
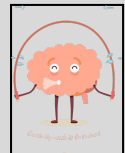



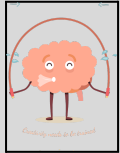




PE knowledge and skills progression




Gym/Dance	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Social 	<ul style="list-style-type: none">*Understand that equipment is to be used safely*Understand why we need to keep safe in PE*Aware of not being aggressive to others*Aware of boundaries set	<ul style="list-style-type: none">*Behave appropriately in PE*Work with a partner to create a short balance or sequence*Understand why we wear PE kits*Describe and comment on my performance	<ul style="list-style-type: none">*Able to choose an appropriate group or partner to work with*Use appropriate language to help others*Respect the school equipmentUse appropriate PE vocabulary in my lessons	<ul style="list-style-type: none">*Understand the importance of each member of the team when performing a partner/group performance*Take on a leadership role*Understand how to collaborate well*Feedback positively and constructively to my peers				
Cognitive 	<ul style="list-style-type: none">*Say something healthy to drink*Say something healthy to eat*Think of different ways to move around*Listen to feedback and try my best to follow the instructions*Describe what they have done and what they have seen.	<ul style="list-style-type: none">*Think about how to create a sequence by linking different movements together*Think about creating shapes/balances using different equipment*Understand the difference between 'points' and 'patch' balances	<ul style="list-style-type: none">*Suggest movements, balances or shapes to help try and improve my groups (working with a partner) performance*Understand the difference between canon and unison	<ul style="list-style-type: none">*Make informative suggestions to improve performance*Evaluate other children's performances to try and help them improve*Choose appropriate PE vocabulary to evaluate and support others				
Affective 	<ul style="list-style-type: none">*Say how exercise makes me feel*Say what makes me happy in PE*Say how music makes me feel	<ul style="list-style-type: none">*Express how I feel before and after the activity*Express how I feel if I find something difficult to do	<ul style="list-style-type: none">*Express how I feel when I have completed a task*Express how I feel when I can not complete a task*React in a positive manner when other people in my group are not following instructions	<ul style="list-style-type: none">*Control my emotions and accept other people's decisions when my ideas do not get chosen*Articulate the difference between sportsmanship and gamesmanship				
Physical	<ul style="list-style-type: none">*Explore a variety of ways to move*Go under or over apparatus*Roleplay to different dances*Stop/start to music or sounds*Explore ways of moving with their body*Make different shapes using my body	<ul style="list-style-type: none">**Recognise and perform a variety of jumps*Recognise and perform a variety of rolls*Demonstrate balance in a variety of situations*Perform dance using movement	<ul style="list-style-type: none">*Work with a partner to create, repeat and improve a sequence*Apply my knowledge of rolls, jumps, balances and ways of travelling to work in a controlled way*Use movements to communicate an idea	<ul style="list-style-type: none">*Plan and create a paired or group routine*Develop sequences in a specific style and link them to timings*Make up a sequence and adapt it to				

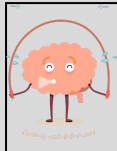
		<p>patterns</p> <p>*Perform a small sequence using different movements</p>	<p>*Adapt the sequence to include apparatus or a partner use different combinations of floor, mats and apparatus, showing control, accuracy and fluency</p>	<p>different apparatus layouts.</p> <p>*Explore range of symmetric and asymmetric actions, shapes and balances</p>
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Invasion games	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Social</p> 	<p>*Communicate to teachers when they need help</p> <p>*Follow behaviour expectations set by the school</p>		<p>*Use positive words to encourage, describe and comment others performances</p> <p>*Describe and comment on my own performance</p>		<p>*Suggest ways others can improve their performances and feedback to them</p> <p>*Choose an appropriate partner or group to work with</p>		<p>*Feedback constructively and positively to peers</p> <p>*Take on an officiating and coaching role</p> <p>Communicate plans to others during a game</p>	
<p>Cognitive</p> 	<p>*Can understand basic rules</p> <p>*Remember and repeat some activities</p>		<p>*Recognise own success in an activity</p> <p>*Develop simple tactics for attacking and defending games</p>		<p>*Design tactics to help to try and improve my teams performance</p> <p>*Understand the rules of game activities</p> <p>*Understand that there are different positions in different games and that these positions have different responsibilities</p> <p>*Recognise and begin to articulate the differences between attacking and defending</p>		<p>*Describe and evaluate the effectiveness of performance and recognise aspects that need improving both in myself and others</p> <p>*Understand scoring systems in various activities</p> <p>*Make tactical suggestions to improve performance</p> <p>*Understand the positions of every team member and also the job responsibilities of this role</p>	
<p>Affective</p> 	<p>*Say how they feel when they exercise</p> <p>*Express what emotion exercise makes them feel</p>		<p>*Talk about how they feel before and after an activity</p> <p>*Express how they feel when they find something difficult</p>		<p>*Express how they feel when they continuously find something difficult</p> <p>*Express how they feel when they win</p> <p>*Express how they feel when they lose</p> <p>*Describe how the body reacts at different times and how this affects performance</p>		<p>*Can control emotions and accept decisions when they don't go their way</p> <p>*Understand fair play in sport and follow the rules of the game</p>	
<p>Physical</p>	<p>*Start to develop fundamental movements including hopping, jumping, skipping through invasion activities</p> <p>*Begin to identify where space is</p>		<p>*Engage in competitive activities and team games</p> <p>*Use simple attacking skills such as dodging to get past a defender.</p>		<p>*Able to throw and catch in isolation and in combination</p> <p>*Pass the ball with increasing speed, accuracy and success in a game situation</p>		<p>*To throw and catch in isolation and combination and under pressure in a game situation</p>	


