St. Peter's CE Primary and Nursery School Physical Education Curriculum Progression

Knowledge for all ages- Building blocks for all Physical Activities	**Motor Competence** To know what safe and successful movement looks like in specific sports and activities. To know how 'to perform' safe and effective movement.		**Rules, Strategies and Tactics** To know what the rules, regulations and tactics are in a specific sport or activity. To know how 'to perform' the rules, strategies and tactics in a specific sport or activity.		**Healthy Participation** To know what health and fitness mean and how to improve factors affecting participation in an activity or sport To know how to participate in a sport or an activity.	
	EYFS	**KS1**		**KS2**		
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge (Know how to)	Negotiate space and obstacles carefully consider themselves and others Talk about a partner's work Safely warm up and cool down by following the teacher Climb on apparatus and equipment safely	Understand why a warm-up is important Notice how the body changes during exercise Safely perform teacher led warm-ups Describe and discuss others' work Follow the basic rules of a game Complete a problem-solving task with a partner	Recognise changes in temperature and heart rate during exercise Understand why I warm up and cool down and why warmups are important Take part in small-sided games Be part of a team and understand how to score Begin to identify the difference between own performance and that of others	Describe the changes in the body when running. jumping and throwing Compete in a mini competition, recording scores Understand the need for warm up and cool down Discuss my own and others performance with simple vocabulary Work with others and offer suggestion to improve their work	Identify what makes a good athlete Utilise all the skills learned in a competitive situation Work safely Explain changes in body after warm-up and cool down Work with others and offer suggestions to improve their work by idea sharing and coaching Work in a small group and help them with ideas	Identify and explain good athletic performance Recognise a change in heart rate, breathing and temperature Demonstrate good techniques in a competitive situation Understand the importance of exercise for a healthy lifestyle Develop idea and know what kind of	Understand how to apply athletic skills and tactics to the competitive situation with power and accuracy Explain how to improve technique in a variety of events Understand and explain the short- and long-term effects of exercise, and understand the need for specific warm up and cool down

				Understand working safely Understand why speed, stamina and strength are important Understand some basic rules in specific sports Work well with others when solving group tasks Recognise changes in my heart rate, temperature and breathing rate when exercising Use basic water safety skills	Know some rules and how to score points Know what to do if you are a defender or an attacker Explain why we need a warm up Make some contributions to the planning when tackling problem solving tasks	activities to put in a warmup Take part in a game and show you understand some rules or tactics Work well as part of a team when tackling challenges	Lead own warm up and demonstrate all round safe practice Analyse skills and can suggest ways to improve quality of performance showing sound knowledge and understanding Adapt skills to differing situations at all times Plan activities and use teamwork to meet challenges

St. Peter's CE Primary and Nursery School Physical Education Curriculum Progression

Athletics (Skills specific)	Run at different speeds Jump from standing position Throw an object with one hand	Run at different speeds, lengths and in different directions Use a standing start to jump for distance and for height Explore footwork patterns Throw a variety of objects with one hand in different ways	Change speed and direction whilst running with agility and confidence Jump accurately from a standing position and know the best jumping techniques for distance To throw different objects in a variety of ways To hurdle an obstacle and maintain effective running style To complete an obstacle course with control and agility	Run at a pace appropriate to the distance Take a running jump Demonstrate a range of throwing actions using a variety of objects To understand the relay and passing the baton	Improve and investigate running techniques at different speeds Develop a range of techniques in jumping and throwing showing power, accuracy and safety Demonstrate good running technique in a competitive situation	Improve technique and sustain running technique at different speeds Demonstrate accuracy and technique in a range of throwing and jumping actions Identify and apply techniques in relay running	Demonstrate good control, strength, speed and stamina in a variety of athletic events Throw and jump safely and with understanding
Dance	Copy body shapes Move in different ways- including skipping and hopping Remember movements Move to music	Copy and explore basic body patterns and movements Remembers simple dance steps Choose actions and link them with sounds and music	Move in a controlled way Use your imagination to move in different ways Move using different levels, directions and speeds Talk about your performance and a partner's using special Dance words	Perform with control and co-ordination Vary dynamics, levels, speed and direction Respond imaginatively to different stimuli	Improvise freely on own and with a partner Translate ideas from a variety of stimuli into movement Develop and adapt movement to create longer dances Uses dance vocabulary to compare and improve work	Demonstrates precision, control and fluency in response to stimuli Develop actions with a partner or as part of a group Demonstrate rhythm and spatial awareness	Can perform in a variety of dance styles with accuracy and consistency Plan and perform sequences showing good special awareness and timing Select and use a range of compositional skills

