



Physical Education Knowledge and Skills Progression



Progression of Knowledge

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Ball skills	<p>Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately. Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.</p> <p>Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules. Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.</p>	<p>Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.</p> <p>Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly.</p> <p>Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.</p> <p>Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.</p>				
Games for understanding	<p>Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag.</p>	<p>Pupils will move between attack and defence as the game changes.</p> <p>Pupils will be able to move in to space when attacking and tag the</p>				

	<p>Pupils will start to create and apply simple tactics for attacking and defending.</p> <p>Pupils will develop an understanding of why rules are important in a game.</p> <p>Pupils will develop life skills such as empathy and fairness as they collaborate with their own team and the opposing team to ensure they play the games fairly.</p> <p>Pupils will continue to develop and apply honesty as they play by the rules and keep the score.</p>	<p>opposition when defending. Pupils will understand the consequences of breaking the rules and not applying tactics successfully.</p> <p>Pupils will understand the difference between attack and defense.</p> <p>Pupils will develop strong collaboration skills by working with their own team effectively and playing fairly against the opposition.</p> <p>Pupils will apply a competent understanding of honesty as they play by the rules and keep the score.</p> <p>Pupils will develop understanding of self discipline.</p>				
Football			<p>Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball. Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team.</p> <p>Pupils will develop life</p>	<p>Pupils will be able to apply a secure understanding of passing, moving and dribbling in order to shoot and score goals against another team.</p> <p>Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when,</p>	<p>Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.</p> <p>Pupils will begin to create and apply tactics that they can then adapt depending on the situation. Pupils will</p>	<p>Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team.</p> <p>Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games. Pupils will</p>

		<p>skills such as respect and communication as they collaborate with others including their opponents. Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self motivation.</p>	<p>where and why we execute certain skills. Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game Pupils will continue to develop and apply life skills such as resilience and self discipline as they strive to improve their own performance and understanding.</p>	<p>develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.</p>	<p>effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>
Netball		<p>Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team. Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents. Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.</p>	<p>Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team. Pupils will demonstrate a growing understanding of the difference between attack and defence by making effective decisions and creating simple tactics. Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self</p>	<p>Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes. Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. By facilitating learning</p>	<p>Pupils will apply a refined understanding of attacking skills and defensive skills, that will be executed accurately and consistently. Pupils will demonstrate resourcefulness and problem solving skills by creating, applying and then adapting a range of attacking and defending tactics. Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. Pupils will constantly apply life skills such as integrity and self discipline by</p>

			motivation as they strive to improve their own performance and understanding.	through gamebased scenarios, pupils' self discipline will be challenged as they focus on trying their best, even when their team is losing.	playing by the rules and leading others by example.
Rugby		Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will explore how we tag an opponent. Pupils will apply an understanding of where, when and why we pass and move, in order to score a try. Pupils will understand the importance of tagging. Pupils will develop life skills such as cooperation and communication as they collaborate with others including their opponents. Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and self motivation.	Pupils will be able to apply a secure understanding of passing, moving to create space and score. Pupils will apply tagging to prevent an attacker scoring. Pupils will demonstrate a growing understanding of the difference between attack and defence, understanding when and why to apply certain skills. Pupils will develop and apply life skills such as trust and cooperation as they collaborate with others and apply the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding	Pupils will be able to pass and move accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes. Pupils will consolidate their understanding of the difference between attack and defence, understanding when and why to apply certain skills. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. By facilitating learning through gamebased scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.	Pupils will apply a refined understanding of the skills required for both attacking and defending. Pupils will switch fluidly between attack and defence as possession changes. Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games. Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.
Tennis		Pupils will throw/hit the ball into space on their opponents side of the	Pupils will hit the ball into space on their opponents side of the		

court. After playing a shot pupils will recover to a ready position, ready to return the ball. Pupils will develop their understanding of where, when and why we throw/hit the ball into spaces on their opponents side of the court. Pupils will develop life skills such as cooperation and encouragement as they play fairly against others, keeping the score. Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.

court, creating space for the next shot that will win them the point. Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court. Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

Dodgeball

Pupils will consolidate their application of dodging, throwing, jumping, ducking and catching. Pupils will begin to explore blocking and apply this in games. Pupils will create and apply attacking and defending tactics. Pupils will understand how important effective decision making is and begin to evaluate others. Pupils will develop

Pupils will refine their application of dodging, throwing, jumping, ducking and catching. Pupils will be able to switch fluidly between attacking and defending. Pupils will demonstrate resourcefulness and reflective skills by creating a range of attacking and defending tactics and adapting these when necessary. Pupils will refine their communication skills as



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		<p>communication skills as they support their team mates in games and suggesting ways to improve their performances. Pupils will consolidate their application of life skills such as integrity and responsibility as they strive to improve their own performances.</p>	<p>they support their team mates in games and suggesting ways to improve their performances. Pupils will consistently apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>
<p>Hockey</p>		<p>Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball. Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team. Pupils will develop life skills such as respect and communication as they collaborate with others including their oppoenets. Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and self motivation.</p>	<p>Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks. Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills. Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and</p>

		understanding.		
Basketball				<p>Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes. Pupils will begin to create and apply tactics that they can then adapt depending on the situation. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. By facilitating learning through game based scenarios and mini game situations, pupils will be challenged to try their best and start to take responsibility for others</p> <p>Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team. Key Success Criteria Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games. Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>
Cricket	<p>Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game. Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding). Pupils will</p>	<p>Pupils will develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game. Pupils will apply an understanding of where, when and why we utilise</p>	<p>Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents. Pupils will create, apply and refine tactics for batting, bowling and</p>	<p>Pupils will consolidate their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency into mini games. Pupils will effectively apply their tactics, demonstrating a clear</p>

