

Skills & Knowledge Progression: PE

National Curriculum aims & purpose:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

School aims - skills, attitudes and knowledge that we would like all children to develop on their journey through the school

Sport, exercise, dance and gymnastics provide a fantastic platform on which to build a huge range of skills. We want our children to:

- Know how to stay fit and healthy, understand the importance of exercise and live healthy lives
- Enjoy being active, and as a result choose to engage in sport, exercise, dance and gymnastics in their free time, both in and out of school
- Understand how to work as a team to achieve a common goal, agreeing rules, roles and tactics, and sharing responsibility for outcomes
- Be introduced to a broad range of sports, primarily through the taught curriculum, but also through lunchtime activities and after-school clubs (all of which are free to join), so that they can find the one that will become their passion
- Play competitively, taking pride in their accomplishments and relishing the opportunity to represent their class, house, school or town
- Learn about winning and losing in a safe environment
- Develop a sense of fair play, respecting players, officials and the rules of a game
- Have the chance to take sport further, through introductions to local clubs, and with our more talented children supported in taking part in opportunities such as the Bodmin Schools Games and District Football.
- Recognise that sport should be, above all else, fun

Links to learning in EYFS:

Physical Development - Moving & handling

- Show good control and co-ordination in large and small movements.
- Move confidently in a range of ways, safely negotiating space.
- Handle equipment and tools effectively, including pencils for writing.

Physical Development - Health & self-care

- Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Expressive Arts & Design - Exploring and using media

- Sing songs, make music and dance, and experiment with ways of changing them.

Links to other subjects / curriculum areas:

- Music - moving in response to music in dance, and identifying how similar feelings and meanings are represented in both forms.
- Geography, history & RE - the role of dance in other cultures, time periods and religions.
- PSHE - understanding the principles of self-care and the importance of fitness for general health.
- Science - the effect of physical activity on the body and the function of the heart and lungs in particular.
- Art - using dance, silhouettes, body angles and the human form as the basis for artwork; exploring techniques to capture motion in still images and forms.
- English - writing match reports and recounts of sporting events, instructions for newly created games or biographies of sporting heroes.

Experiences every child should have:

- Take part in a regular diet of competitive intra-school events across a range of sports from Year 2 upwards; as children progress through the school, this expands to include officiating and organising events through our Sports Crew
- Represent the school in a Level 2 competition [our goal is that all children should represent the school at least once during Year 5/6; many children will take part in more events than this.
- Play sport in front of spectators (through inter-school events and our Sports Days)
- Take part in adventurous, outdoor activities, such as climbing, abseiling, raft building or orienteering
- Be introduced to local clubs and training centres through in-school taster sessions and longer-term projects (such as Chance to Shine cricket)

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Opportunities to develop and use Learning Powers in our curriculum

Curiosity	<ul style="list-style-type: none"> • Exploring the capabilities, possibilities and limitations in your body movements, fitness levels and skill • Taking chances to try things out, go wrong and take risks • Showing curiosity about new equipment, sports and activities • Developing understanding through questioning (eg. How are you going to move from a to b without losing control?) • Challenging each other through 1:1 and small group games.
Independence	<ul style="list-style-type: none"> • Tackling new situations and scenarios with growing confidence • Choosing and using resources and equipment independently, caring for it and returning it to the correct place once an activity is complete • Using imagination to find alternative solutions to a problem or new tactics to apply to a challenging situation • Playing and performing with confidence, in both competitive and non-competitive situations • Taking responsibility for actions, and accepting (and learning from) both success and failure
Empathy	<ul style="list-style-type: none"> • Considering the needs, wants and preferences of others when working together as a team • Offering honest, non-critical feedback to others, so they can improve • Designing games with the players in mind - how will they interact with the game? Will it make sense to them (and seem both fun and fair)? • Recognising the impact that actions and comments have on those around us • Forgiving the mistakes of others, particularly in team games - if a teammate is doing their best to score, it's not their fault that they missed
Perseverance	<ul style="list-style-type: none"> • Working with determination to master a new activity, and recognising that this is a challenging and long-term task that needs perseverance • Coping with setbacks and demonstrating ways to overcome a problem practically • Setting ambitious but realistic goals • Maintaining attention and clarifying information when being introduced to new skills and techniques • Showing commitment to finding out answers and solving problems
Reflectiveness	<ul style="list-style-type: none"> • Breaking challenges down into small steps and thinking problems through logically • Reflecting on the causes of both success and failure, and using this to improve future work • Understanding how to move a skill or game forward by applying tactics. • Evaluating work, using personal or shared criteria • Taking feedback from others into account and using this to consider next steps
Cooperation	<ul style="list-style-type: none"> • Treating other individuals and teams with respect, particularly in victory or defeat • Presenting and sharing work with others (particularly in dance and gymnastics) • Working in teams to achieve a common goal, not always to win. • Discussing and understanding the rules of a game. • Using listening and imitation to learn from peers, teachers and experts alike

