Hellingly Community Primary School Progression of Knowledge- 'I know'				
	Subject PE			
	Early Years	**Year 1/2**	**Year 3/4**	**Year 5/6**
Coverage	Fundamental Movement Skills Gymnastics Dance Throwing and catching skills Ball skills - Kicking (football), Bat and ball (cricket, tennis) Athletics - running, jumping, throwing	**Year 1** Invasion Games Movement Skills/Health related fitness Gymnastics Dance Invasion Games Movement Skills/Health Related Fitness Multi Skills Athletics Striking & Fielding Games Target Games **Year 2** Invasion Games Movement Skills/Health Related Fitness Gymnastics Dance Invasion Games Movement skills/Health Related Fitness Striking and Fielding Games Athletics Net Games Target Games	**Year 3** Invasion - Basketball Invasion - Football Gymnastics Dance Invasion Games - Tactics Health Related Fitness Net - Tennis OAA Athletics Striking and fielding - Cricket **Year 4** Invasion - Basketball OAA Gymnastics Dance Invasion - Hockey Health Related Fitness Net - Tennis Swimming Striking and fielding - Rounders Athletics	**Year 5** Invasion - Netball Net - Volleyball Gymnastics Dance Invasion - Hockey OAA Striking and fielding - Rounders Net - Tennis Striking and fielding - Danish Long ball Athletics **Year 6** Invasion - Netball Invasion - Tag Rugby Gymnastics Dance Invasion Games - Tactics Invasion - Hockey OAA - Striking and fielding- Stoolball Net - Tennis Athletics

Key dates/ events/ knowledge	**Games-Health related fitness and movement** I know what space is. **Games - Throwing and Catching** I know how to participate in simple games. **Games - Ball Skills** I know how to move a ball in different ways. I know how to hit a ball with a bat or racket.	**Games-Health related fitness and movement** **Y1**: I know how the body feels before, during and after exercise I know how to carry and place equipment safely. **Y2:** I know what healthy means I know how to use the best space **Games - Invasion Games** **Y1**: I know what a good space looks like. I know what the term attacking means. I know what the term defending means. **Y2**: I know how to use and choose the best space in a game. I know what the term intercepting means. **Games - Striking & Fielding Games** **Y1:** I know how to use hitting skills in a game. **Y2:** I know how to make simple decisions about when and where to run in simple games **Games - Target Games** **Y1:** I know how to throw a small ball. **Y2:** I know how to throw, catch and bounce a small ball. I know how to throw a small ball overarm.	**Games-Health related fitness** **Y3**: I know the effects of exercise on the body I know the importance of warming up and cooling down I know the importance of strength and flexibility for physical activity. **Y4:** I know how the body reacts to exercise and how this affects performance I know why exercise I know what stamina, flexibility, balance, agility and coordination are. **Games - Invasion Games - Basketball** **Y3**: I know when it is appropriate to pass to teammates. I know what the term possession means. I know how to find useful space. I know how to use simple attacking and defending skills. I know how to choose appropriate tactics to cause problems for the opposition. **Y4**: I know how to maintain possession of a ball. I know how to make best use of space to pass and receive a ball. I know how to vary the tactics that I use in a game. **Games - Striking & Fielding Games** **Y3:** I know how to perform a range of catching and gathering skills with control. I know how to run to score points. **Y4:** I know how to intercept, stop and catch the ball with consistency. I know the most effective fielding skills for the game situation	**Games-Health related fitness** **Y5**: I know the reasons for warming up and cooling down. **Games - Invasion Games - Netball** **Y5**: I know when different throwing and catching techniques are appropriate to use. I know how to win back possession. I know how to use and create space to gain an advantage in a game. I know the best tactics for attacking and defending. **Y6**: I know how to anticipate the direction of play in order to use and create space. I know how to think ahead and create a plan of attack and defense. **Games - Striking & Fielding Games** **Y5:** I know how to prevent the opposition from scoring. I know how to direct the ball away from fielders when throwing and striking a ball. **Y6:** I know how to hit a ball over long distances. I know how to direct a ball when hitting or striking.