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Gymnastics	Copy and explore balances and moving with control Link two basic movements	Copy and explore basic actions with some control and coordination Choose and link basic actions Move in different directions and use space appropriately	Copy, remember, explore and repeat simple actions varying speed and levels Select simple actions to construct basic sequences with clear start and finish	Plan and perform sequence of 3-4 moves with some control Apply compositional ideas to sequences	Plan and perform sequence of 3-4 moves with some control Apply compositional ideas to sequences and use appropriate Understand working safely and the importance of stretching before gymnastics vocabulary	Link ideas, skills and techniques with control, precision and fluency when performing basic skills Shows understanding of composition by including different compositional skills in sequences Identify strengths and areas to improve using gymnastics vocabulary	Perform and create movement sequences with some complex skills and displaying accuracy and consistency Select and use a wide range of compositional skills in complex sequences alone and in groups Shows an ability to innovate

St. Peter's CE Primary and Nursery School Physical Education Curriculum Progression

Games (Invasion) Football Hockey Netball Rugby Basketball	Kick or push a ball Send and receive balls or object by throwing	Sometimes stop a ball using a feet or stick Catch a ball using two hands Send a ball in the direction of another person by kicking striking or throwing Work with a partner to pass and receive a ball	Stop or catch a ball with control Be able to pass to someone else	Stop or catch a ball with control Be able to pass to someone else by kicking striking or throwing Mark opponents and use space effectively	Catch or pass a ball whilst moving Pass accurately to another player by kicking, throwing or striking	Catch or control a ball, accurately whilst moving Use dodging movements to avoid a defender Perform the basic passing skills consistently and accurately Be aware of which skills to play in different parts of the game Maintain possession of the ball and create space for others Play effectively as part of a team	Use the skills of passing marking and dodging receiving successfully in a game Change what skills or tactics you use according to the opposition Advise and help others to improve their techniques in a game Lead your own warm up ad show an awareness of safety Use a variety of defensive/attacking techniques in games

St. Peter's CE Primary and Nursery School Physical Education Curriculum Progression

Games (Striking/ Fielding) Rounders Cricket Softball		Stop and send a variety of objects Copy basic actions with control	Send and receive objects to a partner/target Use a range of simple tactics in games	Throw and catch a ball underarm Throw a ball towards a target Stand in the correct place for batting and hit a ball sometimes Know the difference between bowling and throwing	Throw and catch a ball underarm and overarm Throw a ball towards a target and the receiver tries to stop it Stand in the correct place for batting and hit a ball sometimes Bowl accurately most of the time Understand the basic rules e.g. In rounders	Stop a moving ball and throw it back overarm Use correct batting technique and hit it at least half the time Show stepping in when bowling Have an effect on the game e.g., good fielding, bowling or scoring when batting Explain some basic tactics such as which base to return the ball to and why Start to choose the correct shot to play Throw accurately to a target whilst under pressure	Throw the ball accurately and with speed into a base Field at distance and be able to pick up a moving ball Hit the ball most of the time and start to hit into a space Bowl accurately showing a stepping action Be able to explain different tactics which can be used by a fielding team

St. Peter's CE Primary and Nursery School Physical Education Curriculum Progression

