxed, curled and stretched, showing some tension.</p> <p>Begin to work on alone/with someone to make a sequence of shapes/travels</p> <p>Climb safely, showing some shapes and balances when climbing.</p> <p>Keep balance travelling in a range of ways along mat, bench, spots, etc</p> <p>Roll in stretched / curled positions e.g. 'log' and 'egg rolls'</p>	<p>Make body tense, relaxed, curled and stretched, in a range of movements.</p> <p>Perform a sequence with changes in speed &amp; direction including 3 different actions (<i>sometimes giving advice to others</i>)</p> <p>Be still on single/two + points of contact on floor/apparatus showing tension &amp; control</p> <p>Link known shape/roll travel/roll/jump to a balance using floor &amp; on apparatus</p> <p>Jump/land with control using different body shapes in flight</p>	<p>Use a greater number of own ideas for movement in response to a task.</p> <p>Combine arm actions with skips / leaps / steps / jumps &amp; spins in travel</p> <p>Travel while using various hand apparatus, (ribbon/hoop/rope/ball)</p> <p>Know principles of balance and apply them on floor &amp; apparatus</p>	<p>Share ideas and give positive criticism/advice to self &amp; others.</p> <p>Create &amp; perform matching/mirroring sequences explaining how it could be improved</p> <p>Perform at least 3 different rolls (shoulder, forward, back) with some control</p> <p>Link a roll with travel and balance using floor and apparatus with good body control</p>	<p>Combine own work with that of others, identifying strengths &amp; weaknesses.</p> <p>Include change of speed, direction and shape in movements.</p> <p>Follow a set of 'rules' to produce a sequence, possibly made by peers.</p> <p>Create mirror/matching/cannon (pair) sequence varying dynamics/levels/direction etc.</p>	<p>Select a suitable routine to perform to different audiences, bearing in mind <b>who</b> the audience is.</p> <p>Transfer sequence above onto suitably arranged apparatus &amp; floor</p> <p>Perform 6-8 part floor sequence as individual, pair &amp; small group to a piece of music</p> <p>Demonstrate 3 paired balances in sequence using various skills/actions</p>

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<p>Invasion Games (netball, football, rugby, basketball, hockey)</p> <p>Netball in KS2</p>	<p><b>Nursery</b> Start taking part in some group activities which they make up.</p> <p><b>Reception</b> Further develop and refine a range of ball skills including: throwing, catching, kicking, passing and batting.</p>	<p>Throw underarm, bounce &amp; catch ball by self &amp; with partner</p> <p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p>	<p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands &amp; feet) over longer distances to a team mate</p> <p>Combine stopping, pick up/collect &amp; send a ball accurately to other players</p> <p>Make simple decisions about when /where to move in game to receive a ball</p>	<p>Make a series of passes to team mates moving towards a scoring area.</p> <p>Show some signs of using a chest pass and shoulder pass.</p> <p>Show a target to indicate where I'd like to pass to.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p> <p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to attempt interceptions.</p> <p>Know where positions are allowed on a court.</p>	<p>Use all three passes (chest, shoulder &amp; bounce) correctly.</p> <p>Use a range of speeds within a game to support a team in scoring.</p> <p>Begin to use square (across the court) &amp; straight (up &amp; down the court) passes to achieve pace.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions (snatch &amp; catch) when playing as a team.</p>	<p>Know which pass is best to use and when in a game.</p> <p>Use a range of square &amp; straight passes to change direction of the ball.</p> <p>Use landing foot to change direction to lose a defender.</p> <p>Draw defender away to create space for self or team.</p> <p>Position body to defend effectively, making successful interceptions.</p>

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Football				<p>Begin to dribble a ball making small touches</p> <p>Begin to send a football to someone on team.</p> <p>Keep a ball under control.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Dribble with small touches into space.</p> <p>Send a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p> <p>Understand where the space is and can move into it.</p> <p>Mark another player and begin to attempt interceptions.</p>	<p>Dribble making small touches into space with speed.</p> <p>Send a football to someone on the team, using different parts of foot accurately.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from).</p> <p>See space, and use it effectively.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions for team.</p>	<p>Dribble making small touches into space with speed, to beat defenders.</p> <p>Make decisions regarding how and when to send a football to someone in team.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.</p> <p>Know how space changes within a game and when and how to move into changing spaces.</p> <p>Draw defender away to create space.</p> <p>Position body to defend effectively, making successful interceptions.</p>

