

# Skills and knowledge progression: PE

PE	
Athletics	
Willow	<ul style="list-style-type: none"> <li>• Carry out simple stretches.</li> <li>• Children begin to experience athletic skills of running, jumping, throwing and balances linked to sports day.</li> <li>• Perform individual movements.</li> <li>• Copy actions and movement</li> <li>• Engage muscle linked to task</li> <li>• Travel in different ways, changing direction and speed.</li> <li>• Carry out a range of simple jumps, landing safely.</li> <li>• Begin to move with control and care.</li> <li>• Children begin to experience fun competition with themselves and others.</li> <li>• Children begin to develop resilience and are encouraged to try their best and enjoy</li> </ul>
Elm	<ul style="list-style-type: none"> <li>• To know how your body feels when you are exercising.</li> <li>• To know how to run in different ways for a variety of purposes.</li> <li>• To know the 'lip to hip' technique for running.</li> <li>• To know how to run over obstacles</li> <li>• To know how to skip when running.</li> <li>• To know how to perform different jumps.</li> <li>• To know how to perform a short jumping sequence.</li> <li>• To know how to begin to jump competitively (long jump)</li> <li>• To know how to throw in a variety of ways for different purposes.</li> </ul>
Birch	<ul style="list-style-type: none"> <li>• To know how to recognise and describe how the body feels during and after different physical activities.</li> <li>• To know how to run in different ways.</li> <li>• To know how to run for speed and distance.</li> <li>• To know the 'lip to hip' technique for running.</li> <li>• To know how to perform and compare different types of jumps: (link to gymnastics work on jumps.</li> <li>• To know how to jump for distance.</li> <li>• To know how to skip and skip when running.</li> <li>• To know how to support each other in improving techniques.</li> </ul>
Maple	<ul style="list-style-type: none"> <li>• To know how to recognise and describe the effects of exercise on the body.</li> <li>• To know how to improve and build on running skills</li> </ul>

	<ul style="list-style-type: none"> <li>• To know the 'lip to hip' technique for running.</li> <li>• To know how to run and jump over hurdles</li> <li>• To know how to jump for distance.</li> <li>• To know how to jump for height</li> <li>• To be able to throw with increasing accuracy and control .</li> <li>• To experience stamina based running events and how the body feels during and following the event (heart and lungs)</li> <li>• To know how to skip using a rope and to skip when running.</li> <li>• To know how to help each other with techniques in athletics</li> </ul>
Pine	<ul style="list-style-type: none"> <li>• To know how the body reacts at different times and in different ways to exercise</li> <li>• To know how to use different running and sprinting techniques.</li> <li>• To know the 'lip to hip' technique for running.</li> <li>• To begin to perform the Frosbury Flop in high jump.</li> <li>• To know how to perform a range of throws.</li> <li>• To be able to throw with increased distance and accuracy.</li> <li>• To know how to throw in the shot put.</li> <li>• To further develop fitness elements of stamina and strength and conditioning</li> <li>• To know how to comment on each others throws and help technique.</li> </ul>
Beech	<ul style="list-style-type: none"> <li>• To know how to explain some safety principles when preparing for and during exercise. (Health)</li> <li>• To know how to run using increasing technique.</li> <li>• To know how to perform a standing triple and long jump.</li> <li>• To know how to perform the Frosbury Flop in high jump</li> <li>• To know the 'lip to hip' technique for running.</li> <li>• To know how to improve own running techniques and others.</li> <li>• To know how to run over a sustained distance.</li> <li>• To know how to throw with increased technique and accuracy.</li> <li>• To know how to use peer review in PE</li> </ul>
Oak	<ul style="list-style-type: none"> <li>• To know how to explain some safety principles when preparing for and during exercise</li> <li>• To know that there are so many reasons why exercise is important</li> <li>• To know how to develop the technique for the standing vertical jump.</li> <li>• To know how to improve techniques for jumping for distance.</li> <li>• To know different skills and techniques for running and sprinting</li> <li>• To know how to perform the Frosbury Flop in high jump</li> <li>• To know the 'lip to hip' technique for running.</li> <li>• To know how to run over hurdles.</li> <li>• To know how to work as a team to competitively perform a relay.</li> <li>• To know how to demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li> <li>• To know how to perform a fling throw.</li> <li>• To know how to use peer review in PE.</li> </ul>