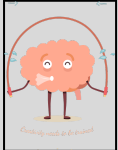
	<ul style="list-style-type: none"> *Can catch a large ball *Can experiment with catching and kicking a variety of equipment *Play a variety of chasing games 	<ul style="list-style-type: none"> *Use simple defensive skills such as marking a player or defending a space. *Know how to pass a ball in a variety of ways *Be able to throw and catch a variety of equipment with more confidence 	<ul style="list-style-type: none"> *Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game *Make the best use of space to pass and receive the ball *Use a range of attacking and defending skills and techniques in a game. 	<ul style="list-style-type: none"> *Show confidence in using ball skills in various ways in a game situation, and link these together effectively *Choose and make the best pass in a game situation and link a range of skills together with fluency, .g. passing and receiving the ball on the move *Demonstrate good awareness of space
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Athletics	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Social 	<ul style="list-style-type: none">*Communicate to teachers when they need help	<ul style="list-style-type: none">*Use positive words to encourage others	<ul style="list-style-type: none">*Suggest ways others can improve their performances*Choose an appropriate partner or group to work with	<ul style="list-style-type: none">*Feedback constructively and positively to peers*Take on an officiating and coaching role				
Cognitive 	<ul style="list-style-type: none">*Can understand basic rules*Remember and repeat some activities	<ul style="list-style-type: none">*Recognise own success in an activity*Understand the importance of evading objects and staying safe in a PE lesson	<ul style="list-style-type: none">*Understand the difference between the difference between a long and short distance race*I can evaluate my own and other players performances and try to make suggestions to try improve them	<ul style="list-style-type: none">*Describe and evaluate the effectiveness of performance and recognise aspects that need improving both in myself and others*Understand scoring systems in various activities				
Affective 	<ul style="list-style-type: none">*Say how they feel when they exercise*Express what emotion exercise makes them feel	<ul style="list-style-type: none">*Talk about how they feel before and after an activity*Express how they feel when they find something difficult	<ul style="list-style-type: none">*Express how they feel when they continuous find something difficult	<ul style="list-style-type: none">*Can control emotions and accept decisions when they don't go my way*Understand fair play in sport and follow the rules of the game				
Physical 	<ul style="list-style-type: none">*Start to develop fundamental movements including hopping, jumping, skipping,*Begin to work at various speeds and distances*Explore a range of jumping patterns and combinationations and land safely	<ul style="list-style-type: none">*Perform fundamental skills for a longer distance and time*Throw various objects, using different techniques with increased accuracy*Combine different jumps together with some fluency and control	<ul style="list-style-type: none">*Begin to measure throwing and jumping skills*Select and maintain running speeds and techniques for various distances*Take part in a range of games and mini competitions*Learn how to combine a hop, step	<ul style="list-style-type: none">*Show control, speed, strength and stamina when performing jumping in isolation and combination*Confidently and independently select the most appropriate pace for different distances and different parts of the run				

	<ul style="list-style-type: none"> *Experiment throwing in various ways *Begin to identify where space is 		and jump to perform the standing triple jump and land safely	<ul style="list-style-type: none"> *Confidently and independently select the most appropriate type of throw for distance and accuracy *Ability to measure and time, jumping, throwing and running races accurately for their peers
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Striking and fielding	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Social 	<ul style="list-style-type: none">*Communicate to teachers when they need help*Follow behaviour expectations set by the school		<ul style="list-style-type: none">*Use positive words to encourage and comment others performances*Describe and comment on my own performance		<ul style="list-style-type: none">*Suggest ways others can improve their performances and feedback to them*Choose an appropriate partner or group to work with*Describe the difference between a variety of striking skills		<ul style="list-style-type: none">*Feedback constructively and positively to peers*Take on an officiating and coaching roleCommunicate plans to others during a game, including batting partners in cricket*Can describe different shots from various games and activities	
Cognitive 	<ul style="list-style-type: none">*Can understand basic rules*Remember and repeat some activities*Recognise own success		<ul style="list-style-type: none">*Develop simple tactics for attacking and defending games*Begin to choose the correct throws/shots to do in different situations		<ul style="list-style-type: none">*Say what I do well in a game and what I need help with and what I need to practice*Understand the rules of game activities*Understand that there are different positions in different games and that these positions have different responsibilities*To select and use appropriate skills and simple tactics in a small game activity		<ul style="list-style-type: none">*Describe and evaluate the effectiveness of performance and recognise aspects that need improving both in myself and others. Choosing appropriate vocabulary*Understand scoring systems in various activities*I can make tactical suggestions to improve performance*I understand the positions of every team member and also the job responsibilities of this role	
Affective 	<ul style="list-style-type: none">*Say how they feel when they exercise*Express what makes them happy in PE		<ul style="list-style-type: none">*Talk about how they feel before and after an activity*Express how they feel when they find something difficult*Express what activity they are confident in doing		<ul style="list-style-type: none">*Express how they feel when they continuous find something difficult*Express how they feel when they win*Express how they feel when they lose*Describe how the body reacts at different times and how this affects		<ul style="list-style-type: none">*Can control emotions and accept decisions when they don't go there way*Understand fair play in sport and follow the rules of the game*Articulate the difference between sportsmanship and gamesmanship	