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Rugby				<p>Move holding a rugby ball</p> <p>Know where to score a try and how to position the ball to score a try</p> <p>Move into spaces to avoid defenders</p> <p>Make a backward pass to team mates, using the direction most comfortable</p> <p>Know to tag team mates when to defend</p>	<p>Move and change speed) with/ without the ball</p> <p>Use speed and space to avoid defenders</p> <p>Pass backwards and in both directions and sometimes on the move</p> <p>Tag the person with the ball, but mark a player without the ball</p> <p>Begin to make a high pop pass to avoid a defender</p>	<p>Be able to evade and tag opponents.</p> <p>Be able to pass and receive a pass at speed.</p> <p>Be able to pass and receive a pass at speed in a game situation.</p> <p>Refine attacking and defending skills.</p> <p>Develop tactics as a team.</p> <p>Apply learned skills in a game of tag rugby.</p>	<p>Be able to evade and tag opponents.</p> <p>Running at speed, changing direction at speed.</p> <p>Play effectively in attack and defence</p> <p>Score points against opposition</p> <p>Support player with the ball</p>

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Hockey				<p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Use a simple push pass to another team mate.</p> <p>Dribble the ball keeping it close to me using the correct side of stick.</p> <p>Show some signs of an approaching a player to tackle and cause pressure.</p> <p>Begin to attempt to score a goal from anywhere.</p>	<p>Sometimes change direction of travel by rotating and turning stick to support this.</p> <p>Use a push pass to make a direct pass.</p> <p>Begin to use a slap pass (bringing stick back and causing more power).</p> <p>Use speed to dribble the ball into space.</p> <p>Maintain defence and keep the pressure until possession is gained.</p> <p>Attempt to score inside a designated scoring area.</p>	<p>Change direction and use the correct side of stick, sometimes using Indian dribbling (alternating sides of stick while dribbling) to avoid defenders.</p> <p>Choose between the two passes (push/slap) and explain simply why.</p> <p>Make a direct pass while dribbling.</p> <p>Begin to use stick to mark a player from the side line causing them difficulty.</p> <p>Successfully score while in the scoring area.</p>	<p>Use speed, changing of direction and Indian dribbling to advance towards team's goal.</p> <p>Use a range of passes knowing which one depending on the distance of the pass.</p> <p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p> <p>Know when to defend and what defence skills could be used.</p> <p>Seize an opportunity to score, sometimes quite quickly.</p>

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Striking and fielding games  Cricket in KS2	<p><b>Nursery</b> Shows preference for a dominant hand. Continue to develop their movement, balance, riding and ball skills.</p> <p><b>Reception</b> Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Show some different ways of hitting, throwing and striking a ball</p> <p>Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)</p> <p>Play as a fielder and get the ball back to a STOP ZONE</p> <p>Begin to follow some simple rules (carrying the bat, not over taking someone)</p>	<p>Send a ball off a tee using a bat or a racket</p> <p>Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops</p> <p>Stop moving when the 'bowler' has the ball</p> <p>Play as a fielder and pass the ball back to the bowler to make the runner stop</p> <p>Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops)</p>	<p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team</p>	<p>To develop the range of Cricket skills they can apply in a competitive context</p> <p>To choose and use a range of simple tactics in isolation and in a game context</p> <p>To consolidate existing skills and apply with consistency</p>	<p>To link together a range of skills and use in combination</p> <p>To collaborate as a team to choose, use and adapt rules in games</p> <p>To recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance</p>	<p>To apply with consistency standard cricket rules in a variety of different styles of games</p> <p>To attempt a small range of recognised shots in isolation and in competitive scenarios</p> <p>To use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>

