

Physical Education Curriculum Intent – Progression in Skills

Physical Education - Primary Curriculum

Subject Intent Statement:

Our intent is to inspire and allow all whatever their starting points pupils to participate, succeed and excel in competitive sport and other physically demanding activities.

We aim to provide opportunities for children to enjoy activity and become physically confident in order to support their health, wellbeing and fitness. We aim to provide wide ranging opportunities for children to compete in sport and other activities, to build character and help embed values such as fairness, resilience, perseverance and respect. We want all our pupils to leave our schools physically literate and confident in their own physical abilities.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Key knowledge Pupils will learn how to: -</p> <p>master basic movements including running, jumping, throwing and catching,</p> <p>move with an awareness of space</p> <p>move in a variety of ways with coordination</p> <p>move in different directions with coordination</p> <p>recognize what a good warm up should include</p> <p>copy movements</p>	<p>Key Knowledge Pupils will learn how to: -</p> <p>Perfect basic movements through practice</p> <p>Use simple tactics for attacking and defending</p> <p>Move in a variety of ways and in different directions with coordination and spatial awareness</p> <p>Combine several movements to create a simple dance</p>	<p>Key Knowledge: Pupils will learn how to: -</p> <p>Run, jump, throw and catch in isolation and in combination</p> <p>Play competitive games and apply basic principles suitable for attacking and defending</p> <p>Develop flexibility strength, technique, control and balance</p> <p>Use learnt technique when travelling, balancing and using equipment</p> <p>Use a range of movement patterns and memorize a sequence</p> <p>Take risks in a safe and controlled environment.</p>	<p>Key Knowledge: Pupils will learn how to: -</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders, tag rugby and tennis]</p> <p>Perform dances using a range of movement patterns</p> <p>Use a variety of gym equipment</p> <p>Perfect running techniques</p> <p>Perfect throwing and catching technique and accuracy.</p> <p>Take risks in a safe and controlled environment.</p>	<p>Key Knowledge: Pupils will learn how to:</p> <p>Remember and repeat short phrases and actions showing control, coordination, and spatial awareness.</p> <p>Select and use simple tactics and compositional ideas to effect successful outcomes in activities.</p> <p>Show body awareness, tension and control performing simple skills and actions.</p> <p>Demonstrate confidence, engagement and persistence when learning and developing skills.</p>	<p>Key Knowledge: Pupils will learn to:</p> <p>Show co-ordination and control when performing a range of skills and actions.</p> <p>Develop the range of skills, tactics, strategies and compositional ideas to meet different challenges.</p> <p>Understand and demonstrate how to prepare for and recover from physical activity.</p> <p>Compare and comment on skills, techniques and ideas and suggest alternative solutions to problems or difficulties.</p> <p>Demonstrate and describe how exercise affects the body.</p>
<p>Key Skills Say what is good about a performance</p> <p>Begin to use ICT to video a performance.</p> <p>Subject specific Dance Copies and remembers simple dance movements</p> <p>Begins to link movement to sound.</p> <p>Gymnastics Jumps off an object and lands appropriately.</p>	<p>Key Skills Use ICT to video a performance and review this to self-evaluate and begin to improve a performance.</p> <p>Subject specific Dance Copies and explores movement with developing control</p> <p>Varies levels and speed in sequence.</p> <p>Varies the size of their body shape</p> <p>Responds imaginatively to stimuli</p>	<p>Key Skills: Compare their performances with previous ones using It as appropriate Demonstrate improvement to achieve their personal best</p> <p>Subject specific Dance Begins to improvise independently or with a partner to create a simple dance</p> <p>Begins to adapt movements and motifs to create a larger sequence</p>	<p>Key Skills: Uses subject specific language and careful analysis to compare and modify performance</p> <p>Subject specific Dance Confidently improvises with a partner or individually.</p> <p>Beginning to create a larger dance in a larger group. Beginning to vary dynamics and develop actions and motifs.</p> <p>Demonstrates rhythm and spatial awareness.</p>	<p>Key Skills: Overarching Understand and communicate why physical activity is essential for health and well-being.</p> <p>Subject specific Dance Uses the body to tell a story through actions.</p> <p>Develops musicality putting movements to music.</p> <p>Understands and develops a motif and links moves together to create a themed dance.</p>	<p>Key Skills: Overarching Develop the range of skills, tactics and strategies to meet different challenges.</p> <p>Subject specific Dance Replicates movements and motifs accurately.</p> <p>Within a group independently devises a motif to a set beat.</p> <p>Uses facial expression and gestures to tell a story through actions.</p>

