

PE Skills and Knowledge Progression



Year Group	Knowledge & Understanding	Skills & Enquiry	Resources
EYFS	<ul style="list-style-type: none"> Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Choose the right resources to carry out their own plan. For Example, make an obstacle course. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. 	<p>3-4 Year Olds</p> <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Collaborate with others to manage large items. <p>Reception</p> <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing Progress towards a more fluent style of moving, with developing control and grace. Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics and swimming. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Develop overall body strength, balance, coordination and agility. <p>Gross Motor Skills ELG Children at the expected level of development will:</p> <ul style="list-style-type: none"> -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 	General EYFS Department resources such as, space hoppers, dragging tyres, climbing frame, balance beams

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		climbing	
Year 1	<p>Health and Fitness</p> <ul style="list-style-type: none"> Describe how the body feels before, during and after exercise <ul style="list-style-type: none"> Know how to carry and place equipment safely <p>Attacking and Defending</p> <ul style="list-style-type: none"> Begin to use the terms attacking and defending <p>Evaluate</p> <ul style="list-style-type: none"> Begin to say how performances could improve 	<p>Striking and hitting a ball</p> <ul style="list-style-type: none"> Use hitting skills within a game Practise basic striking <p>Throwing and Catching</p> <ul style="list-style-type: none"> Throw underarm and overarm Catch and bounce a ball Roll a ball Practise accurate throwing <p>Travelling with a ball</p> <ul style="list-style-type: none"> Travel with a ball in different ways Travel with a ball in different directions <p>Passing a ball</p> <ul style="list-style-type: none"> Pass a ball to another player in a game Use kicking skills <p>Using Space</p> <ul style="list-style-type: none"> Use different ways of travelling in different directions <p>Attacking and Defending</p> <ul style="list-style-type: none"> Use defensive skills like marking a player Use simple attacking skills like dodging <p>Tactics and rules</p> <ul style="list-style-type: none"> Follow simple rules <p>Perform</p> <ul style="list-style-type: none"> Perform using a range of actions and body parts Perform learnt skills with control <p>Evaluate</p> <ul style="list-style-type: none"> Watch and describe performances 	Small balls, targets, soft bigger balls, cones
Year 2	<p>Health and Fitness</p> <ul style="list-style-type: none"> Recognise how the body feels different before, during and after different physical activities Explain what you need to do to stay healthy <p>Passing a ball</p>	<p>Striking and hitting a ball</p> <ul style="list-style-type: none"> Strike a ball with increased accuracy Position the body to strike a ball <p>Throwing and Catching</p>	Small balls, targets, soft bigger balls, cones

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	<ul style="list-style-type: none"> Know the different ways to pass a ball <p>Attacking and Defending</p> <ul style="list-style-type: none"> Understand the terms attacking and defending <p>Tactics and rules</p> <ul style="list-style-type: none"> Understand the importance of rules <p>Evaluate</p> <ul style="list-style-type: none"> Talk about the difference between their work and others 	<ul style="list-style-type: none"> Throw different kinds of equipment in different ways Throw, catch and bounce with a ball with a partner Use throwing and catching skills in a game Throw a ball for distance Vary the types of throws used <p>Travelling with a ball</p> <ul style="list-style-type: none"> Bounce and kick a ball whilst moving Use dribbling skills in a game <p>Using Space</p> <ul style="list-style-type: none"> Use different ways of travelling at different speeds through different pathways Change speed and direction whilst running Begin to choose the best space in a game <p>Attacking and Defending</p> <ul style="list-style-type: none"> Use at least one technique to attack and defend in a game <p>Perform</p> <ul style="list-style-type: none"> Perform sequences of body movement of their own composition <p>Evaluate</p> <ul style="list-style-type: none"> Watch and describe performances and use what they see to improve their own performance 	
Year 3	<p>Health and Fitness</p> <ul style="list-style-type: none"> Recognise and describe the effects of exercise on the body Know the importance of strength and flexibility for physical activity Explain why it is important to warm up and cool down <p>Evaluate</p> <ul style="list-style-type: none"> Describe how performance has improved over time 	<p>Striking and hitting a ball</p> <ul style="list-style-type: none"> Practise the correct batting technique in a game Strike a ball for distance <p>Throwing and Catching</p> <ul style="list-style-type: none"> Throw with greater accuracy Practise the correct technique for catching a ball Perform a range of catching and gathering skills Throw a ball in different ways Develop an overarm bowl <p>Travelling with a ball</p> <ul style="list-style-type: none"> Move with a ball in a variety of ways using control Use two different ways of moving with a ball in a game <p>Passing a ball</p> <ul style="list-style-type: none"> Pass the ball in different ways in a game situation <p>Using Space</p>	Small balls, targets, soft bigger balls, cones