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Year 1	<p>Recognise and perform contrasting movements and balances.</p> <p>Travel in different ways, changing speed and direction.</p> <p>Control my body when jumping and rolling in different ways.</p> <p>Link movements to create a sequence.</p> <p>Operate effectively with a partner.</p> <p>Create and perform a sequence with a clear beginning, middle and ending.</p>	<p>Travel in different ways with control.</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions.</p> <p>Pass the ball to another player.</p> <p>Use the travelling and passing skills in a game.</p>	<p>Track and receive a ball.</p> <p>Can throw underarm</p> <p>Throw a quoit.</p> <p>Catch.</p> <p>Bounce a ball with control.</p> <p>Use and practise throwing and catching.</p>	<p>Move in response to a video stimulus.</p> <p>Improvise and create movements with a partner.</p> <p>Show awareness of others when working in a group.</p> <p>Understand mirroring and use this with a partner.</p> <p>Keep in time with a steady beat to perform a traditional style of dance.</p> <p>Vary the shape and speed of my movements to represent an object.</p>	<p>Think about using space in a team game.</p> <p>Mark another player.</p> <p>Defend the space between players.</p> <p>Pass a ball to another player.</p> <p>Past a defender.</p> <p>Use attacking and defending skills in a team game.</p>	<p>Move over or round an obstacle with control.</p> <p>Jump in different ways with control.</p> <p>Show control and balance when travelling along a pathway.</p> <p>Show control when rolling and bouncing a ball.</p> <p>Combine skills to complete circuits independently.</p> <p>Can watch and evaluate the performance of a partner.</p>	<p>Hold a racket correctly and use it to control a beanbag in a variety of ways.</p> <p>Use a racket to hit a ball or beanbag with control.</p> <p>Apply my racket skills to play a target game.</p>	<p>Move at different speeds.</p> <p>Move along different pathways.</p> <p>Jump for height.</p> <p>Jump for distance.</p> <p>Jump in different ways.</p> <p>Perform a jumping sequence.</p>	<p>Use a cricket bat to control a ball along the ground.</p> <p>Use a cricket bat to hit a ball with control.</p> <p>Apply my bat and ball skills to play a small-sided game</p>	<p>Hold a racket correctly and use it to control a beanbag in a variety of ways.</p> <p>Use a racket to hit a ball or beanbag with control.</p> <p>Apply my racket skills to play a target game.</p>

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Year 2	<p>Perform and improve upon balances on different parts of the body.</p> <p>Create matching balances with a partner.</p> <p>Roll in different ways while showing control.</p> <p>Jump safely in a variety of ways, including on and off apparatus.</p> <p>Combine a selection of movements to create a gymnastic sequence.</p> <p>Work with a partner to create a matching sequence.</p>	<p>Move with the ball in a game.</p> <p>Use space when passing and receiving in a game.</p> <p>Use throwing and catching to pass and receive the ball in a game.</p> <p>Make or deny space when attacking and defending in a game</p> <p>Use attacking and defending skills in a game.</p> <p>Apply specific skills to an invasion game.</p>	<p>Roll and stop a ball.</p> <p>Throw underarm.</p> <p>Throw overarm.</p> <p>Can catch.</p> <p>Bounce a ball and catch a bounced ball.</p> <p>Use and practise throwing and catching.</p>	<p>Understand how dance can be used to communicate.</p> <p>Use different dance movements to communicate an idea.</p> <p>Dance in different formations to communicate different ideas.</p> <p>Communicate feelings through dance</p> <p>Refine and improve my movements.</p> <p>Change the rhythm of my movement to communicate different ideas.</p>	<p>Use space well in a team game.</p> <p>Understand how to mark players.</p> <p>Defend in a game by intercepting.</p> <p>Use a range of tactics to get past a defender.</p> <p>Pass the ball to another player.</p> <p>Use attacking and defending skills in a game.</p>	<p>Change the direction of movements with control.</p> <p>Use and combine different types of jumps</p> <p>I can perform movements with control and accuracy.</p> <p>I can combine more than one skill to complete an activity.</p> <p>I can complete activities independently and try to improve own performance.</p> <p>I can watch others and use this to improve own performance.</p>	<p>Hold a racket correctly to hit a ball.</p> <p>Hit a ball that has been thrown underarm.</p> <p>Practise and use a simple tactics.</p>	<p>Show the Olympic values of friendship and respect in a jumping for height activity.</p> <p>Show the Olympic value of excellence in a throwing for accuracy activity.</p> <p>Show the Olympic value of determination in a running activity.</p> <p>Show the Olympic value of courage in a running activity.</p> <p>Show the Olympic value of equality in a jumping for distance activity.</p> <p>Show the Olympic value of inspiration in athletics activities.</p>	<p>Hold a cricket bat correctly and use it to hit a ball.</p> <p>Practise a range of cricket skills.</p> <p>Combine my skills to play a competitive team game.</p>	<p>Hold a racket correctly to hit a ball.</p> <p>Hit a ball that has been thrown underarm.</p> <p>Practise and use a simple tactics.</p>

