



Physical Education – Key Knowledge Progression

	Gymnastics/ Dance	Fundamentals	Ball skills
Nursery Pe is delivered through EYFS Development Matters 2020 statements- Physical development in their indoor and outdoor areas.	I can continue to develop my balancing. I can climb up apparatus, using alternate feet. I can skip, hop, stand on one leg and hold a pose for a game like musical statues. I can remember sequences and patterns of movements which are related to music and rhythm.	I can continue to develop movement. I can continue to develop riding (scooters, trikes and bikes). I can continue to develop physical skills to tasks and activities in the setting. For example, decide whether to crawl, walk or run across a plank, depending on its length and width.	I can develop my ball skills.
	Key Vocabulary:	Key Vocabulary:	Key Vocabulary:

	Gymnastics	Fundamentals	Ball skills
Reception	I can copy and create shapes with your body. I can create shapes whilst balancing safely on apparatus. I can develop balancing and taking weight on different body parts. I can develop jumping and landing safely. I can copy and create short sequences by linking actions together. I can create short sequences using shapes, balances and travelling actions. I can develop jumping and landing safely from a height.	I can develop balancing whilst stationary and on the move. To develop running, jumping and stopping. To develop changing direction. To develop jumping and landing To develop hopping and landing with control. To explore different ways to travel.	I can develop rolling a ball to a target. I can develop stopping a rolling ball. I can develop my accuracy when throwing to a target. I can develop bouncing and catching a ball. I can develop dribbling a ball with your feet I can develop kicking a ball I can develop rolling and tracking a ball. I can develop dribbling with hands. I can develop throwing and catching with a partner.

	I can develop rocking and rolling. I can create sequences using apparatus		I can develop kicking a ball to a target.
	Key Vocabulary: Move, copy, shape, over, rock, around, sideways, backwards, forwards, space, safely, travel	Key Vocabulary: Run, stop, space, balance, jump, skip	Key Vocabulary: Run, stop, throw, roll, team, kick, space, catch

	Gymnastics	Fundamentals	Ball skills	Dance	Sending and receiving	Invasion	Athletics	Striking and fielding
Year 1	I can explore travelling movements. I can develop my stability, technique and control when performing and linking balances, shapes and jumps I can develop my technique in the barrel, straight and forward roll. I can link gymnastic actions	I can explore balance, stability and landing safely. I can explore how my body moves differently when I am running at different speeds, changing direction and dodging. I can explore jumping, hopping and skipping actions. I can explore co-ordination,	I can develop my control and co-ordination when dribbling a ball with my hands. I can explore rolling and throwing a ball with accuracy towards a target. I can explore catching with two hands. I can explore my control and co-ordination when	I can use counts of 8 to move in time and make my dance look interesting. I can explore pathways in my dance. I can create my own dance using, actions, pathways and counts. I can copy, remember, repeat, create and perform actions that	I can develop my rolling and throwing a ball towards a target. I can develop my receiving a rolling ball and tracking skills. I can send and receive a ball with my feet. I can develop my throwing and catching skills over a short and long distances.	I can understand the role of defenders and attackers. I can recognise who to pass to and why. I can move towards goal with the ball. I can support a teammate when playing in attack. I can move into space showing an	I can move at different speeds over varying distances. I can develop my agility balance and co-ordination. I can explore hopping, jumping and leaping for distance. I can develop my throwing for distance and accuracy.	I can develop my underarm and overarm throwing and catching. I can develop hitting a ball. I can develop collecting a ball. I can learn how to get a batter out. I can play games and understand how to score points.