## PE

## Dance

Willow	<ul style="list-style-type: none"> <li>• Carry out simple stretches.</li> <li>• Perform individual movements.</li> <li>• Copy actions and movement</li> <li>• Engage muscle linked to shape or balance hold</li> <li>• Link two actions to make a sequence.</li> <li>• Travel in different ways, changing direction and speed.</li> <li>• Hold still shapes and simple balances.</li> <li>• Carry out a range of simple jumps, landing safely.</li> <li>• Move around, under, over, and through different objects and equipment.</li> <li>• Begin to move with control and care.</li> </ul>
Elm	<ul style="list-style-type: none"> <li>• To know how to warm up and cool down for dance</li> <li>• To know how to copy and repeat actions.</li> <li>• To know how to perform using a range of actions and body parts with some coordination.</li> <li>• To know how to begin to perform learnt skills with some control.</li> <li>• To know how to vary the speed of their actions.</li> <li>• To know how to use simple choreographic devices such as unison, canon and mirroring.</li> <li>• To know how to put a sequence of actions together to create a motif.</li> <li>• To know how to begin to improvise independently to create a simple dance.</li> <li>• To know how to watch and describe performances.</li> <li>• To know how to begin to say how they could improve and evaluate performances.</li> </ul>
Birch	<ul style="list-style-type: none"> <li>• To know how to warm up and cool down and stretch ready for dance.</li> <li>• To know the importance of strength and flexibility for physical activity</li> <li>• To know how to perform with some awareness of rhythm and expression.</li> <li>• To know how to begin to improvise with a partner or small group to create a simple dance.</li> <li>• To know how to begin to compare and adapt movements to create a larger sequence.</li> <li>• To know how to begin to improvise independently to create a simple dance.</li> <li>• To know how to move in time to music and to improve the timing of their actions.</li> <li>• To know how to create a short motif inspired by a stimulus.</li> <li>• To know how to change the speed and level of their actions.</li> <li>• To know how to use simple choreographic devices such as unison, canon and mirroring</li> <li>• To know how to perform sequences of their own composition with coordination and increased control.</li> <li>• To know how to watch and describe performances, and use what they see to improve their own performance.</li> <li>• To know how to talk about the differences between their work and that of others.</li> </ul>
Maple	<ul style="list-style-type: none"> <li>• To know the importance of strength and flexibility for physical activity.</li> <li>• To know how to perform with some awareness of rhythm and expression.</li> <li>• To know how to create motifs from different stimuli.</li> <li>• To know how to warm up, cool down and stretch for dance</li> <li>• To know how to demonstrate rhythm and spatial awareness.</li> <li>• To know how to begin to vary dynamics and develop actions in response to stimuli with more precision and control.</li> </ul>