			<p>develop life skills such as respect and cooperation as they collaborate with others including their oppoenets. Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.</p>	<p>our fielding skills to stop the batters using their batting skills to outwit the fielders. Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.</p>	<p>fielding, reflecting on the tactics and making any necessary adaptations. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. By facilitating learning through gamebased scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.</p>	<p>understanding of the role each team member will perform and will ensure the team feels motivated. Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>
Dance	<p>Pupils will move their bodies with big actions linked to the idea of 'ourselves'. Pupils will develop their curiosity and imagination as they experiment moving in different ways. Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform. Pupils will develop their self belief as they move and travel with confidence</p>	<p>Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear. Pupils will develop their concentration skills as they listen to the music and make decisions on how to move in response. Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances.</p>	<p>Pupils will perform with clarity, fluency, accuracy and consistency. Pupils will execute movements and balances with accurate expression and emotion. Key Success Criteria Pupils will make effective evaluations of an individual, pairs' or groups strengths and weaknesses. Pupils will reflect on their own performances. Pupils will consistently apply life skills such as respect and trust as they work successfully with others to execute their sequences and group performance. Pupils will</p>	<p>Pupils will perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic. Pupils will consolidate their ability to evaluate their own and others' performances. Pupils will apply effective decision making as they construct their sequences.</p>	<p>Pupils will perform with big and clear movements that flow. They will perform with expression and be able to stay in character. Key Success Criteria Pupils will refine their ability to evaluate their own and others' performances. Pupils will problem solve and apply resourcefulness as they construct their sequences. Pupils can apply life skills such as cooperation and communication as they work successfully with others to execute their interacting sequences. Pupils will demonstrate</p>	<p>Pupils can perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic. Key Success Criteria Pupils will consolidate their ability to evaluate their own and others' performances. Pupils will apply effective decision making as they construct their sequences. Pupils can consistently apply life skills such as cooperation and encouragement as they</p>

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			demonstrate effective responsibility as they work with less able pupils and create movement ideas to improve the quality of their work.		integrity as they continually strive to ensure their sequences are executed to the highest standard.	work successfully with others to execute their sequences and group performance. Pupils will demonstrate life skills such as resilience and responsibility as they support others to improve and accept feedback on their own performances.
Gymnastics	Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus. Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement. Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus. Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.	Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus. Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences. Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.				

<p>OAA</p>	<p>Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully. Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics. Pupils will develop life skills such as empathy and fairness as they work together to complete the challenges. Pupils will develop life skills such as courage and self belief as they try their hardest to complete the different challenges.</p>	<p>Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully. Key Success Criteria Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics. Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges. Pupils will develop life skills such as courage and self belief as they strive to complete the different challenges, adapting strategies and never giving up.</p>	<p>Pupils will work within a team to complete the different problem solving challenges successfully Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team. Pupils will develop life skills such as respect and communication as they collaborate with their team members to successfully complete the challenges. Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.</p>	<p>Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully. Pupils will apply an ability to evaluate and improve strategies to solve the problems. Pupils will develop life skills such as trust and collaboration as they work effectively with their team mates to complete the challenges. Pupils will demonstrate leadership attributes as they take responsibility for their team members.</p>	<p>Pupils will consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible Pupils will consolidate their understanding of what makes an effective team and understand how important teamwork is when orienteering. Pupils will consolidate life skills such as encouragement as they collaborate with their team to successfully complete the orienteering challenges. Pupils will apply integrity and self motivation as they complete the challenges. Pupils will consolidate their leadership skills and take responsibility for others</p>	<p>Pupils will refine their developing ability to orientate a map and locate points, returning to base as quickly as possible. Pupils will refine their understanding of what makes an effective team and understand how important teamwork is when orienteering. Pupils will refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges. Pupils will apply integrity and self discipline as they complete the orienteering challenges. Pupils will refine their leadership skills and take responsibility for others</p>
<p>Swimming</p>	<p>By the end of KS2 children will:</p> <ul style="list-style-type: none"> • Perform safe self-rescue in different water based situations • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke 					
<p>Athletics (Locomotion)</p>	<p>Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump</p>	<p>Pupils will consistently apply the correct technique for jumping. Pupils will accurately apply their jumping skills in combination and also</p>	<p>Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring</p>	<p>Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple</p>	<p>Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling</p>	<p>Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance. Pupils will demonstrate</p>

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	<p>into spaces to avoid the defenders. Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique. Pupils will start to give and receive feedback concerning the jumping technique. Fairness will be applied as pupils play by the rules. Pupils will continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.</p>	<p>within games. Pupils will demonstrate a strong understanding of why, when and where we jump in a game and apply imagination and creativity to their jumping. Pupils will develop their ability to give and receive feedback concerning the jumping technique showing fairness and empathy to others. Pupils will consistently apply life skills such as self belief and honesty as they play within the rules of the game and jump confidently.</p>	<p>the most effective technique. Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important. Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques. Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.</p>	<p>jump and javelin. Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.</p>	<p>and throwing the shot put. Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important. Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect. Pupils will strive to improve their own technique, ensuring they always apply maximum effort.</p>	<p>an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important. Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect. Pupils will constantly apply life skills such as responsibility and self discipline by applying their best effort every time and leading others by example</p>
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