	to create a sequence.	combination jumping and skipping with an individual rope.	dribbling a ball with my feet. I can explore tracking a ball that is coming towards me.	represent the theme.	I can apply my sending and receiving skills to small games.	awareness of defenders and stay with a player when defending.		
	Key Vocabulary: Copy, shape, rock, sideways, backwards, forwards, space, travel	Key Vocabulary: Fast, hop, slow, direction, land, safely	Key Vocabulary: Far, aim, direction, balance, send	Key Vocabulary: Move, copy, shape, safely, travel, sideways, backwards, forwards	Key Vocabulary: Pass, send, backwards, forwards, space	Key Vocabulary: Defender, attacker, points, score, dribbling, partner	Key Vocabulary: Far, fast, improve, hop, slow, direct, aim, bend.	Key Vocabulary: hit, throw, point, score, target, catch

	Gymnastics	Fundamentals	Dance	Ball skills	Sending and receiving	Athletics	Striking and fielding	Invasion
Year 2	I can perform gymnastic shapes and link them together. I can use shapes to create balances. I can link travelling actions and balances using apparatus. I can demonstrate different shapes, take-off and landing when performing jumps.	I can explore how my body moves when running at different speeds. I can develop changing direction and dodging. I can develop balance, stability and landing safely. I can explore and develop jumping, hopping and skipping actions.	I can remember, repeat and link actions to tell the story of my dance. I can develop an understanding of dynamics and how they can show an idea. I can use counts of 8 to help me stay in time with the music. I can copy, remember and	I can roll a ball to hit a target. I can develop my co-ordination and be able to stop a rolling ball. I can develop my technique and control when dribbling a ball with my feet. I can develop control and technique when kicking a ball.	I can roll a ball towards a target. I can track and receive a rolling ball. I can send and receive a ball with my feet. I can develop my throwing and catching skills. I can send and receive a ball using a racket.	I can develop my sprinting action. I can develop my jumping for distance. I can develop my technique when jumping for height. I can develop my throwing for distance.	I can track a rolling ball and collect it. I can develop my underarm throwing and catching to field a ball. I can develop my overarm throwing to limit a batter's score. I can develop my hitting for	I can understand what being in possession means and support a teammate to do this. I can understand that scoring goals is an attacking skill and to explore ways to do this. I can understand that stopping goals is a defending skill and

	I can develop rolling and sequence building. I can create a sequence using apparatus.	I can develop co-ordination, combination jumping and skipping with an individual rope.	repeat actions using facial expressions to show different characters. I can explore pathways and levels. I can remember and rehearse my circus dance showing expression and character.	I can develop my co-ordination and technique when throwing and catching. I can develop control and co-ordination when dribbling a ball with my hands.		I can develop my throwing for accuracy. I can select and apply knowledge and technique in an athletics carousel.	distance to score more points. I can get a batter out. I can understand the rules of the game and use these to play fairly.	explore ways to do this. I can explore how to gain possession. I can mark an opponent and understand that this is a defending skill. I can learn to apply simple tactics for attacking and defending.
	Key Vocabulary: Link, straddle, pathway, sequence, speed, star_tuck, pike	Key Vocabulary: Dodge, speed, jog, steady, hurdle, sprint	Key Vocabulary: Counts, slow, pose, fast, level, balance	Key Vocabulary: Overarm, underarm, collect, dribble, target, distance	Key Vocabulary: Receive, return, quickly, collect, position, partner	Key Vocabulary: Sprint, take off, jog, landing, distance, overarm, height, underarm	Key Vocabulary: Fielder, runs, batter, send, received, teammates, bowler	Key Vocabulary: Received, possession, goal, send, teammate, dodge.
	Gymnastics	Fitness	Dance	Ball skills	Netball	Athletics	Rounders	Tennis

