



Subject Knowledge Progression- PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Nursery	Moving in a range of ways Drawing lines and circles with gross motor movements Safety		Ball skills Using one-handed tools and equipment Developing independence in getting dressed		Experimenting with different ways of moving Pencil control Group and team activities, including parachute	
EYFS Reception	Gymnastics Developing confidence in fundamental movements Mastering movements such as jumps, balances and rolls	Dance Copying, repeating and performing basic actions to music Moving in time to music	Manipulation and coordination Negotiating space and small and large equipment effectively and safely	Ball skills Throwing, catching and aiming skills	Speed and agility Exploring ways of travelling Negotiating space and speed Swimming Developing water confidence	Team games Understanding their role in a group activity Swimming Developing water confidence
Year 1	Attack defend shoot (1) Running, jumping, throwing and catching Sending to and defending a target Gymnastics Developing balance, agility and coordination Identify and use simple gymnastic shapes and actions Magic chair landing	Hit catch and run games Hitting objects with hand/bat Tracking and retrieving Throwing and catching Dance- Nursery Rhymes Compose and perform actions to nursery rhymes March in time Performing simple cannon and rounds	Send and return Sending or returning an object using a hand/bat Gymnastics Moving on, off, over Exploring body tension Linking actions (turn, twist, spin, rock, roll) Developing longer movement phrases	Attack defend shoot (2) Attacking and defending with a partner 2 V 2 Dance-The Jungle Book Storytelling through dance Exploring space, direction level and moving with different body parts.	Send and return 2 Sending skills Tracking, intercepting and stopping objects Swimming Propelling over further distance with water aids Swimming short distances unaided Submerging fully	Run jump throw Speed and pathways Throwing technique Competitive activity Swimming Propelling over further distance with water aids Swimming short distances unaided Submerging fully
Year 2	Attack defend shoot (1) Sending and receiving ball with feet Linking skills such as dribbling and passing Gymnastics Developing sequences Start and finish shapes Levels and speed Power in jumping	Attack defend shoot (2) Working with others to build attacking play Goalkeeping Dance Moving imaginatively in response to music Working as part of a group to create and perform	Send and return (1) Tracking ball over net Hitting and returning ball Playing modified net and wall games Gymnastics Body control Front and back support Rhythm in sequences	Hit catch run Developing hitting skills with range of bats Feeding and bowling skills Dance Using stimuli to copy, repeat and create a dance motif Performing using given formations	Run jump throw Throwing and handling a variety of objects Jumping technique for height and distance Improving running for sustained period Swimming Developing swimming technique Exploring basic breathing pattern	Hit catch run Learning a variety of ways to score runs in hit run and catch games Fielding Wicket/backstop Swimming Developing swimming technique Exploring basic breathing



