Pirbright Village Primary School
Progression of Knowledge & Skills in PE

Subject Intent	To know how to ensure that all children are enthusiastic and motivated To know how to lead an active, healthy lifestyle.

National Curriculum KS1	**National Curriculum KS2**
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities. To know how to extend their agility, balance and coordination, individually and with others. They should be able to know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should continue to know how to apply and develop a broader range of skills, learning to use them in different ways and to know how to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how To know how to evaluate and recognise their own success.

Progression of Skills	
EYFS	• I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing. • I can practise skills independently. • I can share equipment with others. • I am confident to try new activities.
Year 1	• I can learn values such as respect and fairness. • I can assess risks to keep myself and others safe. • I can share good performances confidently. • I can encourage my team mates and be respectful of their abilities. • I can engage in physical activities on my own and with others. • I can run, jump, throw and catch. • I can move my body in different ways.
Year 2	• I can understand values such as respect and fairness. • I can share and celebrate good performances. • I can work with others. • I can continue to develop running, jumping, throwing and catching. • I can progress balance, agility and co-ordination skills. • I can engage in team games. • I can develop simple tactics.
Year 3	• I can show values such as respect and fairness. • I can recognise good leaders. • I can share and evaluate my own and others performances. • I can master basic fundamental movements including running, jumping, throwing and catching. • I can apply skills in different ways. • I can link skills I have learnt how to make actions and sequences of movement.

	• I can apply basic principles for attacking and defending. • I can begin to work co-operatively. • I can extend my agility, balance and co-ordination.
Year 4	• I can demonstrate values such as respect and fairness. • I can give and receive feedback to evaluate performances. • I can develop and advance team work, acquiring and understanding the importance of tactics. • I can master a variety of gymnastic skills enabling performance of a sequence of moves. • I can learn and practice bat and ball skills. • I can develop an understanding of dance, how to create sequences and build confidence To know how to perform To know how to others.
Year 5	• I can consolidate values such as respect and fairness. • I can understand that being active is good for improving my mood. • I can compare performances with previous ones and improve different physical activities. • I can demonstrate knowledge and understanding of basic fitness. • I can acquire and develop skills, including the ability to work as a team and progress an understanding of tactics To know how to enable me To know how to play competitive games. • I can use a range of movement patterns and link them together. • I can improve accuracy and understand its importance. • I can refine bat and ball skills. • I can develop a range of track and field skills including running, jumping and throwing. • I am confident and competent in the water. • I can develop an understanding of how to compare my performances with previous ones and how To know how to improve in different physical activities. • I can begin to supervise and lead younger children in physical activity during break and lunchtimes. • I can use a range of swimming strokes with increasing effectiveness. • I can swim with increasing competence, confidence and proficiency over a distance of a least 25 metres.
Year 6	• I can uphold values such as respect and fairness. • I can create and perform a range of sequences demonstrating a range of skills. • I can evaluate my performance and demonstrate improvement to achieve my personal best. • I can advance my fitness and stamina. • I can demonstrate ball skills for team games. • I can develop skills to work as a member of a team, using tactics and reading the game. • I can refine bat and ball skills. • I can demonstrate a range of athletic abilities including running, jumping and throwing. • I can practice and refine leadership skills, organising and running activities. • I can swim confidently and competently including performing safe self-rescue in different water-based situations. • I can play competitive games. • I can excel in communicating and collaborating with and competing against others.

	• I can engage in OAA learning To know how to work within a team and solve problems. • I can recognise my own successes.

EYFS					
Autumn		**Spring**		**Summer**	
Dance	**Multi Skills**	**Gym**	**Multi Skills**	**Athletics**	**Multi Skills**
• To know how to copy basic actions and rhythms. • To know how to travel in different pathways using the space around them. • To begin to move in time with the music.	• To know how to jump and land correctly. • To know how to move around a space safely. • To know how to show shapes and actions that stretch their bodies.	• To explore apparatus safely. • To know how to link simple actions together. • To know how to stand on one foot and hold a balance.	• To hop on one leg within two fixed points. • To know how to throw and catch large balls and beanbags. • To know how to move and stop a ball or beanbag with feet.	• To know how to run in a straight line from a start point to a finish point. • To know how to jump over things and for distance. • To know how to throw a beanbag in several ways including over arm and under arm.	• To know how to hit a ball with hands. • To use a racquet to strike a ball.
To know how to run and stop with control. To know how to move around showing some awareness of others. To know how to run and stop when instructed.					