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Year 3	<p>Perform a range of jumps accurately. Accurately perform a forward roll from standing and a tucked backward roll.</p> <p>Perform a squat on vault accurately. Perform a lunge into handstand and a cartwheel accurately.</p> <p>Link movements together by performing a chassis step, straight jump half-turn and cat leap.</p> <p>Create and perform a gymnastics sequence with a partner.</p>	<p>Apply the basic principles of invasion games. Move with the ball.</p> <p>Use a range of techniques to pass the ball.</p> <p>Understand the basic principles of defending in invasion games. Understand the basic principles of attacking in invasion games.</p>	<p>Use an overarm throw to hit a target with accuracy.</p> <p>Strike a ball in an intended direction.</p> <p>Work cooperatively to field a ball.</p> <p>Use striking and fielding skills in a game.</p> <p>Design and play games that use striking and fielding skills.</p>	<p>Create a short dance, inspired by rainforests. Adapt movement phrases to vary the length of a dance.</p> <p>Combine movement phrases of different speeds in a dance.</p> <p>Use dance vocabulary to evaluate and improve a dance performance.</p> <p>Use dance vocabulary to improve the sequence and performance of a dance.</p>	<p>Develop dribbling and ball control skills in football</p> <p>Find and use space effectively.</p> <p>Learn the defensive skills of marking and tackling.</p> <p>Learn how to shoot in football.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use the skills I have learnt and apply them in a game.</p>	<p>Travel in a variety of ways. Change the direction, level and speed of travel.</p> <p>Use a range of ball control skills.</p> <p>Control movements using balance and coordination.</p> <p>Use a range of movement skills in circuit activities.</p> <p>Adapt and improve performances in a circuit activity.</p>	<p>Use effective footwork, movement and positioning in the context of net and wall games.</p> <p>Roll and throw a ball accurately.</p> <p>Develop ball control when using a racket.</p> <p>Hit a ball accurately using the forehand technique.</p> <p>Use the backhand technique in different ways.</p> <p>Play competitive net and wall-based games</p>	<p>Practise existing running, jumping and throwing skills.</p> <p>Sprint effectively.</p> <p>Run with fluency over hurdles.</p> <p>Jump for distance.</p> <p>Develop and refine different throwing techniques.</p> <p>Learn different push throw techniques.</p>	<p>Use an overarm throw to hit a target with accuracy.</p> <p>Strike a ball in an intended direction.</p> <p>Work cooperatively to field a ball.</p> <p>Use striking and fielding skills in a game.</p> <p>Design and play games that use striking and fielding skills.</p>	<p>Use effective footwork, movement and positioning in the context of net and wall games.</p> <p>Roll and throw a ball accurately.</p> <p>Develop ball control when using a racket.</p> <p>Hit a ball accurately using the forehand technique.</p> <p>Use the backhand technique in different ways.</p> <p>Play competitive net and wall-based games.</p>	<p>Begin to swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Begin to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p> <p>Begin to perform safe self-rescue in different water-based situations.</p>

