



Physical Education

Progression of Skills and Knowledge

Aims

The national curriculum for physical education aims to ensure that all pupils:

Develop competence to excel in a broad range of physical activities

Are physically active for sustained periods of time

Engage in competitive sports and activities

Lead healthy, active lives

Reception

- **Negotiate space and obstacles safely, with consideration for themselves and others.**
- **Demonstrate strength, balance and coordination when playing.**
 - **Move energetically such as running, jumping, dancing, hopping, skipping and climbing**

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Gymnastics					
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Move in and out of space safely and move with	Explore and use space effectively using agility,	Explore medium level shapes with linking, mirroring and balances	Perform short sequence with low and medium level shapes with	Perform and evaluate a routine with matching	Perform a range of routines with rolling: including jumping, rolls,	Incorporate stands into cannon and/or

some confidence and imagination. Recognise simple changes in their bodies during exercise. Explore different jumping movement skills. Jumping and landing using 2 feet, forwards and backwards. completing simple movement patterns whilst balancing or collecting an object such as a beanbag or hoop.	balance and co-ordination skills Balance using different parts of the body, exploring points and patches To take weight on hands and feet Learn, copy and name basic and advanced low-level shapes Link shapes and rolls to form a short sequence Explore different styles of travelling: under, over and through Begin to travel on apparatus Jump and land safely, whilst exploring different jumping techniques Copy, mirror and create a small	Compare and contrast low and medium level shapes with confidence and rehearse them Roll safely using a variety of rolling techniques Incorporate two shapes into a sequence Perform low-level shapes with some precision and perform shapes in flight Use apparatus safely with entrances, exits and balances including medium level shapes Jump and land safely using apparatus, including from a variety of heights, directions and landings	matching and mirroring and contrasting shapes with some linking Take weight confidently on hands (developing core strength) and roll safely, exploring different rolling methods (front and backward rolls) Perform a wide range of shapes and balances on apparatus Perform shapes in flight, on and off a piece of apparatus, including turn, twist and spin Perform a range of jumps and leaps from varying height on a vault	balances and stands (on and off apparatus), contrasting balances (on and off apparatus) and linked balances (on and off apparatus) Perform a shoulder stand and headstand safely without support Perform a forward roll with appropriate entrances and exits including on, off and over apparatus Link movements by performing jumps, turns and pivots Complete mirroring actions along different pathways and	build into rolling from and into a pike position Perform both a stag jump and split leap Progress from a cartwheel to perform a roundoff Perform cat springs Perform forward and backward rolls with a range of entrances and exits Learn to do a headstand, transitioning into a forward roll and incorporate as part of a routine Vault safely with a range of entrances and exits and then into rolling, building up to various landings	unison performances Perform rotation, balances and stands in unison and cannon Perform shoulder stands, headstands, cartwheels and handstands safely and without support Perform to roll on, off and over apparatus within routines Include counterbalances and counter-tension balances Roll in sequences, on, off and over apparatus Include into partner routines Combine balancing and travelling to produce a floor
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	routine and matching actions	Model linking and mirroring of low-level shapes Include balancing and travel with a partner using mirroring technique	Perform mirrored and matching travels and balances with a partner	levels, including basic rolls	on and over a vault Plan a sequence of movements on apparatus both individually and as a group, in time with each other to form a routine	routine including matching. Incorporate apparatus Produce mirroring routine with a partner on apparatus
Over, under	Balance, shapes, high, low, tiptoed, stomach, star shape, pencil shape, flat shape, tall shape, tension, copy, mirror, entrance, exit, points and patches, tuck shape, wide, roll, pike, dish, arch, straddle, turning, matching, timing, routine,	See pervious Mirror, control, velocity, dynamic, bend knees, shapes, sequence	See previous Fluency, transition, tension, contrast, points of contact, soft knees, bent knee, spin, twist, flight, right speed, cat leap, half turn, half turn, vault, rebound, squat, dismount, landing, synchronisation	See previous Shoulder stand, arabesque, abdominals low level shape, medium level shape, contrast,	See previous Fluidity, core strength, front support, performances, cat springs, weight on hands, reach, squat, caterpillar walks, thrust, stretch	See previous Counter tension, handstand, donkey kicks, bunny hops, lead and non-lead, start position, timing, cartwheels, stands, round-off