Year 1					
Autumn		**Spring**		**Summer**	
Ball Skills & *Gym*	**Dance & *Multi Skills***	**Multi Skills & *Dance***	***OAA & Team Games***	**Athletics & Team Games**	**Tennis & Gym**
• To know how to throw and catch a ball.	• To know how to make different shapes with their	• To know how to move fluently, change direction	• *To know how to work with others*	• To know how to control, with accuracy, the	• To know how to control the height

• To know how to aim when throwing. • To know how to move with a ball. • *To know how to roll.* • *To know how to travel independently and in pairs.* • *To know how to safely use apparatus.*	bodies as they travel, jump and spin. • To know how to say what is good about a partner's performance. • To know how to follow a beat when dancing, changing the speed of their movements with the music. • • *To know that being active is good for us and fun.*	and speed avoiding collisions. • To know how to kick a ball. • *To know how to choreograph simple dances with clear beginnings, middles and ends.* • *To know how to perform short dances that express and communicate ideas and feelings.*	*to overcome a challenge.* • *To know how to look at a problem and come up with solutions.* • *To know how to cooperate with others to play a team game.* • *To know what a tactic is and combine skills to play a competitive game.*	basic actions for throwing and catching. • To know how to aim accurately. • To know how to move in a straight line within a lane. • To know how to use equipment with control and co-ordination. • To know what happens to their heart, breathing and temperature during different types of athletic activity.	and speed of a ball when hit. •To know how to hold a racket correctly. •To know how to throw a ball underarm for a partner to hit. • To know how to create shapes with our body. • To know how to copy or create movement phrases.
Year 2					
Autumn		**Spring**		**Summer**	
Dance & Ball Skills		**Gym & Team Games**		**Athletics & Team Games**	
• To know how to perform simple steps from a range of dances: English country dancing, Indian, Aboriginal, Samba, African	• To know how to perform a range of throwing, striking and catching skills with control. • To know how to apply their ball skills to group activities & games	• To know how to move and balance, on and off apparatus, with agility and coordination independently and with a partner. • To know how to roll, jump and land. • To know how to compose a	• To know how to hit a ball. • To know how to play a competitive team game including movement, finding space, defending and attacking. • To know how to follow rules to play a game.	• To know how to use equipment with control and co-ordination. • To know what happens to their heart, breathing and temperature during different types of athletic activity. • To know different techniques for running and	• To know how to hold a racket correctly. • To know how to hit a ball to a target or partner. • To know how to cooperate with others to play a team game. • To know how to throw a ball underarm for a partner to hit.

		movement sequence. • To know how to evaluate performance.		jumping and throwing.	• To know how to combine skills and tactics to play a competitive game.
Year 3					
Autumn		**Spring**		**Summer**	
Football & *Dance*	**Netball & Rugby**	**Tennis & *Gymnastics***	**Basketball & *Dance***	**Athletics Skills & *Gymnastics***	**Golf & *Rounders***
• To know how to kick the ball. • To know how to pass and receive the ball. To know how to mark the ball. • To know which country salsa dancing originates from and perform simple Salsa steps • To know how to collaborate in partner dance for salsa, using mirroring. • To know how to use timing and music style to create movements.	• To know how to keep possession of the ball, dodge, pass & use footwork skills. • To know how to defend and attack using tactical skills appropriately. • To know how to change speed & direction to keep possession and progress towards goal. • To know how to handle an oval shaped ball. • To know how to pass and receive a rugby ball. • To know how to cut, dodge and manoeuvre. •	• To know how to feed a ball accurately to a partner. • To know how to hold a racket correctly in order to hit a ball. • To know how to use a range of simple tactics and strategies in a game of tennis. • *To know how to improve the quality of our body shapes.* • *To know how to make sequences on their own and with a partner.* • *To know how to share bodyweight across different points of contact.*	• To know how to dribble a basketball. • To know how to tackle. • To know how to score a basket. • *To know which country cumbia dancing originates from.* • *To know how to perform simple cumbia steps* • *To know how to use isolation to perfect techniques in this dance style.*	• To know how to run over hurdles. • To know how to jump for distance. • *To know how to compare performances with previous ones.* • *To know how to perform a minimum of 3 rolls.* • *To know how to mirror and contrast in movements and balance.* • *To know how to begin and finish movements neatly and clearly.*	• To know how to stand to use a golf club. • To know how to control the distance and height of the ball with a golf club. • To know how to control of the chipper and putter. • *To know how to catch a rounders ball safely.* • *To know how to bat and bowl in rounders.* • *To know the correct rules for travelling between bases on the batting team.*

Year 4					
Autumn		**Spring**		**Summer**	
Gymnastics & Football	**Lacrosse & Netball**	***Rugby* & Gymnastics**	**Rounders & Hockey**	**Tennis & Dance**	**Athletics & Cricket**
• To know how to dribble and pass a ball, changing the direction of play. • To know how to attack and score. • To know how to move defensively, disguising their passes. • To know how to perform quality body shapes statically and when jumping and landing. • To know how to balance on various different body parts. • To know how to incorporate balancing, rolling and travelling to form a sequence on your own and with a partner.	•To know how to carry a ball using a lacrosse stick. •To know how to pass and receive a lacrosse ball. •To know how to play a game of lacrosse in a team. • To know how to perform a chest pass, bounce pass and shoulder pass. • To know how to pass and receive a ball whilst moving, pivot and shoot within a match.	• To know how to link movements. • To know how to use mirroring and contrasting. • *To know the role of an attacker and defender and understand that the defensive line should be straight.* • *To know how to throw a ball sideways or backwards.* • *To know a range of footwork skills – change of pace, feint, side step.*	• *To know how to dribble a ball using a hockey stick.* • *To know how to pass and receive the ball.* • *To know how to play a game in a team.* • *To know how to throw a rounders ball to a team mate for fielding.* • *To know how to use the bases to get a player out.* • *To know how to play the role of backstop.*	• *To know the "ready position"* • *To know when to use one and two hands and how to change the racket angle, speed and gradient of the swing* • *To know how to serve underarm and overhead* • To know how to combine different movements into a solo performance. • To know how to use the elements of movement, dynamics and changing space to create a dance movement. • To know how to evaluate and improve a performance.	• To know how to improve to achieve personal best. • To know how to refine existing running, jumping and throwing skills. • *To know the rules of soft ball cricket.* • *To know the calls a batsman should make (yes, no, wait).* • *To know how to stand when batting.*
Year 5					
Autumn		**Spring**		**Summer**	