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Rounders				<p>Be able to play simple rounders games</p> <p>Apply some rules to games</p> <p>Develop and use simple rounders skills</p>	<p>Develop the range of rounders skills that can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Identify different positions in rounders and the roles of those positions</p>	<p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Recognise how some aspects of fitness apply to rounders e.g. power, flexibility and cardiovascular endurance</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p>	<p>Apply consistently rounders rules in conditioned games</p> <p>Play small sided games using standard rounders pitch layout</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>



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Net and Wall	<p><b>Nursery</b> Shows preference for a dominant hand. Continue to develop their movement, balance, riding and ball skills.</p> <p><b>Reception</b> Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Hit a ball using a racket</p> <p>Throw a ball to land over a net</p> <p>Track a ball</p> <p>Use a ready position to receive a ball</p> <p>Know how to score points</p>	<p>Defend a space on a court</p> <p>Hit a ball over a net into a court area</p> <p>Throw accurately to a partner</p> <p>Use simple tactics</p> <p>Know how to score points</p>	<p>Tap the ball off racquet (tapping it to the ground, tapping it up off the racket, tapping it up with one bounce etc)</p> <p>Tap the ball back and forth to partner</p> <p>Stand in a ready position holding racquet correctly</p> <p>Change from a ready position before tapping the ball to a partner</p> <p>Begin to know what it means by a forehand and backhand position</p> <p>Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce if needed</p>	<p>Tap the ball back and forth to a partner over a small space</p> <p>Begin to tap a ball over a net allowing for a bounce, hit technique</p> <p>Move from a ready position into a forehand position/backhand position quickly</p> <p>Bring racquet to meet the ball for a forehand and backhand hit</p> <p>Know to use two hands for an effective backhand</p> <p>Move racquet in a low to high swing for an effective tap</p> <p>Serve the ball straight from hands to racquet making sure it lands 'in' on the other side</p>	<p>Tap the ball using either a fore hand or back hand motion</p> <p>Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is</p> <p>Set racquet back in its ready position quickly upon recovery</p> <p>Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit</p> <p>Serve the ball correctly beginning to purposely aim for space to score</p>	<p>Turn and run to the ball getting into a forehand or backhand position en route</p> <p>Use 'move-hit-recover' approach within a game showing facing forward on recovery</p> <p>Show a range of grips when demonstrating a backhand (continental, chopper, hammer grip).</p> <p>Use the correct swing technique and control with smooth swings keeping the path of the racquet the same</p> <p>Serve the ball accurately making team mates have to move to send it back</p>

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Athletics	<p><b>Nursery</b> Refine fundamental movement skills (walking, jumping, running, hopping, climbing). Develop body strength, coordination + balance.</p> <p><b>Reception</b> Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Use varying speeds when running.</p> <p>Explore footwork patterns.</p> <p>Explore arm mobility.</p> <p>Explore different methods of throwing.</p> <p>Practise short distance running.</p>	<p>Run with agility and confidence.</p> <p>Learn the best jumping techniques for distance.</p> <p>Throw different objects in a variety of ways.</p> <p>Hurdle an obstacle and maintain effective running style.</p> <p>Run for distance.</p> <p>Complete an obstacle course with control and agility.</p>	<p>Run in different directions and at different speeds, using a good technique.</p> <p>Improve throwing technique.</p> <p>Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p> <p>Choose and understand appropriate running techniques.</p> <p>Compete in a mini competition, recording scores.</p>	<p>Select and maintain a running pace for different distances.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Utilise all the skills learned in this unit in a competitive situation.</p>	<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p> <p>Demonstrate good techniques in a competitive situation.</p>	<p>Investigate running styles and changes of speed.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Utilise all the skills learned in this unit in a competitive situation.</p>

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Basketball				<p>Beginning to use simple tactics.</p> <p>Learning the rules of the game and am beginning to use them honestly.</p> <p>Dribble, pass, receive and shoot the ball with some control.</p> <p>Find space away from others and near to my goal.</p> <p>Track an opponent to slow them down.</p>			
Target games – Dodgeball, Boccia, golf in KS2							