	Athletics					
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Travel at varying speeds including sprinting. Jump with some control, landing safely to different distances. Develop jumping for height, clearing a low-level obstacle	Run fast from a standing start, developing speed and coordination Jump and throw developing coordination, agility and rhythm Run and kick for accuracy and speed Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills Basic bowl and step throwing with agility and skill	Develop an awareness of speed when running a short distance, including fluency and control in movement Understand how their body reacts when running Jump for distance, developing an awareness of space, height and distance Adjust and make changes to running speed when completing different distances Throw and aim with accuracy towards a given target	Run a relay and change over the baton appropriately, including from a standing start Jump for distance, including from a standing start Develop jumping skills to jump further distances Learn basics of hurdling, keeping head same height throughout jumping Run for speed over longer distances Develop throwing skills- further distances and a range of techniques	Communicate as a team to make relay changeovers Improve running techniques, including the sprint finish Challenge self to jump for distance, including measuring performance Jumping for height including over high obstacles Sprinting, challenge self and record performance Throw for distance, challenging self Use overhead heave and fling throw	Run relays, running in a given zone, changing baton over with increased skill Develop jumping for distance (triple jump) Jump in different ways and compete competitively Develop hurdling skills, including the role of the lead and trail leg Apply the skill to competitive situations Throw javelin from a standing start	Compete in a variety of athletic type races Adjust running styles from sprinting to long distance Use correct techniques for all jumps, challenging self to jump further Run with greater speed and fluency, including hurdling and using the correct stride pattern Use correct technique for all throws and measure accurately

		Choose the best way to throw different pieces of equipment dependent on size and weight				
Speed, running, sprinting, starting position, jumping, throwing, chest push,	See previous Strong leg, throw, distance, relay,	See previous Athletic obstacles, hurdles, momentum, baton, endurance, shuttles	See previous Standing start, sling, weight transfer	See previous Speed bounces, javelin, sprint finish, technique, changeovers, scissor jump, vertical jump, hammer, shot putting	See previous Lead trail	See previous

	Dance					
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

Perform a simple dance to a given science in a small group or pairs. Create movement to a given count of music working in unison with a partner. Interpret music to inspire movement.	Create a class performance Select, use and perform a variety of movements to create a group dance phrase Explore a range of movements	Create a class performance and observe others work and give feedback using simple dance vocabulary Select and explore an air pattern, jump and shape to form a short dance phrase Work as a group to recall choreography, rehearse and refine ideas Perform a variety of movements to form a group dance phrase: explore turning, rotation, circular shapes and dynamic movements	Organise sections of dances to create on piece, working in sync with other group members Assess others' work Work as a group to select learnt positions and movements to create short dance phrases Use choreographic devices to enhance dance phrases, including choreographing a solo Select and explore a variety of movements including responding imaginatively to a range of stimuli Perform actions individually, with	Develop dance when creating one piece, performing in unison and sync with other group members in front of the class Self-assess and assess peers' work and give feedback, using appropriate dance vocabulary Develop synchronisation when working in a group including different rhythms Respond to teacher instruction to create a choreographed dance routine Develop coordination within a sequence of movements	Learn, rehearse and perform choreographed dance phrases with increasing complexity Create versatile movements within a dance sequence including a range of directions Choreograph a sequence of movements that use contact between 2 or more people Use a range of dance techniques to develop their movements Develop movements to incorporate least one lift in a sequence of movements Identify floor plans and use	Perform choreographed dance narrative, improving movements, developing timing and spacing Assess self and others with increasing critical feedback and suggested actions for improvement using apt and precise language Explore and link several movements and patterns Use choreographed movements to tell a narrative Adapt movements in a more creative style Utilise a floor plan
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			partners, as a group and a whole class Explore, repeat and link a range of actions with coordination from memory Respond to a beat using music as a stimulus to influence dance.	Use movements that articulate the style of the dance well Use music to influence movement with increasing skill	within their movements, including starting and finishing area	Use gymnastic equipment to create improvised movement Allow different parts of the body to lead and influence the rest of the movement Use a range of levels, tempos and contact work
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Floor plan, scuttle, freeze, flutter, pose, wide contact, roll, space, unison, symmetry, mirroring, cluster, slow, fast.	Pathways, skipping, galloping, marching, running, spread, sink, flicker, dance, twist, shoot, rehearse	See previous Tempo, shape, dynamic, rotation, refine	See previous Stance, phrase, choreographic, canon, pose, tension, linear, circular, zigzag, level, pace, extension, musicality, count of 8	See previous Swing, rock n roll, Charleston, ballet, jive	See previous Haka, sequence, popping, tempo, improvisation,	See previous Retrograde, Parkour, in the round, performance, quality
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	Games					
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throw an object, such as beanbag, over and underarm.	Develop spatial awareness whilst moving in different directions	Maintain balance whilst reacting quickly to commands	Cricket Bat and catch correctly. Bowl under and over arm using appropriate technique. Fired using appropriate techniques.	Rounders Throw at others and a target under pressure Catch consistently under pressure. Strike a stationary ball demonstrating correct grip. Developing fielding techniques.	Cricket Developed over and underarm bowling applied to game. Improving accuracy of batting Develop deep field catching – variety of heights Developing the lofted drive	Rounders Throw and catch a ball at varying heights consistently Strike a bowled ball consistently in different spaces Stop a moving ball consistently. Use the long barrier technique. Apply apt strategies when fielding
Catching an object, such as a beanbag with two hands.	Show control and balance in basic movements Carry and balance equipment whilst changing speed and direction	Perform underarm and overarm throwing with control Demonstrate a range of striking, rolling and gathering skills	Football Control the ball, dribble and turn. Pass the ball accurately and control	Tennis Demonstrate the ready position	Football Control the ball keeping it close	
Throw, roll and catch a ball with continuity. Bounce and then catch a ball.	Move in different directions whilst handling a ball Develop control and accuracy	Control a moving ball in a variety of ways Show progression from rolling into				

