

PE Knowledge and Skills Progression Document



FARNSFIELD ST MICHAEL'S C OF E PRIMARY SCHOOL

Key Area	EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
Healthy body and mind	Know that exercise is important to stay healthy.	Know that breathing, heart rate and temperature change during exercise. Measure heart rate by taking their pulse.	Know that it is important to warm up and cool down when exercising. Know that keeping fit is good for health.	Know that exercise is important for mental well being. Know the important safety principles when preparing for exercise. Know that exercise has a valuable role in keeping healthy. Know that muscles have names. Create warm-up routines.
Invasion games	Know that we can control our body and move freely using suitable speed or direction to avoid obstacles.	Work with others as part of a team. Understand and follow basic game rules. Make choices to confidently keep safe in the space during a game. Use simple tactics for attacking and defending. Use simple tactics while participating in team games.	Find space on the pitch. Dribble a ball with control using both hands and feet. Control a hockey stick and manipulate the ball in different directions whilst maintaining control. Catch a medium/large ball using the 'W' technique. Pass a ball with control using both hands and feet.	Identify, create and exploit space in a competitive situation against an opponent. Pass and receive a ball with accuracy and control using the inside of the foot. Pass and shoot with accuracy, using the 'push' and 'slap' techniques in hockey. Catch a medium/large ball with control and good technique, selecting the appropriate handling shape ('W', 'cup' or 'scoop').

			<p>Work as part of a team and contribute ideas.</p> <p>Understand game rules and follow them.</p> <p>Begin to show a basic understanding of strategies.</p>	<p>Pass a ball accurately with control using 'bounce', 'chest', 'overhead', 'shoulder', 'hip' and side passes.</p> <p>Go past a defender whilst maintaining controlled possession, demonstrating a skill, change of direction and a change of pace.</p> <p>Communicate effectively and provide information when passing and receiving.</p> <p>Demonstrate the ability to lead and motivate others.</p> <p>Problem solve situations and provide constructive feedback to team mates.</p> <p>Use technical and tactical understanding to effect the game.</p> <p>Understand and apply the principles of attacking and defending in a game situation.</p>
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<p>Creative movement (dance and gymnastics)</p>	<p>Move confidently and safely in their own and general space. (under, round, over equipment and obstacles)</p> <p>Copy simple movements to form a sequence.</p> <p>Jump off an object and land appropriately.</p> <p>Make shapes using their bodies according to commands.</p> <p>Respond in different ways to different types of music.</p>	<p>Demonstrate good body balance.</p> <p>Change speed, levels and body size whilst moving around an area.</p> <p>Perform an animal travel.</p> <p>Can demonstrate and recognise gymnastic shapes.</p> <p>Perform a gymnastic jump on the mats.</p> <p>Mirror and create gymnastic sequences.</p> <p>Demonstrate movement phrases with beginnings, middles and ends.</p> <p>Perform dances using simple movement of patterns.</p> <p>Know that dancers can explore the change of rhythm, speed, level and direction.</p>	<p>Travel in different ways on a bench or beam, showing balance and control.</p> <p>Create different movements to represent particular moods or trigger words such as 'heavy' or 'light'.</p> <p>Perform a range of gymnastic jumps from the box tops.</p> <p>Perform a gymnastic roll.</p> <p>Copy and create sequences using the mats and beams.</p> <p>Work with a group to set up mats on the floor.</p> <p>Create dance phrases to communicate ideas.</p> <p>Use counts to keep in time with a group and the music.</p> <p>Observe and provide feedback on their own and classmates' performance.</p>	<p>Perform a variety of travels at different levels on benches and narrow beams.</p> <p>Create and perform gymnastic routines utilising both the floor and apparatus, demonstrating a good technique of shapes, jumps, travels and rolls.</p> <p>Use apparatus to create and perform sequences individually and with a partner.</p> <p>Perform different styles of dance performed clearly and fluently.</p> <p>Critically evaluate performance both of self and of classmates and provide feedback in class discussions.</p>
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<p>Net and wall</p>	<p>Make large and small movements.</p> <p>Catch a large ball.</p> <p>Kick a ball along the floor.</p>	<p>Balance an object on a racket whilst moving around.</p> <p>Push and receive an object using a racket with control.</p> <p>Catch and control a ball in movement.</p>	<p>Maintain control of both body and racket when changing direction and moving around the court.</p> <p>Perform both the forehand and backhand techniques returning the ball over the net.</p> <p>Identify the different markings on a tennis court.</p> <p>Return a ball to a partner.</p>	<p>Demonstrate competent reactions and footwork when responding to an opponent and recovering on the court.</p> <p>Perform a wide-range of techniques including forehand, backhand, serve, drop shot and volley.</p>
<p>Striking and fielding</p>	<p>Hit a ball with another piece of equipment.</p> <p>Throw a ball using over or under arm.</p>	<p>Can hit a small or large object with a bat or racket.</p> <p>Use under and over arm throwing.</p>	<p>Catch a ball with control using the 'cup', 'scoop' and 'sky catch' techniques.</p> <p>Throw a ball with control and accuracy to another player using overarm and underarm techniques over short to medium distances.</p> <p>Strike a small ball with a bat showing control and accuracy.</p> <p>Communicate with and provide support for the player in possession of the ball.</p> <p>Demonstrate decision making skills such as when and when not to run, or who to throw to.</p>	<p>Intercept a moving ball in different directions, adjusting the body using controlled footwork.</p> <p>Select appropriate catching techniques and barriers including the short and long barriers.</p> <p>Strike a ball accurately using a variety of different techniques including the 'straight drive'.</p> <p>Catch competently using one hand.</p> <p>Throw competently, with accuracy, over short, medium and long distances selecting appropriate throwing techniques.</p> <p>Demonstrate understanding of tactics and strategies.</p> <p>Demonstrate good shot selection based upon formation of the field.</p>
<p>Multi skills and athletics</p>	<p>Run, jump and throw with a range of equipment.</p>	<p>Perform a standing jump.</p> <p>Find and use space safely and appropriately.</p>	<p>Run with control and balance remaining within a lane.</p> <p>Throw a javelin safely with control.</p>	<p>Demonstrate a competent running style.</p> <p>Exchange/receive the baton with good control and co-ordination in relay activities.</p>

