

## PE New Knowledge Progression Document

### Working physically

		Reception	Y1	Y2	Y3	Y4	Y5	Y6
<b>Motor competence</b>	<b>Moving athletically</b>	Move with control and awareness of others	Move with accuracy (with obstacles)	Change speed and direction with control, awareness and accuracy  Demonstrate hand-eye co-ordination to throw and catch accurately	Improve performance by refining body position	Adapt movements to improve performance over a longer period of time	Change speed accurately to improve overall performance e.g. build speed up quickly when setting off to sprint or keep a slower pace when running a longer distance	Maintain control, co-ordination and power when running, jumping, throwing and catching
	<b>Moving gymnastically</b>	Roll, jump and travel with control	Hold shapes and balances  Copy and create actions	Roll, jump, travel and balance safely with increasing control and grace  Explore, link and remember a	Develop quality of movements, shapes and balances  Combine rolling, jumping and travelling in own routines	Move with clarity, fluidity and expression	Combine jumping, travelling and changing direction in swift, fluid movements  Show awareness of how all parts	Use arms and legs during jumps, rolls and balances to create refined shapes

				sequence of actions			of their body can work together to perform refined balances	
	<b>Moving with fluidity (dance)</b>	Control body when performing movements	Perform a range of actions with some co-ordination	Perform sequences with control	Improve quality of actions in sequences	Introduce fluency and expression when performing actions	Perform long, complex sequences with fluidity  Perform in time with music	Link actions to create a complex, precise sequence using a full range of movement
<b>Participating healthily</b>		Try new activities and know when to ask for help	Show resilience when finding a task challenging	Show support to peers who find a task challenging	Take part in strenuous activity	Take part in strenuous activity for longer periods of time		
		Describe how the body feels when exercising	Describe how the body feels before, during and after exercise	Know that the body will feel different during and after different physical activities	Describe the effects of exercise on the body	Describe how performance can change at different times	Explain the reasons for warming up and cooling down	Carry out warm-ups and cool-downs safely and effectively

			Explain what they need to stay healthy	Know that it is important to exercise regularly as part of a healthy lifestyle	Explain why exercise is good for your health	Explain why exercise is good for fitness and wellbeing	Explain how they can become healthier	
		Participate in simple games	Engage in competitive team games	Compete against others	Compete against others in a controlled manner			
<b>Working evaluatively</b>		Discuss what they enjoy and what they did well	Discuss what they could improve	Discuss how they will improve	Comment and compare own and others' performances	Give feedback and respond to feedback	Make in depth suggestions for improvements and respond to suggestions	Compare and adapt strategies to improve personal bests
<b>Playing tactically (rules and strategies)</b>	<b>Tactics and rules</b>	Take turns  Work in a group  Follow rules to keep safe when doing physical activity	Follow simple rules in a game	Follow rules in a team game  Mark and dodge around a static partner	Follow rules in an invasion game  Follow rules in a more complex game  Dodge to get around a defender	Follow and apply rules in invasion games and more complex games	Know when it is best to travel, pass or stay still in a game  Communicate plans to others in a game	Lead others during a game using rules, tactics and player strengths

	<b>Attacking and defending</b>	Understand the rules of a chasing game  Know when they are the chaser or the one being caught	Use the terms attacking and defending	Know that a team will attack a goal to win and defend their own goal to stop the other team from winning	Explore the different positions in a team game	Use tackling, marking and blocking to defend in a team game  Show awareness of others and their positions in a game	Work as a team to create a plan of attack	Work as a team to create a plan of defence
	<b>Using space</b>	Avoid colliding with others when moving  Stand and stop in a space	Negotiate space by moving in different directions	Negotiate space at different speeds	Know that space is important in a game  Move into a space from a crowd	Make use of a space when passing and receiving a ball in a game	Associate positions in a team with the spaces they hold	Use space to gain possession and score points
	<b>Possession</b>				Know the meaning of possession	Understand why it is important to keep possession of the ball in a team game	Contribute towards helping the team gain possession of the ball	Know when it is best to act independently or as part of a team to gain and keep possession of the ball