		Games - Net Games **Yr 2:** I know how to control a ball using a racket.	**Games - Net Games** **Yr 3:** I know 'The Ready Position'. I know forehand and backhand shots. **Yr 4:** I know how to serve.	**Games - Net Games** **Yr 5:** I know how to volley a ball. I know how to perform a volley, dig and serve. I know how to outwit an opponent. I know how to serve overhead. **Yr 6:** I know the rules of tennis
	Dance I know how to join a range of different movements.	**Dance** **Yr 1:** I know how to create a short dance. **Yr 2:** I know how to create a short dance inspired by a specific idea or theme.	**Dance** **Yr 3:** I know how to use simple choreographic devices such as unison and canon to create a short dance that conveys a definite idea or theme. **Yr 4:** I know how to use simple choreographic devices such as unison, canon and mirroring to compose a dance that reflects the chosen dance style.	**Dance** **Yr 5:** I know how to use transitions to link motifs smoothly together in order to compose individual, partner and group dances that reflect the chosen dance style. **Yr 6:** I know how to move to the beat and within a given space to create more complex sequences that include changes in speed, level and direction and display choreographic devices such as unison, canon, matching and mirroring.
	Gymnastics I know how to create a short sequence of movement.	**Gymnastics** **Yr 1:** I know how to create and perform a movement sequence. **Yr 2:** I know how to copy, explore and remember actions and movements to create sequences and perform with coordination.	**Gymnastics** **Yr 3:** I know how to choose ideas to compose a movement sequence independently and with others and link combinations of actions with increasing confidence, including changes of direction, speed or level. **Yr 4:** I know how to use an increasing range of actions, directions and levels in my sequences. I know how to move with clarity, fluency and expression.	**Gymnastics** **Yr 5:** I know how to select ideas to compose specific sequences of movements, shapes and balances. I know how to perform jumps, shapes and balances fluently and with control. **Yr 6:** I know how to create complex and well executed sequences that include a full range of movements. I know how to adapt sequences to include a small group. I know how to perform with precision, control, fluency and expression on and off the apparatus.
	Athletics I know how to run, jump and throw in a variety of ways.	**Athletics** **Yr 1:** I know how to run with a basic technique. I know how to perform different jumps,	**Athletics** **Yr3:** I know how to combine running with jumping. I know how to land safely showing	**Athletics** **Yr 5:** I know a variety of starting positions for running. I know how to select the most suitable

		landing safely and with control. I know how to throw overarm and underarm with increasing accuracy. I know how to increase the distance I can throw by using more power. **Yr 2:** I know how to maintain and control a run over different distances. I know how to perform different types of jumps with control. I know how to throw different types of equipment, in different ways, for accuracy and distance.	balance and control. I know how to throw with control and accuracy and for distance. **Yr 4:** I know how to demonstrate an improved technique for sprinting. I know how to perform a relay. I know how to combine a hop, step and a jump to perform a standing triple jump. I know how to land safely, with control and forward motion. I know how to increase the distance of my throws. **OAA** **Yr 3:** I know how to orientate myself around a short orienteering course. I know how to identify symbols used in a key. I know how to communicate with others. **Yr 4:** I know the different roles within a team. I know which equipment to choose for an activity. **Swimming** **Yr 4:** I know how to use front crawl, backstroke and breaststroke. I know how to perform safe self-rescue in different water-based situations.	pace for running in order to maintain pace. I know what stamina is. I know how to throw a variety of equipment. **Yr 6:** I know what an effective running technique is. I know how to jump for height and distance. I know how to support others to improve their personal best. **OAA** **Yr 5:** I know the skills I need to complete a particular role in a team. I know how to solve problems. I know how to work effectively as part of a team. **Yr 6:** I know how to communicate clearly and effectively when under pressure. I know how to demonstrate leadership skills when necessary.
Key people				