Subject Knowledge Progression- PE



<p>Year 3</p>	<p>Netball Performing basic netball skills e.g. catching and passing Using space efficiently Implementing basic rules of play</p> <p>Gymnastics Consolidating and improving the quality of gymnastic actions and shapes Controlled rolls Contrasting actions</p>	<p>Football Basic control skills Passing and shooting Defensive positioning and building attack</p> <p>Dance-Matilda Practising different sections of a dance to perform Performing contrasting characters with expression</p>	<p>Hockey Manipulating stick and ball with safety and control Sending and receiving ball Small sided hockey-type invasion games</p> <p>Gymnastics Increasing strength, flexibility and control Using jumps and leaps in floor work</p>	<p>Cricket Developing basic cricket skills of hitting, bowling and fielding Learning the basic rules of cricket</p> <p>Dance- Barn Dance Demonstrating stylistic elements of barn dance</p>	<p>Athletics Throwing with speed and power Jumping for height and distance with control and balance Agility and speed/pace in running</p> <p>Swimming Swim over greater distances unaided Developing control and fluency to 2 main strokes Breathing technique</p>	<p>Tennis Ready position Hitting to different areas Serving to target Developing forehand Learning basic rules of tennis</p> <p>Rounders Developing and using simple rounders skills</p>
<p>Year 4</p>	<p>Football Introducing defensive skills Dribbling in different directions with different parts of feet Passing for distance</p> <p>Gymnastics Using compositional ideas in sequences Perform in time with partner or group</p>	<p>Tag rugby Basic tag rugby skills Ball handling, running past defenders, evading taggers and tag protocol</p> <p>Dance Action heroes Practising and performing a variety of different formations Freeze frames</p>	<p>Netball High five netball positions Basic shooting technique Develop marking and footwork skills</p> <p>Gymnastics Developing an increased range of body actions and shapes to include in a sequence Taking weight on small and large body parts</p>	<p>Hockey Hockey skills- dribble, push, pass, stopping and turning Implement basic rules of hockey</p> <p>Dance The Serpent Developing choreography in relation to a theme Use of dynamics and formation to communicate character</p>	<p>Cricket Developing and applying skills in competitive context Directing hits to score runs Running at speed to score runs</p> <p>Athletics Accelerating for sprint Investigating and comparing effectiveness of different runs, jumps and throws</p>	<p>Rounders Identifying positions and roles Directing hits to score runs Anticipating when to run Running at speed to score runs</p> <p>Tennis Exploring forehand and backhand Working to return the serve Positions in game play</p>
<p>Year 5</p>	<p>Tag rugby Tagging opposition When to run and when to pass Magic diamond formation 3 steps and pass</p> <p>Gymnastics</p>	<p>Hockey Selecting and applying skills in a game situation Combining push and pass Block tackling Sweep shots Dragging the ball</p>	<p>Netball Effective bounce passing Dodging skills Pivot and pass Two handed shooting</p>	<p>Football Playing effectively in different positions and formations Attacking and defensive tactics Performing movements at speed</p>	<p>Cricket Calling for runs Developing bowling skills Retrieving and returning</p>	<p>Tennis Volley shots and overhead shots Playing with others to score and defend points in competitive games</p>



Subject Knowledge Progression- PE



	<p>Developing symmetry Round offs Counterbalances Evaluating and improving performances</p>	<p>Dance Bollywood Performing different styles of dance Working collaboratively to compose dances Evaluating and improving performances</p>	<p>Gymnastics Performing more complex actions, shapes and balances with consistency</p>	<p>Dance Heroes Using professional examples to inspire ideas Owning and exploring new movement possibilities Exploring jumps</p>	<p>Athletics Sustaining pace over short and long distances Performing a range of jumps and throws</p>	<p>Rounders Linking together a range of skills and use in combination Collaborating with a team to choose, use and adapt rules of the game</p>
Year 6	<p>Football Choosing and implementing a range of strategies to attack and defend Combining and performing more complex skills at speed Suggesting, planning and leading drills Evaluating performance</p> <p>Gymnastics Flight on and off apparatus Working independently and in groups to develop sequences</p>	<p>Netball Working as a team to improve group tactics and gameplay Playing within the rules Developing defensive skills</p> <p>Dance Hakka and Street dance Talking about different styles of dance with understanding and use of appropriate language and terminology Developing flexibility, strength, balance</p>	<p>Hockey Combining and perform more complex skills at speed Recognising and evaluating the performances from individuals and team</p> <p>Gymnastics Devising and improving sustained and varied sequences Composing and practising actions to music</p>	<p>Tag rugby Choosing and implementing a range of strategies to attack and defend Suggest, plan and lead warm ups To combine and perform more complex skills at speed Evaluating performance</p> <p>Dance West Side story Demonstrating narrative through contact and relationships Showing tension through pattern and formation</p>	<p>Cricket Using a range of tactics for attacking and defending in the role of the bowler, batter and fielder Attempting a small range of recognised shots Apply standard cricket rules</p> <p>Athletics Becoming confident in range of techniques involving running, jumping and throwing Working in collaboration and showing improvement when working with self and others</p>	<p>Tennis Developing a range of shots including backhand Using offensive and defensive positioning Footwork technique</p> <p>Rounders Applying rules Using a range of skills and tactics for attacking and defending as bowler, batter and fielder Bowling fast balls</p>