Year 3	I can create interesting point and patch balances. I can develop stepping into shape jumps with control. I can develop my straight, barrel, and forward roll. I can transition smoothly into and out of balances. I can create a sequence with matching and contrasting actions and shapes. I can create a partner sequence incorporating equipment.	I can recognise different areas of fitness and explore what your body can do. I can develop my speed and strength. I can develop my agility, balance, co-ordination and stamina.	I can create actions in response to a stimulus and move in unison with a partner. I can create actions to move in contact with a partner or interact with a partner. I can select and link appropriate actions and dynamics to show our dance idea I can remember, repeat and create actions to represent an idea. I can share ideas of actions and dynamics to create a dance that shows a location. I can use choreographing ideas to develop my dance.	I can develop tracking and collecting skills. I can develop my confidence and accuracy when tracking a ball. I can develop my dribbling skills. I can develop by catching skills using one and two hands. I can explore and develop a variety of throwing techniques. I can use tracking and sending skills with my feet.	I can develop passing and moving and play within the footwork rule. I can use a variety of passes to move towards a goal. I can develop movement skills to lose a defender. I can defend an opponent and try to win the ball. I can develop the shooting action. I can apply skills and knowledge to play games using netball rules.	I can develop the sprinting technique and improve on my personal best. I can develop changeover technique in relay events. I can develop jumping technique in a range of approaches and take off positions. I can develop throwing for distance and accuracy. I can develop throwing for distance in a pull throw. I can develop officiating and performing skills	I can develop overarm and underarm throwing, catching and apply these to a striking and fielding game. I can develop bowling and learn the rules of the skill within this game. I can run around the outside of the bases and make decisions about when to stop and when to run. I can develop my fielding techniques and apply them to game situations. I can develop my batting technique and understand where to hit the ball. I can apply skills and knowledge to compete in a tournament.	I can develop racket and ball control. I can develop returning the ball using a forehand groundstroke. I can rally using a forehand. I can develop the two handed backhand. I can learn how to score. I can develop playing against an opponent. I can work collaboratively with a partner and compete against others.

	Key Vocabulary: Flow, matching, interesting, explore, control, create, contrasting	Key Vocabulary: Distance, strength, balance, accurately, control	Key Vocabulary: Perform, flow, match, explore, feedback, create, expression	Key Vocabulary: Track, shoulder, receive, overhead, chest, accurate	Key Vocabulary: Receiver, footwork, rebound, interception, mark, traveling, court	Key Vocabulary: Speed, higher, pace, power, control, strength, faster, accurate, further	Key Vocabulary: Strike, grip, post, rounders, batting, backstop, bowl, fielding	Key Vocabulary: Racket, serve, control, accurately, rally, track, opponent
	Gymnastics	Fitness	Ball skills	Dance	Tag Rugby	Athletics	Dodgeball	Cricket
Year 4	I can develop individual and partner balances. I can develop control in performing and landing rotation jumps. I can develop the straight, barrel, forward and straddle roll. I can develop strength in inverted movements. I can create a partner sequence to include apparatus.	I can recognise different areas of fitness and explore what my body can do. I can develop speed and strength. I can develop agility, balance, co-ordination and stamina.	I can develop my tracking and collecting skills. I can develop my confidence and accuracy when tracking a ball. I can develop dribbling skills. I can develop catching skills using one and two hands. I can explore and develop a variety of throwing techniques. I can use tracking and sending skills with feet.	I can copy and create actions in response to an idea and be able to adapt this using changes of space. I can choose actions which relate to the theme. I can develop a dance using matching and mirroring. I can learn and create dance moves in the theme of carnival. I can develop a carnival dance using formations, canon and unison.	I can develop throwing, catching and running with the ball. I can develop an understanding of tagging rules. I can begin to use the 'forward pass' and 'off side' rule. I can dodge a defender and move into space when running towards the goal. I can develop defending skills and use them in a game situation. I can apply the rules and skills you	I can develop my stamina and have an understanding of speed and pace in relation to distance. I can develop power and speed in the sprinting technique. I can develop technique when jumping for distance. I can develop power and technique when throwing for distance. I can develop a pull throw for	I can apply rules to a game situation. I can develop throwing at a moving target. I can use jumps, dodges and ducks to avoid being hit. I can develop catching a dodgeball at different heights. I can learn how to block using the ball. I can understand the rules of dodgeball and	I can develop overarm and underarm throwing and apply these to a striking and fielding game. I can develop bowling technique and learn the rules of the skill within this game. I can develop batting technique and understand where to hit the ball. I can develop fielding techniques and apply them to game situations.

