




# PE KNOWLEDGE Progression

This is how our children's PE knowledge builds from Year 3 to Year 6.

## Pillars of our PE Curriculum:

Motor competence	Rules, strategies and tactics	Healthy participation
		
<ul style="list-style-type: none"> <li>This is a person's ability to make a range of physical actions which include co-ordinating fine and gross motor skills.</li> <li>These are fundamental to participate in everyday activities as well as playing and partaking in physical activity.</li> <li>PE will be the first time that some pupils are taught how to make confident and controlled motor movements.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils need to be taught how to move intelligently as well as competently. This involves responding to the needs of the context.</li> <li>Pupils need to be explicitly taught the rules, strategies and tactics involved with different types of activities.</li> <li>Tactics are the decisions people make about how, when and where to move.</li> <li>Some physical activities don't have rules or tactics, but all have strategies for success. These are less time-dependent and can have a broader relevance beyond playing games.</li> </ul>	<ul style="list-style-type: none"> <li>PE has a role to play to challenge and correct some misconceptions and knowledge that children have established outside of school.</li> <li>It is important for pupils to make connections between their knowledge of health and how it applies to physical activity.</li> <li>Pupils' interest can be increased by teaching how the body works, so that they can understand the relationships between activity and its effect on the body.</li> </ul>

Area of Study	Year 3	Year 4	Year 5	Year 6
<b><u>Gymnastics</u></b>	<p>Work with increasing control and strength and improving flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with increased control and precision.</p> <p>Mount, dismount and perform movements on equipment safely.</p> <p>Create some linking and transition movements to a specific theme.</p> <p>Compare and contrast gymnastic sequences, commenting on similarities and differences.</p> <p>Work with a partner to create, repeat and improve a sequence</p>	<p>Work with control, strength and fluidity and improving flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with control and precision and changing speed and direction.</p> <p>Mount, dismount and perform movements on equipment safely with increasing control and balance</p> <p>Combine movements and shapes to create new patterns.</p> <p>Adapt sequences to suit different abilities within a partnership.</p> <p>Make suggestions on how to improve my own performance and the performances of others.</p>	<p>Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with control and precision, changing speed and direction, and including a range of shapes.</p> <p>Mount, dismount and perform more complex movements on equipment safely with control and balance. Create more complex and extended sequences.</p> <p>Work with a partner to create, repeat and improve a sequence with at least three phases.</p> <p>Make suggestions on how to improve their own performance and performances of others using correct gymnastics terminology.</p>	<p>Movements are accurate, clear, and consistently controlled at varying speeds with improved balance, strength, and flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with control and precision.</p> <p>Changing speed and direction and moving seamlessly between action, balance and shapes.</p> <p>Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance.</p> <p>Link sequences and perform to specific timings.</p> <p>Combine their own work with that of more than one person or team.</p> <p>Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology.</p>
<b><u>Pilates</u></b>	<p>Perform simple Pilates moves and everyday tasks with correct posture and alignment</p> <p>Move with careful control, precision, and coordination.</p> <p>Know, understand, and show movements to demonstrate the planes of movement and positions of the spine.</p> <p>Make suggestions on how to improve my performance and performances of others</p>	<p>Perform Pilates moves and everyday tasks with correct posture and alignment.</p> <p>Move with careful control, precision and coordination and hold a precise and strong body posture.</p> <p>Know, understand, and show movements to demonstrate the strengthening of core muscles.</p> <p>Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.</p>	<p>Perform complex Pilates moves and complex everyday tasks with correct posture and alignment.</p> <p>Perform movements at varying speeds with careful control, precision, and coordination, hold a precise and strong body posture and maintain this throughout the performance.</p> <p>Know, understand, and perform movements and teach some of them to others.</p> <p>Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.</p>	<p>Perform complex moves and sequences and complex everyday tasks with correct posture and alignment.</p> <p>Hold positions and perform movements for increased periods of time without losing control or compromising technique.</p> <p>Know, understand, and perform movements and teach most of them to others.</p> <p>Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.</p>
<b><u>Dance (Strictly)</u></b>	<p>Copy and repeat some movement skills to include: travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills with complexity and confidence.</p> <p>Move in time to the music</p> <p>Express an idea in an original way.</p> <p>Work co-operatively with a group</p>	<p>Copy, repeat and develop some movement skills to include: travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills with more complexity, precision, and confidence.</p> <p>Move in time to the music</p> <p>Express ideas in an original and imaginative way.</p> <p>Work co-operatively with a group</p>	<p>Create new movements to include: travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills to develop flexibility, strength, control and balance.</p> <p>Move in time to the music</p> <p>Create and express an idea in a specific style.</p> <p>Work co-operatively with a group</p>	<p>Create and develop new movement including travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills to consistently demonstrate flexibility, strength control and balance.</p> <p>Move in time to the music</p> <p>Create and express imaginative ideas in a specific style.</p> <p>Work co-operatively with a group</p>