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Year 4	<p>Perform a straddle forward roll and a backward roll to straddle correctly. Perform a straddle on vault correctly. Perform a lunge into cartwheel correctly. Link movements together by performing a straight jump full turn, a cat leap half turn and a pivot. Small group to create and perform a gymnastics sequence with a theme.</p>	<p>Pass and receive the ball. Dribble with the ball. Past an opponent. Tackle an opponent and win the ball back. Hit the ball. Apply the hockey skills that have been learnt.</p>	<p>Use correct techniques for catching a ball when fielding in cricket. Use an overarm throw to hit a target with accuracy. Learn defensive hitting techniques for batting in cricket. Learn attacking hitting techniques for batting in cricket. Learn the correct technique for bowling overarm in cricket from a standing position. Use a range of fielding, batting and bowling skills in a Kwik Cricket match.</p>	<p>Create a short dance, inspired by rainforests. Adapt movement phrases to vary the length of a dance. Combine movement phrases of different speeds in a dance. Use dance vocabulary to evaluate and improve a dance performance. Use dance vocabulary to improve the sequence and performance of a dance.</p>	<p>Develop dribbling and ball control skills in football. Find and use space effectively. Learn the defensive skills of marking and tackling. Learn how to shoot in football. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use the skills I have learnt and apply them in a game.</p>	<p>Travel in a variety of ways. Change the direction, level and speed of travel. Use a range of ball control skills. Control movements using balance and coordination. Use a range of movement skills in circuit activities. Adapt and improve performances in a circuit activity.</p>	<p>Use effective footwork, movement and positioning in the context of net and wall games. Roll and throw a ball accurately. Develop ball control when using a racket. Hit a ball accurately using the forehand technique. Use the backhand technique in different ways. Play competitive net and wall-based games</p>	<p>Practise existing running, jumping and throwing skills. Sprint effectively. Run with fluency over hurdles. Jump for distance. Develop and refine different throwing techniques. Learn different push throw techniques.</p>	<p>Use an overarm throw to hit a target with accuracy. Strike a ball in an intended direction. Work cooperatively to field a ball. Use striking and fielding skills in a game. Design and play games that use striking and fielding skills.</p>	<p>Use effective footwork, movement and positioning in the context of net and wall games. Roll and throw a ball accurately. Develop ball control when using a racket. Hit a ball accurately using the forehand technique. Use the backhand technique in different ways. Play competitive net and wall-based games.</p>	<p>Beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. Beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. Beginning to perform safe self-rescue in different water-based situations.</p>

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Year 5	<p>Perform a straddle forward roll and a backward roll to straddle correctly. Perform a straddle on vault correctly. Perform a lunge into cartwheel correctly. Link movements together by performing a straight jump full turn, a cat leap half turn and a pivot. Work in a small group to create and perform a gymnastics sequence with a theme.</p>	<p>Pass and receive the ball. Dribble with the ball. Get past an opponent. Tackle an opponent and win the ball back. Hit the ball. Apply the hockey skills I have learnt</p>	<p>Use correct techniques for catching a ball when fielding in cricket. Use an overarm throw to hit a target with accuracy. Learn defensive hitting techniques for batting in cricket. Learn attacking hitting techniques for batting in cricket. Learn the correct technique for bowling overarm in cricket from a standing position. Use a range of fielding, batting and bowling skills in a Kwik Cricket match.</p>	<p>Use a wide range of different movements in combination, maintaining good control, in a range of small sided game situations. Begin to adapt the performance of different movements to meet the outcomes required. Use a variety of skills and techniques creatively to engage an audience. Explain clearly how to develop their own and others' work. Identify aspects of their own performance that need to be improved and explain how.</p>	<p>Use a range of skills to move with the ball. Use the correct technique to pass the ball. Keep possession of the ball. Use different tactics for attacking in invasion games. Win back possession of the ball. Adapt my movements for attacking and defending.</p>	<p>Know the importance of helping the body to prepare for and recover from exercise and how this should be done. Set individual challenges and work towards achieving them. Compete fairly against a classmate in a circuit training activity. Improve your speed, agility and quickness within circuit training. Develop teamwork skills in a group task featuring different exercises. Use my knowledge of the effects of exercise to develop an effective fitness routine.</p>	<p>Understand and practise some of the fundamental skills of badminton. Hit a ball with accuracy using the forehand technique. Play a backhand stroke with control and accuracy. Perform a badminton serve. Develop a volley for use in a badminton mini game. Apply learnt skills in a variety of badminton mini matches.</p>	<p>Practise and refine existing running, jumping and throwing skills. Use an effective technique for sprinting including the sprint start. Sustain my running pace over longer distances. Practise jumping for height. Learn the fling throw technique. Use a variety of throwing techniques.</p>	<p>Learn the correct techniques for batting and bowling in cricket. Use the correct techniques for throwing and catching when fielding in cricket. Know the roles and responsibilities of the backstop and base fielders in cricket. Know the roles and responsibilities of the deep fielders in cricket. 'Read' the game and apply tactics to outwit opponents. Know and apply the rules of cricket during a game.</p>	<p>Understand and practise some of the fundamental skills of tennis. Hit a ball with accuracy using the forehand technique. Play a backhand stroke with control and accuracy. Perform an overhead tennis serve. Develop a volley for use in a tennis mini game. Apply learnt skills in a variety of tennis mini matches.</p>	<p>Beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. Beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. Beginning to perform safe self-rescue in different water-based situations.</p>