				I can develop a dance phrase and perform as part of a class performance.	have learnt and play in a tag rugby tournament.	distance and accuracy. I can develop my officiating and performing skills	use them to play in a tournament.	I can play different roles in a game and begin to think tactically about each role. I can apply my skills and knowledge to compete in a tournament.
	Key Vocabulary: Technique, quality, apparatus, perform, extension, inverted	Key Vocabulary: Progress, technique, muscle, co-ordination, stamina, healthy	Key Vocabulary: Release, consistently, select, technique, control, persevere	Key Vocabulary: Represent, reaction, dynamic, unison, control	Key Vocabulary: Outwit, pivot, court, opposition, opponent, contact, filed, pitch	Key Vocabulary: Power, stamina, determination, officiate, accuracy, perseverance, personal best	Key Vocabulary: Communicate, protect, opponent	Key Vocabulary: Stance, two-handed pickup, retrieve, technique, opposition, stumped, short barrier
	Gymnastics	Fitness	Tag Rugby	Dance	Netball	Athletics	Rounders	Volleyball
Year 5	I can perform symmetrical and asymmetrical balances. I can develop the straight, forward, straddle and backward roll. I can explore different methods	I can develop an awareness of what my body is able to do. I can develop speed and stamina. I can develop strength using my own body weight.	I can understand when to run and when to pass. I can use the 'forward pass' and 'offside' rules. I can introduce the tagging rule and apply this to game situations.	I can create a dance using a random structure and perform the actions showing quality and control. I can understand how changing dynamics changes the appearance of the performance.	I can develop passing and moving to maintain possession. I can create and use space to support a teammate.	I can apply different speeds over varying distances. I can develop fluency and co-ordination when running for speed.	I can develop bowling under pressure whilst abiding by the rules of the game. I can strike a bowled ball with increasing consistency.	I can develop the fast catch volley. I can volley the ball using a set shot. I can develop the dig and understand when to use it.

	of travelling, linking actions in both canon and synchronisation. I can perform progressions of inverted movements. I can explore matching and mirroring using actions both on the floor and on apparatus. I can create a partner sequence using apparatus.	I can develop agility, balance with control and co-ordination.	I can develop dodging skills to lose a defender. I can develop drawing defence and moving towards goal. I can apply rules, skills and tactics learnt to play in a tag rugby tournament.	I can understand and use relationships and space to change how a performance looks. I can copy and repeat movements in the style of rock 'n' roll. I can work with a partner to copy and repeat actions in time with the music. I can work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.	I can change direction and speed to lose a defender. I can use defending skills to gain possession. I can develop the shooting action. I can use and apply skills, principles and tactics to a game situation.	I can develop my technique in relay changeovers. I can build momentum and power in the triple jump. I can develop my throwing with force for longer distances. I can develop my throwing with greater control and technique.	I can make decisions about where and when to send the ball to stump a batter out. I can develop a variety of fielding techniques and when to use them in a game. I can develop long and short barriers in fielding and understand when to use them. I can apply skills and knowledge to compete in a tournament.	I can keep a continuous rally going over the net. I can develop the underarm serve and learn the rules of serving. I can apply the rules, skills and tactics learnt to play in a volleyball tournament.
	Key Vocabulary: Symmetrical, asymmetrical, rotation, synchronisation, aesthetics, canon, progression	Key Vocabulary: Technique, agility, momentum, drive, rhythm, power	Key Vocabulary: Tactics, offside, control, foul, support, pressure, onside, obstruction	Key Vocabulary: Formation, posture, performance, canon, relationship	Key Vocabulary: Pivot, offside, tactics, control, foul, onside, obstruction	Key Vocabulary: Technique, down sweep, upsweep, flight, rhythm, stride	Key Vocabulary: Overtake, pressure, tracking, backing up, outwit, support, tactics	Key Vocabulary: Tactics, volley, co-operatively footwork, continuously, set, dig
	Gymnastics	Fitness	Tag Rugby	Dance	Athletics	Cricket	Volleyball	Dodgeball