Ultimate Frisbee & *Boccia*	Netball & *Circuits*	Rugby & *Gym*	Swimming, Basketball & *Tennis*	Badminton & *Athletics*	Cricket & *Rounders*
• To know the rules of ultimate frisbee and understand the principle of 'Spirit of the Game'. • To know how to execute a backhand and forehand throw. • To know how to pass over a longer distance with increasing accuracy and control. • *To know the basic rules of Boccia including scoring.* • *To know strategic play and accuracy at several different points on court.* • *To know how to propel the ball onto a target on the floor.*	• To know a range of tactics and strategies, combining skills within a game of High 5 Netball. • To know how to choose positions and use space to help their team. • To know how to choose appropriate passing techniques to keep possession of the ball and progress towards the goal. • *To know the correct technique in a variety of circuit exercises.* • *To know arm, leg and core muscles of the body and their importance.* • *To know the importance of cardiovascular training.*	• To know how to pass and move to keep possession of the ball. • To know how to move forwards and pass the ball backwards. • To know how to play a small sided game of touch rugby. • *To know how to create symmetrical and asymmetrical body shapes.* • *To know how to produce and adapt a sequence of movements.* • *To know how to perform counterbalances and incorporate them into their sequences.*	• To know how to pass a basketball successfully with your team keeping possession. • To know how to attach and defend. • To know how to apply basketball skills when playing as part of a team in a game. • *To know how to hit forehand and backhand shots in order to keep a rally going with a partner.* • *To know how to control a ball with a racket.* • *To know how to play doubles and singles matches.* • To know how to use a range of swimming strokes with increasing effectiveness. • To know how to swim with	• To know how to hold a badminton racket. • To know how to play forehand and backhand shots. • To know how to serve to multiple targets. • *To know how to sustain running pace over longer distances.* • *To know how to jump for height and throw for distance.*	• To know how to use the bat to defend the wicket and make runs. • To know how to use different bowling techniques. • To know the role of a fielder in cricket. • To know how to play Kwik Cricket matches. • *To know the roles and responsibilities of all fielding positions in rounders.* • *To know a range of throwing, catching, fielding and batting strategies.*

			increasing competence, confidence and proficiency over a distance of at least 25 metres.		
Year 6					
Autumn		**Spring**		**Summer**	
Gymnastics & *Football*	**Dance & *Netball***	**Hockey & Rugby**	**Tennis & Fitness**	**OAA & *Athletics***	**Cricket & *Rounders***
• To know how to perform partner balances with good body tension and clarity of shape. • To know how to evaluate performance and suggest improvements. • To know how to develop flight by adding a shape into the middle of their jump. • To know how to explain how a sequence is formed, using appropriate terminology to describe technique and composition.	• To know how to choreograph and express imaginative ideas in a specific style in time to the music. • To know how to work co-operatively with a group to achieve good synchronicity in formations and when transitioning between formations. • *To know the rules of footwork and apply this to a game.* • *To know how to mark an opponent.*	• To know how to dribble, pass and stop a ball using a hockey stick. • To know how to keep possession of the ball. • To know how to attack and defend. • To know how to pass and move to keep possession of the ball. • To know how to use tactics to outsmart the opposition. • To know how to play a small sided game of touch rugby.	• To know how to keep score in tennis. • To know when a ball is in or out. • To be able to play a singles and doubles match. • To know how to strengthen the muscles in the arms, legs and core.	• *To know how to work as a team to competitively perform a sprint relay.* • *To know how to control running pace over a range of distances.* • *To know how to use running, jumping, throwing and catching in isolation and in combination in the context of sprint relays, running for endurance, running over hurdles, jumping for height and distance and throwing.*	• To know how to react quickly and catch balls thrown at different heights and angles. • To know how to throw the ball accurately over a long distance. • To know how to strike a bowled ball over a long distance into a space. • *To know how to hold a rounders bat to strike effectively.* • *To know fielding positions and know how to return the ball quickly and*

• *To know how to move away and pass away from defenders gaining space.* • *To know how to use positions and formations within a game.*	• *To know the different positions (high 5).*			• To know how to decide what approach to use to meet the challenge set. • To know how to use individual and teamwork skills in problem-solving activities. • To know the importance of a group or team plan, and the value of pooling ideas. • To know how to improve performance by changing or adapting approaches as needed.	*effectively when fielding.* • *To know the rules of the game and how to 'read' the game and apply tactics to outwit opponents.*