

Knowledge Progression in PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Cycle A	Fundamentals (Y2) Explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping Learn to work collaboratively with others, taking turns and sharing ideas Cycling Learn skills to ride a pedal bike independently <i>Sportsperson/diversity link: Kadeena Cox</i>	Gymnastics (Y1) Learn to use space safely and effectively Learn the basic skills of jumping, rolling, balancing and travelling on the floor and low apparatus Use the skills individually and in combination to independently create a sequence to perform <i>Sportsperson/diversity link: Simone Biles</i> Team Building (Y2) Develop communication and problem-solving skills <i>Sportspeople: The Lionesses</i>	Dance (Y1) Explore travelling actions, movement skills and balancing Understand why it is important to count music and use this in dances Copy and repeat actions linking them to make short phrases as well as creating their ideas linked to a theme <i>Sportspeople/diversity link: Diversity</i> Fitness (Y1) Take part in a range of fitness activities to develop components of fitness Develop agility, balance, coordination, speed and stamina <i>Sportsperson: Joe Wicks</i>	Ball Skills (Y2) Explore fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball <i>Sportsperson/diversity link: Sevda Altunoluk (goal ball player)</i> Net and Wall (Y1) Learn the importance of the ready position Develop throwing, catching and racket skills, learning to track and hit a ball Learn to play against an opponent and over a net using simple rules and tactics <i>Sportsperson/diversity link: Serena and Venus Williams</i>	Sending and Receiving (Y2) Develop skills including throwing and catching, rolling, kicking, tracking and stopping a ball Use equipment to send to send and receive a ball of varying sizes Learn the importance of abiding by the rules <i>Sportsperson: David Beckham</i> Striking and Fielding (Y2) Learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball Learn how to score points and use simple tactics Learn the rules of games such as rounders and cricket <i>Sportsperson/diversity link: Nasser Hussain</i>	Athletics (Y2) Develop skills such as running at different speeds, changing direction, jumping and throwing Learn how to perform a skill, measure performance and compete against others <i>Sportsperson/diversity link: Mo Farah</i> Invasion (Y2) Develop skills required for invasion such as sending, receiving and dribbling a ball Develop understanding of attacking, defending and possession Learn how to score points in invasion games and how to play by the rules <i>Sportsperson/diversity link: Marcus Rashford</i>
KS1 Cycle B	Fundamentals (Y1)	Gymnastics (Y2)	Dance (Y2)	Yoga (Y1)	Target Games (Y1)	Athletics (Y1)

	Explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping Learn to work collaboratively with others, taking turns and sharing ideas Ball Skills (Y1) Explore ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball <i>Sportsperson/diversity link: Sevda Altunoluk (goal ball player)</i>	Learn to work safely with and around apparatus Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases Develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions <i>Sportsperson/diversity link: Simone Biles</i> Cycling Learn skills to ride a pedal bike independently <i>Sportsperson/diversity link: Kadeena Cox</i>	Explore travelling actions, movement skills and balancing Understand why it is important to count music and use this in dances Copy and repeat actions linking them to make short phrases as well as creating their ideas linked to a theme <i>Sportsperson/diversity link: Diversity</i> Team Building (Y1) Develop communication and problem-solving skills <i>Sportsperson: The Lionesses</i>	Learn about mindfulness and body awareness Begin to learn some yoga poses that will help pupils connect with their mind and body Build strength, flexibility and balance Striking and Fielding (Y1) Learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball Learn how to score points and use simple tactics Learn the rules of games such as rounders and cricket <i>Sportsperson/diversity link: Nasser Hussain</i>	Develop aim using underarm and overarm action Select and apply the appropriate action for a target considering the size and distance of the challenge Net and Wall (Y1) Learn the importance of the ready position Develop throwing, catching and racket skills, learning to track and hit a ball Learn to play against an opponent and over a net using simple rules and tactics <i>Sportsperson/diversity link: Serena and Venus Williams</i>	Develop skills such as running at different speeds, changing direction, jumping and throwing Learn how to perform a skill, measure performance and compete against others <i>Sportsperson/diversity link: Mo Farah</i> Invasion (Y1) Develop skills required for invasion such as sending, receiving and dribbling a ball Develop understanding of attacking, defending and possession Learn how to score points in invasion games and how to play by the rules <i>Sportsperson/diversity link: Marcus Rashford</i>
LKS2 Cycle A Classes may do topics at different times to allow for the swimming lesson rotation	Swimming Learn specific swimming strokes on their front and their back Learn how to travel, float and submerge	Swimming Learn specific swimming strokes on their front and their back Learn how to travel, float and submerge	Fitness (Y3/4) Understand different components of fitness; speed, stamina, strength, coordination, balance and agility Take part in a range of fitness challenges to	Yoga (Y3/4) Learn about mindfulness and body awareness Learn yoga poses and techniques that will help connect body and mind	Dance (Y3) Create dances in relation to an idea including historical and scientific stimuli Develop use of counting and rhythm	Gymnastics (Y3) Develop the basic skills of rolling, jumping and balancing and use them individually and in combination Develop their sequence work, collaborating