<p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Handles equipment and tools safely and with coordination and can perform different body shapes. .</p> <p>Games Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Athletics Jumps from a standing position</p> <p>Runs at different speeds</p> <p>Performs a variety of throws with basic control</p> <p>Healthy lifestyles Recognizes how exercise affects the body.</p>	<p>Describes a short dance using appropriate vocabulary</p> <p>Gymnastics Explores and creates different pathways and patterns</p> <p>Uses equipment in a variety of ways to create a sequence</p> <p>Links movement together to create a sequence and continues to develop a range of jumps.</p> <p>Games Confidently sends a ball to others in a range of ways</p> <p>Beginning to develop own games with peers</p> <p>Understands the importance of rules in games</p> <p>Develops simple tactics and use them appropriately</p> <p>Beginning to develop an understanding of attacking and defending.</p> <p>Athletics Changes speed and direction while running</p> <p>Jumps from a standing position with accuracy</p> <p>Performs a variety of throws with control and coordination</p> <p>Uses equipment safely</p> <p>Healthy lifestyles Describes the effect exercise has on the body</p> <p>Can explain the importance of exercise in a healthy lifestyle.</p>	<p>Gymnastics Applies compositional ideas individually and with a partner to create a sequence</p> <p>Copies, explores and remembers a variety of movements and uses these to create a sequence.</p> <p>Uses turns while travelling in a variety of ways</p> <p>Begins to show flexibility in movements</p> <p>Games Understands tactics and how they respond to an opponent</p> <p>Varies skills, actions and ideas to suit different games.</p> <p>Begins to communicate with team members.</p> <p>Works with a group to develop various games.</p> <p>Begins to understand how to compete in a controlled manner.</p> <p>Begins to select resources independently to carry out different skills.</p> <p>Athletics Begins to run at the speed appropriate for the distance.</p> <p>Performs a running jump with some accuracy.</p> <p>Performs a series of throws with some accuracy.</p> <p>Can use equipment safely and with control.</p> <p>Outdoor adventurous activity Develops listening skills</p> <p>Thinks activities through and applies problem-solving skills.</p>	<p>Gymnastics Develops flexibility, strength, technique, control and balance</p> <p>Links skills with control, technique and fluency.</p> <p>Understands composition and performs more complex sequences.</p> <p>Combines equipment with movement to create sequences.</p> <p>Games Uses running, jumping, throwing and catching in isolation and in combination</p> <p>Applies basic principles suitable for attacking and defending</p> <p>Shows confidence in using ball skills in a variety of ways and can link these e.g. dribbling, bouncing, kicking.</p> <p>Takes part in competitive sports with strong understanding of tactics and composition.</p> <p>Can create their own games using knowledge and skills.</p> <p>Athletics Beginning to build a variety of running techniques</p> <p>Performs a running jump with more than one component.</p> <p>Demonstrates accuracy in throwing and catching</p> <p>Uses equipment safely and with good control.</p> <p>Outdoor adventurous activity Demonstrates strong listening skills</p> <p>Uses a simple map</p>	<p>Invasion Games Understands and implements the basics of creating space and denying space.</p> <p>Implements the basics of defence and attack and uses effective strategies and decision-making techniques to create successful outcomes.</p> <p>Net & Wall Games Handles a bat/racket effectively with the correct grip.</p> <p>Strikes a ball with accuracy and consistency.</p> <p>Develops confidence in using the correct stance and movement patterns around the court/table.</p> <p>Understands the basic rules and develop an understanding of how games are started and scored.</p> <p>Gymnastics Uses the body to create different shapes.</p> <p>Uses the body to balance effectively and identify the definition of a balance, leading into balancing on different parts of the body (Points and Patches).</p> <p>Explores different methods of travel including the teaching of different ways in which pupils can roll and jump.</p> <p>Athletics Learns how to pace ourselves when running different distances.</p> <p>Learns how to run different distances including short, middle and long distance.</p> <p>Begins to throw, run and jump safely with basic technique.</p>	<p>Invasion Games Learns how to receive and offload possession.</p> <p>Creates scoring opportunities in game situations.</p> <p>Maintains possession through effective movement.</p> <p>Net & Wall Games Develops use of the Forehand to strike a ball effectively.</p> <p>Develops use of the Backhand to strike a ball effectively.</p> <p>Maintains a rally with a partner.</p> <p>Gymnastics Begins to link moves together to create a sequence.</p> <p>Work with others to create sequences that focus on canon and synchronisation.</p> <p>Links balances and methods of travel effectively to create aesthetically pleasing sequences.</p> <p>Athletics Runs the 75m, 150m, 600m and 1200m, demonstrating an appropriate pace for each.</p> <p>Throws a Shot Put effectively and safely.</p> <p>Throws a ball effectively and safely using the correct technique.</p> <p>Links a run and jump effectively to jump for distance.</p> <p>Outdoor adventurous activity Listens to other pupils and suggest own opinions to find solutions to problems.</p> <p>Works as a team to achieve set challenges.</p>
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- Commented [1]: Swimming?
- Commented [2]: _Marked as resolved_
- Commented [3]: _Re-opened_
- Commented [4]: @Emma is this comment linked to the word sequence or is it another aspect of the knowledge builder? thanks Susan
- Commented [5]: Sue, it is because swimming is missing from the knowledge builder and I think that it should be included.
- Commented [6]: Sounds sensible, something we will need to discuss with the group, was just querying re where the comment was highlighting in the text. Thank you for your work on this.
- Commented [7]: Yes sorry, just popped it in without thinking where it was!