Striking an object using different parts of the body.	when rolling a ball Underarm throw with control and accuracy Show control and accuracy when throwing and aiming Gain rhythm when throwing and striking a ball Strike and kick a moving ball with accuracy and control Engage in team games Send and receive a bouncing ball whilst positioning body correctly Understand the concept of dribbling Demonstrate the dribbling, passing and shooting skills required for football	catching and throwing Attack and defend in a game, making and denying space Throw and catch to pass and receive a ball in a game Control a moving ball in a variety of ways Perform kicking skills with control and accuracy Understand the basics of holding a hockey stick and dribbling a ball Pass a hockey ball to a partner and demonstrate attacking skills Demonstrate bouncing a basketball with control Develop bouncing skills into	Shoot and play the position of a goalkeeper. Apply learnt skills in a game. Hockey Hold the stick and dribble under pressure. Pass and receive the ball with improving accuracy. Tackle correctly. Shoot with accuracy. Play hockey in a game situation. Netball Pass and catch a netball including bounce and overhead. Demonstrate correct footwork. Effectively dodge and mark. Shoot a netball.	and react to ball direction, including correct position to attempt shot. Play a single forehand and backhand shot. Simulate the throw of a serve. Move and catch the ball correctly applied to the layout of a court. Throw the ball with accuracy when on court. Handball Throw and catch using different techniques. Pass and shoot the ball accurately and within a competitive situation. Dribble with ball and make a pass.	Developing passing skills including developed use of inside of the foot. Able to perform block tackle and mark effectively Application of skills within game. Hockey Use correct technique dribbling Pass and receive - using space: appropriate skills to keep progression Shoot with power and developed accuracy Tackle and mark Netball Pass, pivot, shoot and throw with accuracy,	Compete in a full rounders game with understanding of rules Tennis Show developing control of the ball. Play forehand and backhand with increased confidence and accuracy. Serve accurately underarm and over arm. Return serves. Take correct positions on a court. Play strategically aiming for points Handball Developing dribbling and shooting with situations
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	Understand the passing /movements required in rugby Develop the skill of tagging an opponent in rugby Understand what attacking and defending is and use simple practices	dribbling activities Develop tactics when shooting at and protecting targets	Demonstrate some understanding of rules. Tag rugby Evade and tag opponents while keeping control of the rugby ball. Pass the ball accurately and receive the ball safely	Move using space appropriately. Basketball Dribble under pressure. Pass and catch a basketball using chest bounce, developing to do so whilst on move. Pivot to take, receive and make pass.	including chest, bounce and overhead Use tactics for games dominance, building on dodge and marking Develop footwork Play to rules Tag rugby Evade and tag opponents running at speed, changing direction and developing control. Pass and receive at speed in game situation Refine attacking and defending skills Develop team tactics	Accurately pass a ball and intercept a pass. Defend in game situations Demonstrate goalkeeper skills Apply skills to a full game situation Basketball Shoot with the correct techniques at the end of a dribble Defend using defensive stance and mark Develop accuracy of pivot to take receive and make pass. Apply skills to full size games.
Vocabulary						
Catching, throwing,	As previous	As previous	As previous	See previous	See previous	See previous Cupped hands,

overarm and underarm, release, skim, aiming, chasing, push, bounce	Control, change direction, stop, space, pathways, control, rolling, sending, receiving, control, racket face, hitting, striking, hitting,	Spatial awareness, possession, intercept, kicking, control, inside of the foot, sole of the foot, fielding, gathering, striking,	behind the ball, dodging, dribbling, attacking, defending, goalkeeper, teamwork, receive, chest pass, w shape, power, throw, stepping, footwork, landing foot, zones, positions, goal attack, goal shooter, wing attack, wing defence, goal defence, goalkeeper, sidestep, speed, evade, collision	Waist height, backstop, ready position, forehand, backhand, serve, return, handball, Baseline, sideline,	Figure of six, wicket keeper, tactics, strategy, evade, mark	Rounder, half rounder, rally diagonal
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