	Learn to use different kicking and arm actions <i>Sportsperson/diversity link: Ellie Simmonds</i> OAA (Y3/4) Work as a pair and small group to plan, solve, reflect and improve on strategies Learn to be inclusive of others and work collaboratively to overcome challenges Learn to orientate a map, identify key symbols and follow routes <i>Inspirational person: Simon Reeve</i>	Learn to use different kicking and arm actions <i>Sportsperson/diversity link: Ellie Simmonds</i> Football (Y3/4) (I) Develop competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball Learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee Play even and uneven sided games <i>Sportsperson: Mary Earps</i>	test, monitor and record their data Learn to persevere when they get tired or when they find a challenge hard <i>Sportsperson/diversity link: Ellie Simmonds</i> Netball (Y3) (I) Use a range of different passes in different situations to keep possession and attack towards goal Learn about defending and attacking play in 5-a-side games Learn key rules such as footwork, held ball, contact and obstruction <i>Sportsperson/diversity link: Ama Agbeze</i>	Improve wellbeing by building strength, flexibility and balance Tennis (Y3) (NW) Develop the key skills required for tennis such as the ready position, racket control and hitting a ball Learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition <i>Sportsperson/diversity link: Serena Williams</i>	Learn to use cannon, unison, formation and levels in their dances <i>Sportsperson/diversity link: Nancy Xu</i> Athletics (Y3) Develop basic running, jumping and throwing techniques Learn how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best <i>Sportsperson/diversity link: Kare Adenegan</i>	with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow Introduced to the terms 'extension' and 'body tension' <i>Sportsperson/diversity link: Simone Biles</i> Golf (Y3/4) (SF) Understand the principles of the golf game and develop fluid movements that can be used in game situations Develop the skills and apply them to striking, chipping, putting, and playing a short and long game Develop their coordination, accuracy, and control of movements <i>Sportsperson: Rory McIlroy</i>
LKS2 Cycle B Classes may do topics at different times	Swimming Learn specific swimming strokes on	Swimming Learn specific swimming strokes on	Fitness (Y3/4) Understand different components of fitness; speed, stamina,	Yoga (Y3/4) Learn about mindfulness and body awareness	Dance (Y4) (Musicals) Focus on creating characters and	Gymnastics (Y4) Learn a wider range of travelling actions and

to allow for the swimming lesson rotation	their front and their back Learn how to travel, float and submerge Learn to use different kicking and arm actions <i>Sportsperson/local link: Adam Peaty</i> OAA (Y3/4) Work as a pair and small group to plan, solve, reflect and improve on strategies Learn to be inclusive of others and work collaboratively to overcome challenges Learn to orientate a map, identify key symbols and follow routes <i>Inspirational person: Bear Grylls</i>	their front and their back Learn how to travel, float and submerge Learn to use different kicking and arm actions <i>Sportsperson/local link: Adam Peaty</i> Dodgeball (3/4) (NW) Improve on key skills such as, throwing, catching and dodging Learn how to apply simple tactics to the game to outwit their opponent <i>Sportsperson/diversity link: Whitney Dosty</i>	strength, coordination, balance and agility Take part in a range of fitness challenges to test, monitor and record their data Learn to persevere when they get tired or when they find a challenge hard <i>Sportsperson: Joe Wicks</i> Tag Rugby (Y3/4) (I) Learn to keep possession of a ball using attacking skills <i>Sportsperson/diversity link and local link: Johnathon Joseph</i>	Learn yoga poses and techniques that will help connect body and mind Improve wellbeing by building strength, flexibility and balance Hockey (Y3/4) (I) Learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball Begin to think about defending and winning the ball <i>Sportsperson/local link: Holly Webb</i>	narrative through movement and gesture Gain inspiration from a range of stimuli, working individually, in pairs and small groups Think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts <i>Sportsperson/diversity link: Gorka Marquez</i> Athletics (Y4) Develop running, jumping and throwing techniques Complete challenges for distance and time Learn how to persevere to achieve their personal best <i>Sportsperson/diversity link: Mo Farah</i>	include the use of pathways Develop more advanced actions such as inverted movements and explore ways to include apparatus Work independently and in collaboration with a partner to create and develop more complex sequences <i>Sportsperson: Max Whitlock</i> Cricket (Y3/4) (SF) Learn how to strike a ball into a space Learn skills, strategies and tactics to outwit their opponent <i>Sportsperson/diversity link: Babar Azam</i>
UKS2 Cycle A	Fitness (Y5/6) Learn different components of fitness including speed, stamina, strength coordination, balance and agility	Yoga (Y5/6) Learn about mindfulness and body awareness Learn yoga poses and techniques that will	Cycling (Bikeability) Learn to master and control the bike Learn how to deal with traffic on short journeys	Dance (Y5) Learn different styles of dance Learn how to use movement to explore and communicate ideas and issues, and their	Dodgeball (I) Improve on key skills used in dodgeball such as throwing, dodging and catching They also learn how to select and apply tactics to the game to outwit	Gymnastics (Y5) Learn a wider range of actions such as inverted movements to include cartwheels and handstands Learn partner relationships such as