Key vocabulary	**Movement/ ball skills/ athletics/dance** Walk, jog, run, hop, skip, space, speed, direction, forwards, backwards, throw, catch, ball, bean bag, target, bounce, push, roll, pull, pass, hit, kick, partner, pairs, stretch, muscle, balance, jump, follow, copy, lead, games, rules, equipment. **Gymnastics** Roll, jump, balance, travel, stretched, straight, curled, tucked, star, wide, tall, small, shape, hold, still, on, off, over, under, through,sequence, bench, mat, table, curled side roll, log roll	**Games** Roll, throw, catch, underarm, overarm, bounce, pass, control, space, aim, target, accurate, speed, direction, hit, strike, pass, kick, shoot, score, team, opponent, intercept, attack, defend, racket. **Gymnastics** **Yr 1:** Roll, jump, balance, travel, tip toe, step, jump, hop, hopscotch, skip, gallop, bunny hop, stretched, straight, curled, tucked, star, narrow/wide, tall/small, straight/curved shape, hold, still, on, off, over, under, through, sequence, bench, mat, table, control, care, straight, star, half turn, curled side roll, log roll, teddy bear roll **Yr 2:** Roll, jump, balance, travel, tip toe, step, jump, hop, hopscotch, skip, gallop, bunny hop, stretched, straight, curled, tucked, star, narrow/wide, tall/small, straight/curved shape, tuck, half turn, hold, still, on, off, over, under, through, sequence, bench, mat, table, control, care, straight, star, half turn, tuck, log roll, curled side roll, teddy bear roll	**Games** Throw, catch, underarm, overarm, bounce, pass, chest pass, bounce pass, receive, control, space, aim, target, accurate, speed, direction, hit, strike, pass, kick, dribble, tackle, shoot, score, team, opponent, intercept, attack, defend, possession, fair play, tactics, evaluate, forehand, backhand, rally, ready position, bowl, bat, field, run, short barrier, long barrier,wicket, backstop. **Gymnastics** **Yr 3:** Roll, jump, balance, travel, tip toe, step, jump, hop, hopscotch, skip, gallop, bunny hop, stretched, straight, curled, tucked, star, narrow/wide, tall/small, straight/curved shape, hold, still, on, off, over, under, through, sequence, bench, mat, table, control, care, match, contrast,coordination, chassis steps, cat leaps, straight, tuck, star, staddle, pike, straight jump, half turn, flexibility, crouched forward roll, forward roll, tucked backward roll **Yr 4:** Roll, jump, balance, travel, tip toe, step, jump, hop, hopscotch, skip, gallop, bunny hop, stretched, straight, curled, tucked, star, narrow/wide, tall/small, straight/curved shape, hold, still, on, off, over, under, through, sequence, bench, mat, table, control, care, match, contrast,coordination, chassis steps, cat leaps, straight, tuck, star, staddle, pike, straight jump, half turn, strength, flexibility, crouched forward roll, forward roll, tucked backward roll, 1, 2, 3, 4 point balance, swing, hang, clarity, fluency, expression.	**Games** Throw, catch, underarm, overarm, bounce, pass, chest pass, bounce pass, receive, control, create space, aim, target, accurate, speed, direction, hit, strike, pass, kick, dribble, tackle, shoot, score, team, opponent, intercept, attack, defend, possession, fair play, tactics, mark, dodge,evaluate, gain advantage, predict, anticipate, under pressure, strengths, weaknesses, forehand, backhand, rally, ready position, bowl, bat, field, run, short barrier, long barrier,wicket, backstop. **Gymnastics** **Yr 5:** 1, 2, 3, 4 point balances, mirrored balances, twisted balances. Straddle forward roll, backward roll to straddle. Stag jump, split leap. Cannon, synchronisation, matching, mirroring. Fluently, control, adapt, transfer, strength, flexibility. **Yr 6:** Counter balance, counter tension, precision, control, fluency, expression

	Dance Speed, space **Athletics** Run, jump, land, roll, throw, underarm, target.	**Dance** **Yr 1:** Sequence, short dance, vary, speed, direction, control. **Yr 2:** Speed, levels, direction, control, coordination, space, rhythm. **Athletics** **Yr 1:** Run, jump, throw, land, throw, underarm, overarm, target, accuracy, power. **Yr 2:** Control, run, distance, jump, land, balance, accuracy, target, height,	**Dance** **Yr3:** Plan, perform, repeat, choreographic devices - unison and canon, awareness, expression. **Yr 4:** Choreographic devices - unison, canon, mirroring, clear, fluent, rhythm, spatial awareness. **Athletics** **Yr 3:** Sprinting technique, hurdles, pace, effective take-off, long jump, land, balance, control, throw, accuracy, distance,pull throw - javelin. **Yr 4:** Sprinting, speed, control, relay, baton, changeover technique, hop, step, jump, triple jump, land, forward motion, throw, distance, push throw - shot put. **OAA** **Yr 3:** Orienteering, symbols, communication **Yr 4:** Orienteering, key, communication, team, roles. **Swimming** **Yr 4:** Swim, unaided, front crawl, breaststroke, backstroke, breathing, float, tread water, water safety	**Dance** **Yr 5:** Fluency, clarity, compose, creative, imaginative, pace, timing,transitions, smoothly, expressively. **Yr 6:** Fluency, clarity, compose, creative, imaginative, pace, timing,transitions, smoothly, expressively, choreographic devices - unison, canon, mirroring, matching. **Athletics** **Yr 5:** Accelerate, starting positions, pace, distance, fitness, sustained run, stamina, jump, distance, triple jump, confidence, throw, fling throw - discus, fair play. **Yr 6:** Sprinting, hurdles, team, relay, pace, distance, endurance, stamina, jump, height, distance, control, triple jump, throw, personal best. **OAA** **Yr 5:** Orienteering, communication, collaboration, team, roles, compass, overcome problems, plan, route. **Yr 6:** Orienteering, communication, collaboration, team, roles, leadership, compass, overcome problems, plan, route.

Key places/ buildings				