



PE Curriculum Knowledge and Skills Progression

National Curriculum								
KS1			KS 2					
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>			<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>					
Gymnastic movements	Basic movements and team games	Dance	Athletics	Competitive games	Gymnastics	Dance	Outdoor and Adventurous activity	Evaluate
<p>Master basic movements incl running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Perform simple movements patterns.</p>	<p>Use running, jumping, throwing and catching in isolation and combination.</p>	<p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p>Develop flexibility, strength, technique, control and balance.</p>	<p>Perform dances using a range of movement patterns</p>	<p>Take part in outdoor and adventurous activity challenges both individually and with a team</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
SWIMMING								
<p>Swim competently, confidently, and proficiently over a distance of at least 25 meters</p>			<p>User a range of strokes effectively [for example front, crawl, backstroke and breaststroke]</p>			<p>Perform safe self-rescue in different water-based situations</p>		

YEAR 1						
KS 1 PE Curriculum End Points	AUTUMN		SPRING		SUMMER	
	Multi skills	Gymnastics	Dance	Invasion games	Striking and fielding	Athletics
<p>-Has mastered basic movements; running, jumping, throwing, and catching.</p> <p>-Has developed balance, agility, and co-ordination and is beginning to apply these in arrange of situations.</p> <p>-Can participate in team games and is developing simple tactics for attacking and defending.</p> <p>-Can perform dances using simple movement patterns.</p>	<p>-Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>-Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>-Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>-Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts).</p> <p>-Experience: Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts – -shape/levels/direction ,improving actions, making up a sequence.</p> <p>-Develop: working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus</p>	<p>-Skills: Skills of travelling, jumping, -turning, stillness, balance; changing shape, size, level, speed, tension</p> <p>-Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures</p> <p>-Develop: Develop making dances with clear beginning/middle/end; responding to rhythm, music, coordination and control</p>	<p>-Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>-Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>-Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>-Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>-Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>-Develop: simple games (net/wall, striking, goal scoring), playing these – alone/with a partner.</p>	<p>-Skills: Skills of running, throwing, jumping, direction, control, accuracy</p> <p>-Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p> <p>- Develop: an understanding of safe practice linked to the activities</p>

YEAR 2						
KS 1 PE Curriculum End Points	AUTUMN		SPRING		SUMMER	
	Multi skills	Gymnastics	Dance	Invasion games	Striking and fielding	Athletics
<p>-Has mastered basic movements; running, jumping, throwing, and catching.</p> <p>-Has developed balance, agility, and co-ordination and is beginning to apply these in arrange of situations.</p> <p>-Can participate in team games and is developing simple tactics for attacking and defending.</p> <p>-Can perform dances using simple movement patterns.</p>	<p>-Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>-Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>-Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>-Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions , requiring continuity and co-ordination of body parts).</p> <p>-Experience: Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts</p> <p>-shape/levels/direction ,improving actions, making up a sequence.</p> <p>-Develop: working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus</p>	<p>-Skills: Skills of travelling, jumping, -turning, stillness, balance; changing shape, size, level, speed, tension</p> <p>-Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures</p> <p>-Develop: Develop making dances with clear beginning/middle/end; responding to rhythm, music, coordination and control</p>	<p>-Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>-Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>-Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>-Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>-Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>-Develop: simple games (net/wall, striking, goal scoring), playing these – alone/with a partner.</p>	<p>-Skills: Skills of running, throwing, jumping, direction, control, accuracy</p> <p>-Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p> <p>- Develop: an understanding of safe practice linked to the activities</p>

YEAR 3						
KS 2 PE Curriculum End Points	AUTUMN		SPRING		SUMMER	
	Invasion Games	Gymnastics	Dance	NET/Wall	Striking and fielding	Swimming/ Athletics
<p>-Can use running, jumping, throwing and catching in isolation and in combination.</p> <p>● Is able to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>● Has developed flexibility, strength, technique, control and balance.</p> <p>● Can perform dances using a range of movement patterns.</p> <p>● Is able to take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>● Is able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>-Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>-Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner</p> <p>-Experience: Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus</p> <p>-Develop: Develop an understanding of actions ending one movement – starts next; making decisions to effect their actions</p>	<p>-Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; increase range of body actions; compose, practice and perform actions with control</p> <p>-Experience: Experience responding to a range of music/stimuli, expressing moods and feelings</p> <p>-Develop: Develop making own dances with clear beginnings/middle/end. Understand the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>-Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>-Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>-Skills: Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance</p> <p>-Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques</p> <p>-Develop: Develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>