	Collect data based on speed and time in and identify areas they've made the most improvement in <i>Sportsperson: Joe Wicks</i> OAA (Y5/6) Develop teamwork skills Learn to orientate and navigate using a map <i>Sportsperson/diversity link: Mo Farah</i>	help them to connect their mind and body Improve well-being by building strength, flexibility and balance Netball (Y5/6) (I) Develop defending and attacking play Learn a range of different passes to keep possession and attack towards the goal Show control and fluency when passing, receiving and shooting the ball <i>Sportsperson: Irene van Dyk</i>	<i>Sportsperson: Laura Kenny</i> Football (Y5/6) (I) Develop defending and attacking play Develop consistency and control in dribbling, passing and receiving the ball Learn the basics of goal keeping <i>Sportsperson/diversity link: Marcus Rashford</i>	own feelings and thoughts Develop an awareness of the historical and cultural origins of different dances <i>Sportspeople/diversity link: Diversity</i> Tennis (Y5) (NW) Develop competencies in racket skills Learn skills such as forehand, backhand, volley and underarm serve <i>Sportspeople/diversity link: Venus and Serena Williams</i>	their opponent by hitting opponents with a ball whilst avoiding being hit Learn officiating skills when refereeing games <i>Sportsperson/diversity link: Steve Ndumbe</i> Athletics (Y5) Learn the following athletic activities: running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin <i>Sportsperson/diversity link: Dame Kelly Holmes and Tanni Grey-Thompson</i>	canon and synchronisation and matching and mirroring <i>Sportsperson/diversity link: Louis Smith</i> Rounders (Y5/6) (SF) Develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball Learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions
UKS2 Cycle B	Fitness (Y5/6) Learn different components of fitness including speed, stamina, strength coordination, balance and agility Collect data based on speed and time in and identify areas they've made the most improvement in	Dance (Y6) Develop an idea or theme into dance choreography Learn different choreographing tools to create dances e.g. formations, timing, dynamics Learn movement to convey ideas, emotions, feelings and characters	Cycling (Bikeability) Learn to master and control the bike Learn how to deal with traffic on short journeys <i>Sportsperson/diversity link: Sarah Storey</i> Tag Rugby (Y5/6) (I) Develop key skills and principles such as defending, attacking,	Gymnastics (Y6) Develop knowledge of compositional principles to build a sequence e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences <i>Sportsperson/diversity link: Simone Biles</i>	Volleyball (Y5/6) (NW) Learn about the ready position, ball control, sending a ball over a net and how to use these skills to make the game difficult for their opponent <i>Sportsperson: Javier and Joaquin Bello</i> Athletics (Y6) Learn the following athletic activities: long	Yoga (Y5/6) Learn about mindfulness and body awareness Learn yoga poses and techniques that will help them to connect their mind and body Improve well-being by building strength, flexibility and balance Cricket (5/6) (SF)

	<i>Sportsperson/diversity link: Katarina Johnson-Thompson</i> OAA (Y5/6) Develop teamwork skills Learn to orientate and navigate using a map	<i>History link: Tudor dances – Pavane and Galliard</i> Hockey (Y5/6) (I) Improve defending and attacking skills Show control when dribbling, sending and receiving the ball <i>Sportsperson: Kate Richardson-Walsh</i>	throwing, catching, running and dodging Learn to support the ball carrier, when attacking, using width and drawing defence Learn to tag, track and slow down an opponent when defending <i>Sportsperson: Jason Robinson</i>	Badminton (5/6) (NW) Learn about the ready position, racket control, serving and hitting over a net and how to use these skills to make the game difficult for their opponent	distance running, sprinting, hurdles, high jump, triple jump, discus and shot put <i>Sportsperson/ diversity link: Usain Bolt</i>	Develop the range and quality of striking and fielding skills learn how to play the different roles of bowler, wicket keeper, fielder and batter <i>Sportsperson/ diversity link: Jofra Archer</i>
--	---	---	---	--	---	---