<p><b><u>Basketball</u></b></p>	<p>Work towards precision of movement, balance, and coordination with the ball.</p> <p>Travel with the ball, using both hands effectively</p> <p>Select the correct type of pass to use (chest or bounce) and shoot using correct technique with their stronger hand</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>		<p>Work towards precision of movement, balance, and coordination with the ball and demonstrate improvements in control, power, and speed.</p> <p>Travel with the ball, using both hands effectively</p> <p>Select the correct type of pass to use (chest or bounce) and shoot using correct technique with their stronger hand</p> <p>Show and perform learned skills under pressure</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>	
<p><b><u>Netball</u></b></p>		<p>Understand which pass to use, how to improve accuracy of a pass and passing in front of a player.</p> <p>Understand what attacking means, how to create and run into space and how to avoid your defender.</p> <p>Understand what defending means and how to make successful interceptions.</p> <p>Understand the different positions in a primary school game of netball and why it is important to rotate positions.</p> <p>Understand how to shoot in a game of netball.</p> <p>Understand how to work together as a team to improve their game and improve communication and teamwork skills</p>		<p>Understand which pass to use, how to improve accuracy of a pass and passing in front of a player.</p> <p>Understand what attacking means, how to create and run into space and how to avoid your defender.</p> <p>Understand what defending means and how to make successful interceptions.</p> <p>Understand the different positions in a primary school game of netball and why it is important to rotate positions. Understand how to shoot in a game of netball.</p> <p>Understand how to work together as a team to improve their game and improve communication and teamwork skills.</p>
<p><b><u>Football</u></b></p>		<p>Working towards precise movement, balance, coordination, control, power, and speed</p> <p>Use the correct part of the foot to stop the ball, kick the ball and change direction</p> <p>Remember names of some skills and use some skills in a game situation</p> <p>Starting to show good decision making and judgement skills</p> <p>Work well with others as part of a team and starting to show good communication skills and timing e.g. asking for the ball at the correct time</p>		<p>Work with precise movement, balance, coordination, control, power, and speed</p> <p>Consistently use the correct part of the foot to stop the ball, kick the ball and change direction</p> <p>Remember names of skills and use different skills in a game situation Show good decision making and judgement skills</p> <p>Work well with others as part of a team and show good communication skills and timing e.g. asking for the ball at the correct time</p>
<p><b><u>Tag Rugby</u></b></p>	<p>Work towards precision of movement, balance, and coordination with the ball.</p> <p>Run with the ball, keeping the ball close to the chest and perform grounding and gathering skills confidently.</p> <p>Demonstrate tagging the opposition player whilst on the move</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>		<p>Work towards precision of movement, balance, and coordination with the ball and demonstrate improvements in control, power, and speed.</p> <p>Run with the ball, keeping the ball close to the chest and perform grounding and gathering skills confidently</p> <p>Demonstrate tagging the opposition player whilst on the move</p> <p>Show and perform learned skills under pressure.</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>	