

Knowledge Progression in PE at Foundation Stage

Shaded = knowledge			Expectations for Nursery	Expectations for Reception			ELG	Links to KS1
Gross motor	Can throw a large ball with both hands	Can throw a small ball with one hand	Can throw a ball or bean bag underarm or overarm	Can throw rugby balls, javelins, and frisbees	Can throw a ball at a given target	Can bat a ball	Negotiate space and obstacles safely, with consideration for themselves and others.	PE 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
	Catches a large ball from a short distance	Catches a small ball or bean bag from a short distance		Can catch larger items from a longer distance	Can catch smaller items from a longer distance			
	Can kick a large ball in a straight line	Can kick a large ball at an intended target	Can walk with a ball	Can run with a ball	Can dribble in and out of targets	Can pass a ball to another person		
	Go up steps and stairs independently	Go up steps and stairs, or climb up apparatus, using alternate feet		Climbs apparatus, going up forwards, over and coming down backwards		Manage own risks when travelling over, under, through apparatus	Demonstrate strength, balance and co-ordination when playing	
	Skip, hop, stand on one leg and hold a pose			Can demonstrate different types of balances using feet	Can balance using different body parts	Balancing with precision and accuracy		
	Balances a quoit on their head whilst moving			Walks along a bench / balance beam independently	Can balance a ball on a bat	Can balance a ball on a bat whilst moving		
	Rides a trike independently	Rides a 3 wheeled scooter independently, moving one leg backwards and forwards	Rides a balance bike, occasionally lifting up their feet		Rides a 2 wheeled scooter independently, moving one leg backwards and forwards	Pedals a bike with stabilisers.		

	Uses large-muscle movements to produce vertical and horizontal lines	Uses large-muscle movements to produce circles and +	Uses large-muscle movements to produce squares	Uses large-muscle movements to produce diagonal lines	Uses large-muscle movements to produce X and triangles	Uses large-muscle movements to produce letter shapes		
	Can walk, run, crawl and climb when directed	Can walk, run, crawl and climb independently	Match their developing physical skills to tasks and activities	Can walk, run, crawl, climb, hop, jump and skip with increasing control	Moves in imaginative ways	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing		

Knowledge Progression in PE KS1

	Fundamental Movements -ABC	Fundamental Movements-SAQ	Awareness	Gymnastics	Dance	Sending and Receiving	Athletics	Competitive, Tactics and Strategies	Active Lifestyle
Year 1	<p><u>Travel</u> with awareness of others.</p> <p>Apply knowledge of agility, balance and coordination, individually and with others.</p> <p><u>Recognise</u> when to use effective changes of speed when competing in a game.</p> <p><u>Identify</u> when to use effective changes of direction when competing against others.</p> <p><u>Compare</u> own performances with previous ones and identify areas for improvement.</p>	<p>Recognise when to speed up and when to slow down when using equipment.</p> <p>Know, apply and understand key skills of a good performance</p>	<p>To know how to use equipment safely</p> <p>Show awareness of space and other children</p>	<p>Apply knowledge of balance agility and coordination whilst performing gymnastic skills.</p>	<p>Use expression when dancing</p> <p>Apply knowledge of control and fluency to actions</p>	<p>Begin to demonstrate and understand receiving techniques.</p> <p>Know and understand how to use equipment safely and with control.</p>	<p>Develop awareness of speed and distance.</p> <p>Awareness of distance when throwing objects.</p>	<p>Apply ABC skills where appropriate</p>	<p>Healthy snack and dinner choices</p> <p>Explain the benefits of being active.</p> <p>Explain the benefits of eating healthy.</p> <p>Know and explain the benefits of a healthy mind-set.</p>
Year 2	<p>Apply knowledge of effective changes of directions of speed when competing against others.</p> <p><u>Negotiate</u> space when competing against other children to make quick effective decisions.</p> <p><u>Demonstrate</u> control, balance, agility when travelling through equipment and explain key components of your movements</p> <p>Apply knowledge of effective decision making when competing against others.</p> <p>Select and apply correct running techniques when travelling</p> <p>Know, apply and understand key skills of a good performance</p>	<p>Apply knowledge to travel with a good awareness of others in a variety of games/activities.</p> <p>Show understanding of when to increase speed and when to decrease speed when using equipment.</p>	<p>Children to use good awareness of other children in small and large areas with safety</p> <p>To know, apply and understand key skills of a good performance</p>	<p>Apply knowledge of balance agility and coordination when linking gymnastic skills.</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Use different expressions when dancing to music</p> <p>Know, apply and understand key skills of a good performance</p>	<p>Demonstrate and understand receiving techniques.</p> <p>Know and understand how to use equipment safely and with control.</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Select appropriate speed when travelling at a variety of distances.</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Start to develop a knowledge of a variety of skills.</p> <p>Apply knowledge of ABC skills where appropriate</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Healthy snack and dinner choices</p> <p>Explain the benefits of being active.</p> <p>Explain the benefits of eating healthy.</p> <p>Know and explain the benefits of a healthy mind-set.</p>

