

Updated August 2021	PE Essential Knowledge: progression document						
Embedding our learning culture	Curricular Goal: Know how to develop the competence to excel in a broad range of physical activities KS2: know how to develop and excel in a range of different activities KS1: know how to use my body in different ways						
Safe	Component 1: Know how to perform fundamental movements and body control						
• keeping safe visits • positive attitudes to learning	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Achieving	Class 1		Class 2		Class 3		Class 4
1. Athletics: Running Year A							
Achieving • alteration to LTM • building knowledge including recalls and low stakes quizzes • building confidence • high expectations	What it means to jog and run • control when starting and stopping • change direction • avoid obstacles	The difference between jogging, running and sprinting in a straight line using a change in speed and direction over short distances and avoiding obstacles	The standing start technique using arm and leg actions to improve sprinting	What it means to improve sprinting technique • crouching sprint start • sprint finish		Know what stamina is and how to maintain it over long distances	
			Technique to run long distances and sprint short distances changing speed and pace				
Nurtured • dialogic approach • learning from mistakes • enhancements to meet physical and mental health needs			What a relay is including: • baton changeover • speeding up and slowing down smoothly	Techniques to improve a relay: • know what teammates are doing • when to speed up or slow down • when to ready the baton to pass it along			
			What hurdling is including: • combining running with jumping over hurdles • trail leg and lead leg action	Techniques to improve hurdling including: • lead leg technique • consistent stride pattern			
Included • pupils supported to meet endpoints							

Athletics: Jumping Year A				
Responsible <ul style="list-style-type: none">sports leadersmonitors for equipment	Techniques for jumping and landing safely: <ul style="list-style-type: none">two footed jumpforward, backwards and over an obstacle	Techniques for jumping and landing safely with control at take-off and landing: <ul style="list-style-type: none">two feet to two feettwo feet to one footone foot to same footone foot to opposite foot	Techniques for jumping and landing safely with control at take-off and landing: <ul style="list-style-type: none">standing vertical jumpstanding long jumpstanding triple jump <p>(hop, step, jump)</p>	The effective technique including take off and flight for: <ul style="list-style-type: none">standing vertical jumprunning long jumprunning triple jump <p>Techniques to improve an effective flight phase for the above jumps</p>
Respected <ul style="list-style-type: none">excellent attitudesdevelopment of interpersonal skills: the whole child		Techniques to improve jumping for distance from a standing position with accuracy and control	Techniques to improve an effective flight phase for the above jumps	
Healthy and Active <ul style="list-style-type: none">wellbeing sessionsmental healthphysical healthgolden mile	Knowledge of above to join 2-3 jumps in a short sequence	Knowledge of above to combine different jumps together with some fluency and control	Knowledge of above to maintain control and technique whilst jumping in competitive situations	