		<p>Discusses ideas in a group</p> <p>Applies understanding of how to keep safe.</p> <p>Healthy lifestyles Can explain the importance of regular activity.</p> <p>Understands the need to warm up and cool down</p>	<p>Ability to think around a problem and find a solution</p> <p>Communicates effectively with group members.</p> <p>Applies safety rules.</p> <p>Healthy lifestyles Can explain the importance of regular activity.</p> <p>Understands the need to warm up and cool down</p>	<p>Outdoor adventurous activity</p> <p>Communicates effectively with others in group and team challenges.</p> <p>Develops team work and leadership skills including trust, patience and cooperation.</p> <p>Identifies and develops different methods of problem solving.</p> <p>Healthy lifestyles Exercising Safely and effectively</p> <p>Identifies different ways in which people can be physically active.</p> <p>Identifies the benefits of participation in physical activity.</p> <p>Begins to identify and measure level of physical fitness and skill related fitness.</p>	<p>Devises tactical strategies that increase the chance of success.</p> <p>Healthy lifestyles Exercising Safely and effectively Identifies personal level of fitness each Half-term.</p> <p>Begins to understand the different ways in which fitness can be measured.</p> <p>Displays appropriate physical and mental capabilities when running.</p> <p>Understands and demonstrates how to prepare for and recover from physical activity.</p>
<p>Key Vocabulary Pushing, kicking, throwing, catching, patting, jump, run, gallop, skip, climb, space, exercise, control, speed, obstacle, movement, performance, pattern</p>	<p>Key Vocabulary Agility, coordination, tactic, attack, defend, pattern, pathways, travelling, position, competition, dribbling, bouncing</p>	<p>Key Vocabulary: All vocabulary from KS1 plus: -</p> <p>KS2: Athletics, gymnastics, improvise, sequence, devise, motif, composition, flexibility, core strength, balance</p>	<p>Key Vocabulary: badminton, basketball, cricket, football, hockey, netball, rounders, tag rugby and tennis component, communicate, accuracy, technique, modify, improve</p>	<p>Key Vocabulary: Invasion, space, decision-making, defence, attack, balance, travel, pace, communication, trust, patience, fitness, motif, musicality.</p>	<p>Key Vocabulary: Possession, receive, offload, movement, sequence, track & field, pace, endurance, strategies, warm-up, cool-down, replicate, facial expressions, gestures.</p>