**Component 1: Know how to perform fundamental movements with control**

		Reception	Y1	Y2	Y3	Y4	Y5	Y6
<b>Athletics</b>	<b>Running</b>	Know how to jog and run with control	Know how to jog, run and sprint in a straight line	Know how to jog, run and sprint, change direction and speed effectively	Use the standing start position, legs and arms effectively to improve sprinting	Use techniques to run long distances and sprint shorter distances	Improve sprinting technique by using a crouch sprint start and sprint finish	Know what stamina is and use techniques to maintain pace over longer distances
					Know how to pass a baton on carefully in a relay	Adjust speed in relay transitions	Communicate with teammates in relay transitions	Know when to change speed and ready the baton in a relay
					Combine running and jumping over hurdles	Use trail leg action to improve hurdling	Use lead leg action to improve hurdling	Combine lead leg and trail leg action with a consistent stride pattern
	<b>Jumping</b>	Jump and land safely (vertical jump)	Jump and land accurately moving forwards and backwards	Jump and land accurately in all directions (including	Jump and land with control during a standing long jump	Jump and land with control during a running long jump	Use techniques to effectively take off and land during a	Use techniques to effectively take off and land during a

				over an obstacle)			standing triple jump	running triple jump
	<b>Throwing</b>	Roll a ball with two hands  Throw a beanbag	Throw a quoit using one hand towards a target	Throw a tennis ball using one hand towards a target	Use a push throw to perform shot put	Use a pull throw to perform a javelin shot using a tennis ball	Perform a fling throw using a discus	Improve target using spin and run ups
<b>Gymnastics</b>	<b>Balancing and shapes</b>	Perform standing balances - pencil, star and tuck  Perform lying down shapes  Copy an adult	Perform kneeling, sitting and matching partner balances	Perform front and back supported balances	Perform advanced support balances	Perform counter tension and simple counter balances	Perform advanced counter balances and inverted balances	Perform part body weight balances and group balances
	<b>Travelling</b>	Step, tiptoe, jump and hop	Hopscotch and skip	Gallop and side step	Chassis and pivot turn			
	<b>Jumping</b>	Straight jump, straight jump half turn, star jump	Tuck jump and cat spring	Perform jumps from height and land safely (tuck jump	Straight jump full turn, straddle jump, pike jump	Perform jumps from height and land safely (straight jump full turn,	Cat leap with half and full turn	Split leap and stag leap

		(feet on floor)		and cat spring)		straddle jump, pike jump)		
	<b>Rolling</b>	Rock on back, pencil roll	Egg roll and teddy bear roll	Crouched forward roll	Tucked backward roll	Forward roll from standing, straddle forward roll and backward roll to straddle	Pike forward roll and dive forward roll	Pike backward roll

### Component 2: Know how to dance

	Reception	Y1	Y2	Y3	Y4	Y5	Y6
<b>Dance</b>	Move safely to music	Copy and create movements to music	Copy and create movements in short sequences (2-3 moves) to music	Copy movements in sequences (3-4 moves) to music	Copy, create and repeat movements in sequences (3-4 moves) to music	Copy, create and repeat a complex dance sequence with 5 + moves	Copy, create and repeat a complex dance sequence with appropriate transitions between moves
	Copy actions	Copy and perform with a partner	Create, copy and perform with a partner	Use unison in a performance	Use mirroring in a performance	Use flocking in a performance	Use canon in a performance

	Change actions	Change direction of actions	Change speed of actions	Change level of actions	Combine direction, speed and level of actions to improve the dynamics (how/quality of movement)	Use timing between moves to link motifs together	Use effective transitions to link motifs together
	Perform own dance moves (up to 4)	Perform routines using a combination of balances, shapes, actions and transitions to music.					

### Component 3: Know how to apply striking, fielding, passing and catching skills in competitive games

	Reception	Y1	Y2	Y3	Y4	Y5	Y6
<b>Bowling, striking and fielding</b>	Roll, bounce, throw and kick a ball to a partner	Bowl a ball underarm to partner	Bowl a ball accurately underarm to a batter over a short distance (up to 3m)	Bowl a ball with a bounce to a batter	Bowl a ball using overarm over a long distance (up to 6m)	Bowl a ball with a walk up	Bowl a ball accurately towards a target with a run up
		Hold a racquet in one hand and use correct body position to strike a ball	Strike a ball towards a partner and build a rally	Hold a cricket bat with two hands and use correct body position to strike a ball	Position body correctly to aim a ball away from opponents	Use different directions to bat a ball away from opponents	Perform a straight drive and a forward defensive shot