YEAR 4						
KS 2 PE Curriculum End Points	AUTUMN		SPRING		SUMMER	
	Invasion Games/ Swimming	Gymnastics/Swimming	Dance/ Swimming	NET/Wall/ Swimming	Striking and fielding	Swimming/ Athletics
<p>-Can use running, jumping, throwing and catching in isolation and in combination.</p> <p>● Is able to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>● Has developed flexibility, strength, technique, control and balance.</p> <p>● Can perform dances using a range of movement patterns.</p> <p>● Is able to take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>● Is able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>- Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>-Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>-Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner. Practice, adapt and refine actions; perform with whole/part body control; explore and select actions which can be developed within sequences, practiced and repeated through gymnastic actions</p> <p>-Experience: Experience sequences which they remember and repeat, respond to a variety of tasks, longer sequences, apparatus choice</p> <p>-Develop: Develop an understanding of selecting more relevant actions, continuity when linking movement action.</p>	<p>-Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/direction; using whole body control; explore and select actions which can be developed within chances, practiced and repeated</p> <p>-Experience: Experience responding to a range of music/stimuli, expressing moods and feelings</p> <p>-Develop: Develop selecting content for making dances; discussing the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>-Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>-Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>-Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance</p> <p>-Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques</p> <p>-Develop: Develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>

YEAR 5						
KS 2 PE Curriculum End Points	AUTUMN		SPRING		SUMMER	
	Dance	Striking and fielding	Invasion Games	Gymnastics	NET/ Wall games	Athletics/ Sports Day
<p>-Can use running, jumping, throwing and catching in isolation and in combination.</p> <p>● Is able to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>● Has developed flexibility, strength, technique, control and balance.</p> <p>● Can perform dances using a range of movement patterns.</p> <p>● Is able to take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>● Is able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>-Skills: Improve skills of Travelling, jumping, turning, stillness, changing size/shape/level/ direction; using body parts/actions/variations in speed/continuity and stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions which can be developed within dances, practiced and repeated</p> <p>-Experience: Experience responding to music/stimuli, expressing moods and feelings</p> <p>-Develop: Develop: Refine content for making dances; interpreting different elements of dance; control, co-ordination, poise,elevation; a number of dance forms, include dances from different times, places and cultures</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p> <p>-Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p> <p>-Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>- Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions</p> <p>-Experience: Experience working within prescribed areas, considering and developing rules and scoring systems</p> <p>-Develop: Develop an understanding of selecting more relevant actions, continuity when linking movement actions</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p> <p>-Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>-Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed</p> <p>-Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques</p> <p>-Develop: Develop understanding of safe practice linked to activities, comparing and improving own performance</p>

YEAR 6						
KS 2 PE Curriculum End Points	AUTUMN		SPRING		SUMMER	
	Invasion Games	Gymnastics	Dance	NET/Wall	Striking and fielding	Swimming/ Athletics
<p>-Can use running, jumping, throwing and catching in isolation and in combination.</p> <p>● Is able to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>● Has developed flexibility, strength, technique, control and balance.</p> <p>● Can perform dances using a range of movement patterns.</p> <p>● Is able to take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>● Is able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>-Develop: Develop team games – working within prescribed areas, considering and developing rules</p> <p>-roles and scoring systems, understanding of game principles</p>	<p>-Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions</p> <p>-Experience: Experience performing and practising sequences alone with others; responding to own/partner task; complex sequences, planning apparatus, layouts</p> <p>-Develop: Develop selecting own ideas and relevant apparatus to develop more complex sequences</p>	<p>-Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; using complex body actions/control of body parts/stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions (include variations in speed/continuity/tension) which can be developed within dances, practices and repeated</p> <p>-Experience: Experience responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement.</p> <p>Develop: Develop use of other curriculum work to make dances; interpreting different elements of dance; control, coordination, poise, elevation; a number of dances from</p>	<p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>-Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	<p>-Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>-Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>-Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles.</p>	<p>- Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed</p> <p>-Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques</p> <p>-Develop: Develop understanding of safe practice linked to activities, comparing and improving own performance</p>

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