	<p>Know that commands given can be used to vary the speed of running.</p>	<p>Change speed and direction whilst avoiding obstacles.</p> <p>Demonstrate object balance.</p> <p>Copy basic cardio movements.</p> <p>Roll an object with control and accuracy.</p> <p>Catch an object with control using the 'cup' shape.</p> <p>Push/dribble an object with control.</p> <p>Throw using both overarm and underarm techniques.</p>	<p>Run and jump over small/medium hurdles safely.</p> <p>Demonstrate the standing long jump with good technique.</p> <p>Describe techniques and comment on differences.</p>	<p>Perform and mark a standing long jump and a standing triple jump and progress performance.</p> <p>Perform, mark and analyse a range of throwing techniques, including the javelin and the chest push.</p> <p>Run and jump over large hurdles using good technique.</p> <p>Work well as part of a relay team with good communication and timing.</p> <p>Understand how to improve performance using good technique and can identify technical flaws.</p>
<p>Outdoor adventurous activity</p>			<p>Communicate ideas and listen to others.</p> <p>Know that there are best ways to work with a partner and a small group to plan and attempt to apply strategies to solve problems.</p> <p>Accurately follow and give instructions.</p> <p>Know that there are key symbols on a map and a key to help navigate around a grid.</p> <p>Use a range of skills to map reading skills.</p> <p>Make reflections upon solving challenges.</p>	<p>Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p> <p>Know that critical thinking is beneficial when approaching a task.</p> <p>Navigate around a course using a map.</p> <p>Develop strategies to solving challenges and ways to alter methods in order to improve.</p> <p>Know that critical thinking allows you to form good ideas.</p> <p>Know that group thinking and reflection are a best method to solve problems and overcome challenges.</p> <p>Know that there are a variety of strategies to orientate and use a map efficiently to navigate around a course.</p>