	Travel in different directions with control	Pivot body to strike the ball	Side-step to move body to a better position to strike a ball	Move in all directions to catch a ball  Use effective hand eye coordination to catch	Catch using the cup and crocodile techniques	Catch using the long barrier technique and by using one hand	Plan where to stand when fielding to catch the ball or to get opposing players 'out'
	Play passing games as a group	Play bat and ball games		Play kwik cricket		Play cricket	
<b>Passing and catching</b>	Throw a beanbag with two hands	Throw a small ball with two hands	Throw a small ball with one hand	Use chest passes to throw large balls to a partner or target	Use shoulder and overhead passes to throw a large ball to a partner or target	Bounce a ball with control whilst walking and jogging  Transition well to pass or shoot	Use bounce pass to throw a large ball to a partner  Bounce a ball with control whilst running
	Receive a ball with two hands  Receive a beanbag with two hands  Receive a quoit with two hands	Catch a small ball with two hands	Catch a small ball with two hands using the cup clasp	Catch using two hands towards chest  Catch using the crocodile clasp	Use a range of movements to catch a ball  Catch balls that are not thrown or hit between waist and head	Catch with one hand	Catch consistently by moving body and a variety of techniques accurately
	Play passing games as a group	Play handball		Play netball		Play basketball	

#### Component 4: Take part in outdoor and adventurous activity

Reception	Y1	Y2	Y3	Y4	Y5	Y6
	<p>Follow instructions to reach a goal</p> <p>Use a map to identify features of a known area</p>	<p>Use simple maps and charts to navigate and create own obstacle course</p>	<p>Follow a short trail using known compass points</p> <p>Recognise symbols on an orienteering map</p>	<p>Plan a short trail using knowledge of compass points</p> <p>Use symbols to follow an orienteering map</p>	<p>Use a compass</p> <p>Use a key on an orienteering map</p>	<p>Use symbols for orienteering maps to prepare an orienteering course for others to follow</p>

#### Component 5: Know how to swim

Reception	Y1	Y2	Y3	Y4	Y5	Y6
			<p>Enter and exit the pool safely from the side</p> <p>Use breaststroke to swim</p>	<p>Use backstroke to swim</p>	<p>Enter the water by safely jumping in</p> <p>Use front crawl to swim</p>	<p>Increase stamina to swim at least 25 metres competently</p> <p>Perform safe self-rescue</p>

### Whole school PE Long Term Plan

Reception		Y1/2	Y3/4	Y5/6
		<b>Autumn</b>		
Au1	<b>Fundamental movements</b> <b>Athletics:</b> running, jumping and throwing	<b>Striking and fielding skills</b>		
		<b>Application of striking and fielding skills:</b> bat and ball games	<b>Application of striking and fielding skills:</b> cricket	<b>Application of striking and fielding skills:</b> cricket
Au2	<b>Fundamental movements</b> <b>Athletics:</b> passing and catching, bowling	<b>Passing and catching skills (invasion)</b>		
		<b>Application of passing and catching (invasion games):</b> handball	<b>Application of passing and catching (invasion games):</b> netball	<b>Application of passing and catching (invasion games):</b> basketball

			<b>Swimming</b>	<b>Swimming</b>
		<b>Spring</b>		
Sp1	<b>Fundamental movements</b> <b>Gymnastics:</b> balances and shapes, travelling, jumping and rolling	<b>Gymnastics:</b> balances and shapes		
		<b>Gymnastics:</b> travelling, jumping and rolling		
Sp2	<b>Fundamental movements</b> <b>Dance</b>	<b>Application of balance and shapes:</b> dance/creative movement		
		<b>Athletics:</b> throwing and catching		
		<b>Summer</b>		
Su1	<b>Athletics</b> (applying fundamental movements)	<b>Athletics:</b> running and jumping		
		<b>Application of athletics skills:</b> competitions and races		
Su2	<b>Games</b> (applying fundamental movements)	<b>Sports Day</b>		
		<b>OAA - orienteering</b>	<b>OAA - orienteering</b>	<b>OAA - orienteering</b>