			performance	
Physical 	<ul style="list-style-type: none"> *Experiment striking a variety of equipment *Begin to develop hand-eye coordination skills using a variety of equipment *Try and use a variety of options and equipment to stop an object *Begin to identify where space is 	<ul style="list-style-type: none"> *Send and receive a ball in different ways with control and increased accuracy. *Throw and catch a ball in a variety of ways *Use hand-eye coordination to strike a moving and a stationary ball. *Be able to throw and catch a variety of equipment with more confidence *Perform fielding techniques with increased control and coordination 	<ul style="list-style-type: none"> *Able to throw and catch in isolation and in combination with increased accuracy *Use hand-eye coordination to develop striking a moving or stationary ball along the ground or in the air more effectively *Field and intercept a ball and return it accurately 	<ul style="list-style-type: none"> *To throw and catch in isolation and combination and under pressure in a game situation *Use good hand-eye coordination to be able to direct a ball accurately into space, using a variety of shots, when striking or hitting *Anticipate where the batter is going to strike the ball *Use correct fielding techniques when moving or in isolation when stopping a ball or object *Play shots on both sides of the boy with reasonable control

Net and Wall	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Social 	<ul style="list-style-type: none"> *Communicate to teachers when they need help *Follow behaviour expectations set by the school 		<ul style="list-style-type: none"> *Use positive words to encourage and comment others performances *Describe and comment on my own performance 		<ul style="list-style-type: none"> *Suggest ways others can improve their performances and feedback to them *Choose an appropriate partner or group to work with *Describe the difference between a variety of sending skills 		<ul style="list-style-type: none"> *Feedback constructively and positively to peers *Take on an officiating and coaching role *Communicate plans to others during a game, e.g partners in tennis or modified versions of net/wall activities *Can describe different shots from various games and activities 	
Cognitive 	<ul style="list-style-type: none"> *Can understand basic rules *Remember and repeat some activities *Recognise own success 		<ul style="list-style-type: none"> *Develop simple tactics for attacking and defending games *Begin to choose the correct throws/shots to do in different situations 		<ul style="list-style-type: none"> *Say what I do well in a game and what I need help with and what I need to practice *Understand the rules of game activities *Understand that there are different positions in different games and that these positions have different responsibilities *To select and use appropriate skills and 		<ul style="list-style-type: none"> *Describe and evaluate the effectiveness of performance and recognise aspects that need improving both in myself and others. Choosing appropriate vocabulary *Understand scoring systems in various activities *Can make tactical suggestions to improve performance 	

			simple tactics in a small game activity	
Affective 	<ul style="list-style-type: none"> *Say how they feel when they exercise *Express what makes them happy in PE 	<ul style="list-style-type: none"> *Talk about how they feel before and after an activity *Express how they feel when they find something difficult *Express what activity they are confident in doing 	<ul style="list-style-type: none"> *Express how they feel when they continuously find something difficult *Express how they feel when they win *Express how they feel when they lose *Describe how the body reacts at different times and how this affects performance 	<ul style="list-style-type: none"> *Can control emotions and accept decisions when they don't go their way *Understand fair play in sport and follow the rules of the game *Articulate the difference between sportsmanship and gamesmanship
Physical 	<ul style="list-style-type: none"> *Experiment striking a variety of equipment *Begin to develop hand-eye coordination skills using a variety of equipment *Try and use a variety of options and equipment to stop an object *Begin to identify where space is 	<ul style="list-style-type: none"> *Send and receive a ball in different ways with control and increased accuracy. *Throw and catch a ball in a variety of ways *Use hand-eye coordination to strike a moving and a stationary ball. *Be able to throw and catch a variety of equipment with more confidence *Perform fielding techniques with increased control and coordination 	<ul style="list-style-type: none"> *Able to throw and catch in isolation and in combination with increased accuracy *Use hand-eye coordination to develop sending a moving or stationary ball along the ground or in the air more effectively 	<ul style="list-style-type: none"> *To throw and catch in isolation and combination and under pressure in a game situation *Use good hand-eye coordination to be able to direct a ball accurately into space, using a variety of shots, when sending or hitting *Anticipate where your opponent is going to send the ball