



Our Physical Education Adventure



Progression of Physical Education Knowledge

	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
DANCE	<p>I know that moving safely in a space involves looking forward and controlling my speed.</p> <p>I know that my body can move in different ways depending on the music I am listening to.</p> <p>I understand and use the vocabulary 'slow' and 'fast'.</p>	<p>I can describe dance movements using the vocabulary 'move, copy, create, rhythm.'</p>	<p>I know that there are repeating sequences in dance.</p> <p>I understand and use the terminology:</p> <p>Perform Control Co-ordination Mood & feeling.</p>	<p>I know what a 'phrase' is in dance and can describe movement using terminology linked to changing speed and direction.</p>	<p>I can identify parts of a performance that need to be practised and refined, and understand how to improve my own performance.</p>	<p>I understand and use the terminology:</p> <p>Composition Creative Style Precision Posture</p>	<p>I am able to evaluate the performance of myself and others based on the criteria provided.</p> <p>I understand and use the terminology:</p> <p>Accompaniment Clarity Fluency Interpretation</p>
GAMES	<p>I know how to prepare my body to roll a ball and receive it back. I know how to best position my body to balance a beanbag.</p> <p>I understand and use the vocabulary: 'team, partner, balance, roll, throw and catch'.</p>	<p>I know how to prepare my body to throw and catch.</p> <p>I understand and continue to develop my use of the vocabulary:</p> <p>Throw, catch, roll, hit, kick & move safely.</p>	<p>I know winning is not the most important part of an activity.</p> <p>I understand and use the vocabulary:</p> <p>Underarm Overarm Rules</p>	<p>I understand the rules about the games I have been taught.</p> <p>I know what to consider when my team is attacking and defending in ball games.</p> <p>I understand and use the vocabulary:</p>	<p>I can identify parts of a game that are going well and parts that need improving.</p> <p>I understand and use the vocabulary:</p> <p>Opposition Possession Adapt</p>	<p>I can understand different ways of attacking and select positions with my team carefully.</p> <p>I know where to stand when attacking or defending.</p>	<p>I can understand and explain the rules in Sports.</p> <p>I understand tactics and compositional ideas in team sports.</p> <p>I understand and use the vocabulary:</p> <p>Strategy</p>

	I know that rules are there to keep me safe.			Control Support Awareness of space. Field of Play Pass Shoot	Tactics Defending Attacking Forehand Backhand	I understand and use the vocabulary: Dribble Striking Techniques	Umpire Referee Implement
GYMNASTICS	I know how to find a good space. I know that bending my legs as I jump helps cushion the impact, I understand use the terminology: jump, stretch, curl, balance, move, and stop.	I understand and continue to develop use of the terminology: Curl, tense, stretch, control, relax, travel, balance & hold.	I understand and use the terminology: Copy, sequence, improve, plan, perform & feedback.	I understand and use the terminology: Apparatus, strength, criteria, improve, compare and contrast, repeat & sequence.	I understand and use the terminology suppleness & stamina. I know how to adapt a sequence.	I understand and use the terminology combine. I know how to plan and perform complex extended sequences.	I understand and use the terminology link, vault & spring. I know the importance of consistency and having an awareness of audience.
ATHLETICS	I know that moving safely involves looking forward, being aware of others and changing speed as appropriate.	I understand that it is important to change my pace to match the area that I am working within. I know how to adapt my technique in order to increase my distance when throwing (selecting between overarm and underarm)		I know how to adapt my technique in order to increase my distance and accuracy when throwing. I know how to plan a run to pace myself evenly.		I am able to analyse my own and others performances in order to improve my personal best. I understand and use the terminology linked to control, accuracy and stamina.	
SWIMMING				I have an awareness of water safety, including how to enter and exit the water safely. I know the style and technique required for each of the basic strokes: front crawl, back crawl, breast stroke.			

				I understand the vocabulary: Stroke Co-ordinate Breathing technique			
OAA	I know that a map represents places. I know what 'forwards', 'backwards', 'in front', 'over', 'under' and 'behind' mean. I know how to stay safe on outdoor climbing equipment.	I know how to read a map in order to follow a given route around a familiar location.		I know how to read a map of a familiar location. I know how to identify specific landmarks on a map in order to plan a route.	I am beginning to learn how to overcome problems and how to assess safety concerns. I know why I need to plan a route. I know how to use a compass to navigate a route.		
HEALTH & FITNESS Embedded across all of the above strands.	I know that I need to exercise to keep my body healthy.	I can describe how my body feels when still and when exercising. I can talk about how to exercise safely.	I understand how to exercise and describe how my body feels during different activities.	I can suggest appropriate warm-up ideas. I know why I need to dress appropriately for PE. I work in a responsible and safe manner. I can recognise changes in my body temperature, heart rate and breathing.	I am beginning to think about warm up activities that prepare me for exercise. I can talk confidently about the effect exercise has on my body and why I need to exercise to stay fit and healthy.	I can demonstrate activities for specific aspects of warm up—stretching, joint mobility, raising heart and breathing rates. I can describe the effects of exercise on the body showing understanding of the principles of respiration, temperature,	I show responsibility for my personal warm up program specific to the activity. I demonstrate all-round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions.

						fatigue and recovery.	
GUIDING STAR: PERSONAL BEST Embedded across all of the above strands.	I know what 'personal best' means. I know to keep trying my best, even when something is challenging.	I know that I need to listen to instructions carefully in order to be successful at a task. I know that if I practise something I will get better at it.	I know that learning something new requires practise and that everyone acquires new skills at a different rate.	I know that challenge is a positive thing. I know that aiming high helps me to improve.	I can recognise when something is outside of my comfort zone and am still willing to aim for it. I know that in all areas of life people have different strengths and areas they need to improve.	I know where my strengths are and the areas I need to improve. I can explore the best ways to make these improvements. I know who and what might be able to help me improve.	I know what goes into building sporting success and how professional athletes have made their achievements. I can use this to motivate myself to achieve my personal best.