Games (net and wall) Tennis Badminton Dodgeball	Bat a ball	Bat a ball	Bat a ball	Vary the speed and direction of the ball Get my body into the correct position to send and receive	Vary the speed and direction of the ball Get my body into the correct position to send and receive	Move to strike a ball/shuttle consistently and accurately enough to sustain a 10-stroke rally Perform the basic ready position at all times Hit the ball where I want most of the time	Serve with the correct technique within the rules Play a range of shots on both sides of the body Maintain both a competitive and a co-operative rally Have a sound back swing, contact and follow through

Outdoor Adventure Activities Orienteering Team building Residentials	Ride a balance bike Forest Fridays	Explore different places and recognise simple features on a map Follow simple routes and trails to complete a course Complete a problem-solving task with groups	Explore different places and recognise simple features on a map Follow simple routes and trails to complete a course Complete a problem-solving task with groups	Explore different places and know where I am on a simple map of the school Complete a problem-solving task with groups	Use simple maps, on my own and with a partner, at my school to complete an orienteering course Make contributions to the planning when tackling problem-solving tasks	Use skills such as map reading and problem solving to completing challenges Make contributions to the planning when tackling problem-solving tasks	Use OAA skills such as navigation and problem solving with consistency and quality Plan activities and use team work to meet challenges
Swimming Discussion of basic water safety skills which will develop throughout each year		Explore different ways of moving in water Feel confident in the water	Explore different ways of moving in water Feel confident in the water Use at least 1 stroke with and without a float	Use at least 1 stroke with and without a float and swim between 5 and 20 metres Move on the surface and below the water Swim at least 2	Use at least 1 stroke with and without a float and swim between 5 and 20 metres Move on the surface and below the water Swim at least 2	Swim at least 3 different strokes well Swim 25 metres Work well in groups to solve problems in water safety	Swim at least 3 different strokes with consistency, control, accuracy and fluency Swim over 25 metres

St. Peter's CE Primary and Nursery School Physical Education Curriculum Progression

			and swim between 5 and 20 metres Move on the surface and below the water Understand why I warm up and cool down	different strokes Understand why I warm up and cool down	different strokes Understand why I warm up and cool down	Lead a warmup Understand why I warm up and cool down	Describe good swimming technique Adapt a warmup for the specific activity Understand why I warm up and cool down
Vocabulary	backwards direction fast forwards jump long pathway roll sideways slow start stop throw travel	balance breathing copy curved direction doggy paddle exercise finish hot jump level level pathway point receive send slide speed step target warm zig-zag	balance breaststroke butterfly canon curled dive dolphin kick fast follow freestyle front crawl lead lifesaving link low map mats medium narrow orienteering scull sequence shape surface dive tread water unison wide	backstop balance base batting bowler breathing control cricket distance dribble fielder heart rate jump link make space mark over–arm perform receive rounder score send tee temperature umpire underarm wicket	boundary clarity control counter balance extension floor innings matching measure overarm pacing power race run up safety stamina suppleness technique	action attack contrast cover defend elements flight improvise mirror motif no- ball opposition phrase possession reaction tactics team play	adapt asymmetry batting square counter tension crease curved donkey drops injury lbw(leg before wicket) non-striker opposition outwit over pacing pitch possession repossession spin stance strength support symmetry team play territory unison wide

St. Peter's CE Primary and Nursery School Physical Education Curriculum Progression

Visits and Visitors	Sports Week Tasters Sports Coordinator lessons Tennis coach Balance Bikes	Sports Week Tasters Coordinator lessons Tennis coach Balance Bikes	Sports Week Tasters Superstars Coach Coordinator lessons Tennis coach	Sports Week Tasters Coordinator lessons Tennis coach	Sports Week Tasters Superstars Coach Coordinator lessons Tennis coach John Muir	Sports week Tasters Cricket Coach Coordinator lessons Tennis coach Bike ability	Sports Week Tasters Coordinator lessons Tennis coach Bike ability Robinwood
Programs	5-a-day Cross-Curricular Orienteering						
Daily Mile Challenge	15 minutes on track	15 minutes on track	15 minutes on track	15 minutes on track	15 minutes on track	15 minutes on track	15 minutes on track