Year 6	I can develop the straddle, forward and backward roll. I can develop a counter balance and counter tension. I can perform inverted movements with control. I can perform the progressions of a headstand and a cartwheel. I can use flight from hands to travel over apparatus. I can create a group sequence using formations and apparatus.	I can develop an awareness of what my body is able to do. I can develop speed and stamina. I can develop strength using my own body weight. I can develop agility, balance with control and co-ordination	I can understand when to run and when to pass. I can use the 'forward pass' and 'offside' rules. I can introduce the tagging rule and apply this to game situations. I can develop dodging skills to lose a defender. I can develop drawing defence and moving towards goal. I can apply rules, skills and tactics learnt to play in a tag rugby tournament.	I can copy and repeat a dance phrase showing confidence in movements. I can work with others to explore and develop the dance idea. I can use changes in dynamics in response to the stimulus. I can demonstrate a sense of rhythm and energy when performing bhangra style motifs. I can perform a bhangra dance, showing an awareness of timing, formations and direction. I can select, order, structure and perform movements in a bhangra style, showing various group formations.	I can develop my own and others sprinting technique. I can identify a suitable pace for the event. I can develop power, control and technique for the triple jump. I can develop power, control and technique when throwing for distance. I can develop my throwing with force and accuracy for longer distances. I can work collaboratively in a team to develop the officiating skills of measuring, timing and recording.	I can develop throwing and catching under pressure and apply these to a striking and fielding game. I can develop bowling under pressure whilst abiding by the rules of the game. I can strike a bowled ball with increasing consistency. I can develop fielding techniques and select the appropriate action for the situation. I can understand and apply tactics in a game. I can apply skills and knowledge to compete in a tournament	I can develop the fast catch volley. I can volley the ball using a set shot. I can develop the dig and understand when to use it. I can keep a continuous rally going over the net. I can develop the underarm serve and learn the rules of serving. I can apply the rules, skills and tactics learnt to play in a volleyball tournament.	I can apply rules honestly and fairly to a game situation. I can develop throwing at a moving target. I can use timing, balance and agility to avoid being hit. I can develop catching under pressure to get an opponent out. I can select and apply tactics in the game. I can develop officiating skills and referee a dodgeball game.
	Key Vocabulary: Formation, momentum, counter-balance,	Key Vocabulary: Generate force, continuous,	Key Vocabulary: Consecutive, formation, consistently,	Key Vocabulary: Choreograph, phase, contrast,	Key Vocabulary: Force, rotation, compete, trajectory,	Key Vocabulary: Consecutive, obstruction, consistency,	Key Vocabulary: Consecutive, deep, consistently,	Key Vocabulary: Outwit, tournament, sportsmanship,

	fluently, counter-tension, stability	measure, flexibility, record, analyse	conceding, dictate, turnover, shut down, contest	structure, fluently, connect	continuous pace, momentum, transfer of weight	continuous, co-operatively, drive-it, defensive-hit	forecourt, backcourt, defensive, attacking	consistently, cooperatively
--	--------------------------------------	---------------------------------------	--	------------------------------	---	---	--	-----------------------------

--

	Beginners	Developing and competent swimmers
Swimming	I can float in the water. I can use a breathing-techniques when swimming. I can propel through the water using my arms and legs. I can swim 10- 20 metres unaided in shallow waters. I can be competent in one of the swimming strokes. I can identify the dangers of water	I can perform safe self-rescue in different water-based situations. I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively, for example, front crawl, backstroke and breaststroke ensuring I use the

	locally and nationally.	correct breathing techniques. I can identify the dangers of water locally and nationally.
	Key Vocabulary: Buoyancy, backstroke, front crawl, breaststroke, propel, afloat, treading water, streamline.	Key Vocabulary: Buoyancy, backstroke, front crawl, breaststroke, propel, afloat, treading water, streamline.