




# Fundamentals PE

## KNOWLEDGE Progression

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

### Pillars of our PE Curriculum:

| Motor competence   | Rules, strategies and tactics  | Healthy participation   |
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|  <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   |
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| <b>lexercise</b><br><br>Why it is important to be active and the importance of health and fitness | To understand and practice developing fluid and speedy transitions.<br><br>To maintain balance, posture and correct stance while sending and receiving.<br><br>To improve hand-eye coordination, timing and balance and improve starting and stopping quickly.<br><br>To show balance, coordination and control while moving at pace   | To develop and practice a range of jumping techniques and combinations of jumps, developing power, control, consistency and controlled landing.<br><br>To combine skills to consistently demonstrate flexibility, strength, technique, control and balance.                     | To develop fast movements including dodging by changing direction and anticipating play.<br><br>To practice different jumping techniques by practicing and developing their jumping for height and distance.   | To develop catching and passing on the move and while tracking a partner's movements.<br><br>To further develop the technique of sending, receiving and positioning.<br><br>To consistently demonstrate with accuracy varying movement types e.g. strength, power, flexibility, control.<br><br>To combine skills to consistently demonstrate flexibility, strength, technique, control and balance.   |
| <b>Imove</b><br><br>Know the importance of agility and footwork                                   | To develop awareness of speed and pace, as well as developing and practicing fluency in running and walking skills.<br><br>To develop and practice a range of jumping techniques developing power, control, consistency and how to control landing.<br><br>To develop and practice different combinations of jumps; developing fluency and control in putting together jumps.  | To learn and develop evading skills to move away from a defender.<br><br>To move effectively with the correct technique, whilst using equipment.<br><br>To use controlled footwork patterns to change direction and level.  | To incorporate quick reactions and move into available space in a game situation.<br><br>To react and respond by predicting movements and tactics of opposition.<br><br>To develop fast movements including dodging by changing direction and anticipating play.<br><br>To develop and practice jumping for distance using the whole body to help increase the length of the jump.<br><br>To develop and improve coordination and rhythm by exploring different jumping and movement patterns.<br><br>To practice different jumping techniques by practicing and developing their jumping for height and distance. | To develop and improve coordination and balance by exploring different running, jumping and movement patterns.<br><br>To practice different jumping techniques by practicing and developing jumping for height and distance.<br><br>To demonstrate balance and movement while traversing along a line.<br><br>To walk fluidly in a straight line while maintaining balance but varying height.<br><br>To traverse along a line while maintaining balance and keeping control of equipment. |
| <b>lpractice</b><br><br>Personal bests and competing against themselves                           | To develop how to move correctly holding or in control of equipment.<br><br>To develop evading skills to move away from a defender.<br><br>To develop building reaction and response, and to introduce pupils to the concept of 'fee ding the ball'.<br><br>To develop moving into the correct position to return a shot in net/wall games.<br><br>To develop hand-eye coordination and introduce the forehand technique to return a ball. | To understand and practice developing fluency & coordination running with the ball and changing direction.<br><br>To show control and balance while practising an unfamiliar skill.<br><br>To show awareness of space and control movements while performing a range of skills. | To develop movement prior to passing to anticipate the opposition strategy.<br><br>To develop catching and passing on the move, moving with the ball to create space to pass   | To react and respond by predicting movements and tactics of opposition.<br><br>To develop fast movements including dodging by changing direction and anticipating play.<br><br>To increase frequency and speed while sending and receiving equipment.<br><br>To further incorporate quick reactions, catching and responses in a game situation.   |
| <b>lcommuicate</b><br><br>Learning to communicate, debating and                                   | To develop the technique of Passing and Receiving.<br><br>To develop the correct technique for catching and to understand how we bowl/throw to ensure a catch is successful.   | To count out the phrases of 8 counts within the music on the regular beat, slow beat and quick beat correctly.<br><br>To move in time to the music demonstrating an awareness of rhythm and phrasing.   | To traverse along a line while maintaining balance and keeping control of equipment.<br><br>To perform complex moves that combine strength and flexibility.  | To demonstrate control and coordination when manipulating a ball.<br><br>To show creative thinking and adaptation to control a ball.<br><br>To perform complex moves that combine strength and flexibility.  |

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| <p>coming up with their own ideas</p>  | <p>To develop the correct technique for passing whilst evading opponents.</p> <p>To develop combining travelling and turning and counter balance skills, with some complexity and confidence.</p> <p>To develop expressing an idea in an original way</p>   | <p>To develop the correct technique for passing whilst evading opponents at speed.</p>   | <p>To link several movements together to perform a sequence.</p>   | <p>To link several movements together to perform a sequence.</p> <p>To further demonstrate balance and movement while manipulating a ball.</p>   |
| <p><b>Icreate</b></p> <p>Adapt games and creating their own, inclusivity</p> | <p>To identify space that can be moved into using a range of movements.</p> <p>To develop different movements, adapting technique to make them successful whilst travelling forwards and sideways.</p> <p>To develop their ability to design an activity, evaluate their knowledge and understanding of what makes something challenging</p>  | <p>To show balance and control while travelling over equipment and apparatus.</p> <p>To show control, dexterity, balance and strength while standing on one leg.</p>   | <p>To develop various passing, manipulation and movement techniques to evade the opposition or to gain an advantage.</p>                         | <p>To maintain a tight core while performing actions in a stood or seated position.</p> <p>To maintain control over balance while shifting body weight.</p> <p>To maintain stability without straining, keeping good control over movements.</p> <p>To utilise the maximum amount of space available to improve performance.</p> <p>To show awareness of surroundings and move efficiently across the floor.</p> |
| <p><b>Ithink</b></p> <p>Tactics and reasoning/problem solving</p>            | <p>To perform movements with equipment safely.</p> <p>To dodge equipment by adjusting my movements and tracking their flight.</p> <p>To develop fast movements including changing direction.</p> <p>To be able to work my core by holding my body in a controlled seated balance.</p> <p>To enhance balance and control while engaging my core.</p> <p>To maintain control through the core while performing various shapes and movements</p> | <p>To multitask activities within a game, track how equipment moves through the air, make adjustments, maintaining balance, coordination and movement of equipment</p> | <p>To move in a variety of directions to outwit opponents.</p> <p>To show control, dexterity, balance and strength while standing on one leg</p> | <p>To maintain balance on one and two feet while evading an opponent.</p> <p>To show control, dexterity, balance and strength while standing on one leg.</p> <p>To use clear footwork patterns to aid evasion from attackers/defenders.</p> <p>To move in a variety of directions to outwit opponents.</p> <p>To show quick and light movements by shifting on the balls of the feet.</p>                        |