Knowledge Progression in PE KS2

	Fundamental Movements - ABC	Fundamental Movements-SAQ	Gymnastics	Dance	Sending and Receiving	Athletics	Competitive, Tactics and Strategies	Outdoor Adventurous Activities	Striking & Fielding	Active Lifestyle
Year 3 and Year 4	<p>Apply knowledge of a variety of ways to travel in combination.</p> <p>Apply knowledge of basic principles suitable for attacking and defending.</p> <p>Demonstrate resilience when participating in activities</p> <p>Use knowledge to <i>Identify own and others technique that needs improvement.</i></p>	<p>Apply knowledge to recognise when to speed up and when to slow down when using equipment whilst maintaining good control.</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Compare performances with previous ones and demonstrate improvements to achieve personal best.</p> <p>Know, apply and understand key skills of a good performance.</p> <p>Apply balance, agility and coordination whilst performing gymnastic skills.</p>	<p>Create appropriate actions/movements relating to a chosen song.</p> <p>Create appropriate actions to represent characters within a dance.</p> <p>Create short sequences with a partner or a small group.</p> <p>Know, apply and understand key skills of a good performance and make recommendations of how to make improvements.</p>	<p>Know, apply and understand key skills of a good performance.</p> <p>Begin to make good decisions to maintain possession.</p> <p>Explain and apply receiving techniques.</p>	<p>Develop an awareness of time, speed and distance.</p> <p>Compare own performances with previous ones.</p> <p>Develop an understanding of how to improve and evaluate own performance.</p>	<p>Recognise skills that are important to the game/sport/activity.</p> <p>Suggest ideas that could help you win the game.</p> <p>Explain tactics that could be used in a variety of games/sports/activities.</p> <p>Highlight what worked well in the following areas: Own performance (as an individual) Teams' performance Opposition performance</p>	<p>Children understand the concept of a basic map and can follow simple route</p> <p>Identify locations using a map.</p> <p>Consider health and safety as well as travelling time when locating possible routes to locations.</p> <p>Pinpoint locations using lining up techniques.</p> <p>Work co-operatively with others in a team Identify how to improve a performance.</p>	<p>Take up appropriate fielding position in relation to other children and the batter.</p> <p>Describe batting techniques.</p> <p>Adapt ideas for striking and fielding strategies.</p>	<p>Healthy snack and dinner choices</p> <p>Explain the benefits of being active.</p> <p>Explain the benefits of eating healthy.</p> <p>Know and explain the benefits of a healthy mind-set.</p>

	Fundamental Movements - ABC	Fundamental Movements-SAQ	Gymnastics	Dance	Sending and Receiving	Athletics	Competitive, Tactics and Strategies	Outdoor Adventurous Activities	Paralympics	Active Lifestyle
Year 5/ Year 6	<p>Recognise when to use effective changes of direction when playing against opposition players.</p> <p>Use knowledge to apply and suggestions Ideas for when attacking or defending as a team/group.</p> <p>Use knowledge to compare own performance with previous ones highlighting strengths and areas to improve.</p>	<p>Know, apply and explain key skills of a good performance highlighting what went well and why?</p> <p>Explain a variety of skills that could be transferred into main stream sports.</p> <p>Create new ways to travel through equipment whilst applying SAQ skills from previous lessons.</p>	<p>Demonstrate an understanding of how to improve and evaluate own performance/s</p>	<p>Include a variety of expressions to match movements, actions and the song selected.</p> <p>Play with confidence and know when/how to take risks.</p>	<p>Know, apply and understand key skills of a good performance and make suggestions for improvement.</p> <p>Make good decisions to maintain possession Explain and apply receiving techniques.</p> <p>Recognise when to travel or when to pass.</p> <p>Select appropriate speed, weight and distance when passing.</p> <p>Select the correct pass type to maintain possession in a game/activity.</p>	<p>Select appropriate speed when travelling at a variety of distances and suggest suitable ways that you could improve own performance.</p> <p>Apply running techniques to improve performance and explain their importance.</p> <p>Compare their own performances with previous ones and explain how or if improvements have been made.</p> <p>List different ideas of how to improve own performance and explain how practice/repetition could help.</p>	<p>Explain tactics that could be used in a variety of games/sports/activities.</p> <p>Highlight what worked well in the following areas: Own performance (as an individual) Teams' performance Opposition performance</p> <p>Highlight areas that could be improved in the following areas: Own performance (as an individual) Teams' performance Opposition performance</p>	<p>Explain the differences between similar looking orienteering symbols.</p> <p>Create a simple trail on an orienteering map.</p> <p>Explain the importance of symbols, fractions and travelling speeds when completing an orienteering course.</p>	<p>Apply knowledge to set up appropriate fielding positions as a team and as an individual.</p> <p>Recognise danger areas when fielding and react to situations presented by batting children</p>	<p>Healthy snack and dinner choices</p> <p>Explain the benefits of being active.</p> <p>Explain the benefits of eating healthy.</p> <p>Know and explain the benefits of a healthy mindset.</p>