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		<ul style="list-style-type: none"> Find a useful space and get into it to support a teammate <p>Attacking and Defending</p> <ul style="list-style-type: none"> Use simple attacking and defending skills in a game Use fielding skills to stop a ball travelling past Understand and begin to apply the basic principles of invasion games <p>Tactics and rules</p> <ul style="list-style-type: none"> Apply and follow rules fairly <p>Perform</p> <ul style="list-style-type: none"> Develop the quality of actions in their performance Perform learnt skills with control and confidence <p>Evaluate</p> <ul style="list-style-type: none"> Evaluate the effectiveness of a performance 	
Year 4	<p>Health and Fitness</p> <ul style="list-style-type: none"> Describe how the body reacts at certain times and its effects on performance. Explain why exercise is good for your health Know some reasons for warming up and cooling down <p>Tactics and rules</p> <ul style="list-style-type: none"> Vary tactics used in a game Adapt rules to alter game 	<p>Striking and hitting a ball</p> <ul style="list-style-type: none"> Hit a ball and shuttlecock with accuracy Accurately serve underarm Build a rally with a partner Use hand-eye coordination to strike a moving object <p>Throwing and Catching</p> <ul style="list-style-type: none"> Develop different ways of throwing and catching <p>Travelling with a ball</p> <ul style="list-style-type: none"> Moving with the ball showing control and fluency <p>Passing a ball</p> <ul style="list-style-type: none"> Pass the ball with increasing speed, success and accuracy <p>Using Space</p> <ul style="list-style-type: none"> Make the best use of space to pass and receive a ball <p>Attacking and Defending</p> <ul style="list-style-type: none"> Use fielding skills as an individual to stop a player from scoring <p>Evaluate</p> <ul style="list-style-type: none"> Give ideas for improvements 	Small balls, targets, soft bigger balls, cones, badminton racquet and equipment
Year 5	<p>Health and Fitness</p> <ul style="list-style-type: none"> Explain some safety principles when preparing for and during exercise <p>Striking and hitting a ball</p> <ul style="list-style-type: none"> Explore the best shots to use at the right times <p>Attacking and Defending</p>	<p>Striking and hitting a ball</p> <ul style="list-style-type: none"> Use different techniques to hit a ball Apply different techniques to hit a tennis ball Develop a backhand technique Play a tennis game using an overhead serve <p>Throwing and Catching</p>	Small balls, targets, soft bigger balls, cones, tennis balls, tennis racquets, footballs, goals

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	<ul style="list-style-type: none"> Choose the best tactics for attacking and defending <p>Evaluate</p> <ul style="list-style-type: none"> Choose own criteria to evaluate others performance 	<ul style="list-style-type: none"> Consolidate different ways of throwing and catching and apply within a game <p>Travelling with a ball</p> <ul style="list-style-type: none"> Use a variety of ways to dribble in a game Link ball skills together in a sequence <p>Passing a ball</p> <ul style="list-style-type: none"> Pass the ball with increasing speed, success and accuracy in a game situation <p>Using Space</p> <ul style="list-style-type: none"> Demonstrate an increasing awareness of space <p>Attacking and Defending</p> <ul style="list-style-type: none"> Shoot in a game Use fielding skills to prevent the opposition from scoring <p>Tactics and rules</p> <ul style="list-style-type: none"> Create your own game 	
Year 6	<p>Health and Fitness</p> <ul style="list-style-type: none"> Understand that exercise is good for health and wellbeing Know ways that you can become healthier <p>Attacking and Defending</p> <ul style="list-style-type: none"> Think ahead and create a plan of attack Work as a team to develop fielding strategies 	<p>Health and Fitness</p> <ul style="list-style-type: none"> Carry out warm ups and cool downs effectively in small groups <p>Striking and hitting a ball</p> <ul style="list-style-type: none"> Hit a ball over a long distance Hit a ball a long way but accurately doing so Understand how to serve in different ways <p>Throwing and Catching</p> <ul style="list-style-type: none"> Throw and catch successfully under pressure <p>Travelling with a ball</p> <ul style="list-style-type: none"> Show confidence to link ball skills together in a game situation <p>Passing a ball</p> <ul style="list-style-type: none"> Pass the ball with increasing speed, success and accuracy in a game situation, using different techniques Choose to make the best pass in a game situation <p>Using Space</p> <ul style="list-style-type: none"> Demonstrate an increasing awareness of space <p>Attacking and Defending</p> <ul style="list-style-type: none"> Apply some of your own devised plans <p>Tactics and rules</p> <ul style="list-style-type: none"> Follow and create complicated rules Lead others in games Communicate rules to your own game <p>Evaluate</p>	Small balls, targets, soft bigger balls, cones, footballs, goals

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		<ul style="list-style-type: none">• Thoroughly evaluate their own work and the work of others suggesting thoughtful improvements	
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