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Year 6	<p>Accurately perform a cat leap and a stag leap.</p> <p>Accurately perform a dive forward roll and a pike backward roll.</p> <p>Accurately perform a straddle over a vault.</p> <p>Perform a hurdle step into a cartwheel and round off.</p> <p>Perform a series of similar movements linked together in a sequence.</p> <p>Perform a gymnastics routine in time to music.</p>	<p>Apply skills and knowledge to be able to move with the ball.</p> <p>Apply skills and knowledge to be able to pass and move with the ball.</p> <p>Apply a variety of attacking skills and techniques in a game.</p> <p>Apply a variety of defending skills and techniques in a game.</p> <p>Invent a new game that requires attacking and defending skills.</p> <p>Apply the skills and techniques I have learnt to play an invasion game and evaluate its success.</p>	<p>React quickly and catch balls thrown at different heights and angles.</p> <p>Attack the ball using effective fielding techniques.</p> <p>Throw the ball accurately over a large distance.</p> <p>Strike a bowled ball over a large distance into space.</p> <p>Bowl a ball overarm at a target.</p> <p>Apply striking and fielding skills to complete a circuit of activities.</p>	<p>Combine complex sequences of actions with quality and fluency.</p> <p>Show confidence in adapting movements and skills to meet a specific outcome.</p> <p>Identify key strengths and weaknesses of their own and others' performances and know how to improve</p>	<p>Apply skills and knowledge to be able to move with the ball.</p> <p>Apply skills and knowledge to be able to pass and move with the ball.</p> <p>Apply a variety of attacking skills and techniques in a game.</p> <p>Apply a variety of defending skills and techniques in a game.</p> <p>Invent a new game that requires attacking and defending skills.</p> <p>Apply the skills and techniques I have learnt to play an invasion game and evaluate its success.</p>	<p>Understand ways to exercise safely.</p> <p>Understand and recognise exercising at different levels of intensity.</p> <p>Understand how exercise can boost mental wellbeing.</p> <p>Understand how exercise can improve physical strength.</p> <p>Lead another individual in a circuit of exercises.</p> <p>Work as a group to lead a training session.</p>	<p>Understand and practise some of the fundamental skills of badminton.</p> <p>Hit a ball with accuracy using the forehand technique.</p> <p>Play a backhand stroke with control and accuracy.</p> <p>Perform a badminton serve.</p> <p>Develop a volley for use in a badminton mini game.</p> <p>Apply learnt skills in a variety of badminton mini matches.</p>	<p>Practise and refine fundamental movement skills needed for athletics.</p> <p>Work as a team to competitively perform a sprint relay.</p> <p>Control running pace over a range of distances.</p> <p>Refine my hurdling technique.</p> <p>Practise and refine jumping techniques.</p> <p>Throw for distance using a heave throw technique.</p>	<p>Learn the correct techniques for batting and bowling in cricket.</p> <p>Use the correct techniques for throwing and catching when fielding in cricket.</p> <p>Know the roles and responsibilities of the backstop and base fielders in cricket.</p> <p>Know the roles and responsibilities of the deep fielders in cricket.</p> <p>'Read' the game and apply tactics to outwit opponents.</p> <p>Know and apply the rules of cricket during a game.</p>	<p>Understand and practise some of the fundamental skills of tennis.</p> <p>Hit a ball with accuracy using the forehand technique.</p> <p>Play a backhand stroke with control and accuracy.</p> <p>Perform an overhead tennis serve.</p> <p>Develop a volley for use in a tennis mini game.</p> <p>Apply learnt skills in a variety of tennis mini matches.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>