	<ul style="list-style-type: none"> <li>• To know how to compose a dance that reflects the chosen dance style using some basic steps.</li> <li>• To know how to confidently improvise with a partner or on their own.</li> <li>• To know how to compose longer dance sequences in a small group with fluency and expression.</li> <li>• To know how to identify and repeat the movement patterns and actions</li> <li>• To know how to begin to compare and adapt movements and motifs to create a larger sequence.</li> <li>• To know how to use simple dance vocabulary to compare and improve work.</li> <li>• To know how to watch, describe and evaluate the effectiveness of a performance.</li> <li>• To know how to describe how their performance has improved over time.</li> </ul>
Pine	<ul style="list-style-type: none"> <li>• To know how to warm up, cool down and stretch for dance.</li> <li>• To know what Dance Music is and where it came from.</li> <li>• To know some movements from street dance and add timing and pace.</li> <li>• To know about locking and popping and how to include moves with confidence and fluency.</li> <li>• To know how to demonstrate imagination and creativity in the movements they devise in response to stimuli</li> <li>• To know how to use transitions to link motifs smoothly together.</li> <li>• To know how to compose individual, partner and group dances that reflect the chosen dance style.</li> <li>• To know how to improvise a sequence ensuring that their actions fit the rhythm of the music as a result of peer review</li> <li>• To know how to explain why they have used particular skills or techniques, and the effect they have had on their performance</li> <li>• To know how to watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> </ul>
Beech	<ul style="list-style-type: none"> <li>• To know that warm up, cool down and spatial awareness are important.</li> <li>• To know what Street Dance is and where it came from.</li> <li>• To know some movements from street dance and add timing and pace.</li> <li>• To know about locking and popping and how to include moves with confidence and fluency.</li> <li>• To know how to demonstrate imagination and creativity in the movements they devise in response to stimuli.</li> <li>• To know how to use transitions to link motifs smoothly together.</li> <li>• To know how to compose individual, partner and group dances that reflect the chosen dance style.</li> <li>• To know how to improvise a sequence ensuring that their actions fit the rhythm of the music as a result of peer review.</li> <li>• To know how to explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> </ul>
Oak	

PE	
Fitness	
Willow	<ul style="list-style-type: none"> <li>• To begin to experience fitness elements of running, jumping, Agility, balance and coordination</li> <li>• To develop the overall body strength</li> <li>• To develop the enjoyment of movement and fun game play</li> <li>• To develop awareness of individual muscles</li> <li>• To understand that the body will feel differently when exercising</li> </ul>
Elm	<ul style="list-style-type: none"> <li>• To know how your body feels when you are exercising.</li> <li>• To know how to run in different ways for a variety of purposes.</li> <li>• To know some basic muscle groups and how to engage them in activity</li> <li>• To know how to perform different jumps and steps.</li> </ul>

	<ul style="list-style-type: none"> <li>• To begin to know the correct technique for some key fitness movements</li> <li>• To know that your heart and lungs will work harder and feel different after intense activity</li> </ul>
Birch	<ul style="list-style-type: none"> <li>• To know how to recognise and describe how the body feels during and after different physical activities.</li> <li>• To know how to run in different ways.</li> <li>• To know how to run for speed and distance.</li> <li>• To know how to improve some fitness techniques and to develop further</li> <li>• To know how to perform and support a partner in fitness activities</li> <li>• To know how to jump and land safely.</li> <li>• To know how to skip.</li> </ul>
Maple	<ul style="list-style-type: none"> <li>• To know how to recognise and describe the effects of exercise on the body.</li> <li>• To know how to improve and build stamina and strength</li> <li>• To know how to run smoothly over longer distances</li> <li>• To know how to complete a basic fitness circuit</li> <li>• To know how to enjoy exercise with effort</li> <li>• To know how to skip using a rope and to skip when running.</li> <li>• To know how to help each other with techniques in athletics</li> </ul>
Pine	<ul style="list-style-type: none"> <li>• To know how the body reacts at different times and in different ways to exercise</li> <li>• To know how to use different running and sprinting techniques to improve cardiovascular fitness.</li> <li>• To know how to comment on each others technique and identify improvements needed.</li> <li>• To know how to complete a basic fitness circuit</li> <li>• To know how to stretch before and after physical activity to prevent injury and increase bodies flexibility.</li> </ul>
Beech	<ul style="list-style-type: none"> <li>• To know how to explain some safety principles when preparing for and during exercise.</li> <li>• To know all fitness components: Strength and Conditioning, Agility, Flexibility, Muscular Endurance, Cardiovascular Endurance.</li> <li>• To know how to perform using the correct technique</li> <li>• To know how to improve own running techniques.</li> <li>• To know how to run over a sustained distance.</li> </ul>
Oak	<ul style="list-style-type: none"> <li>• Building on previous learning and experiences</li> <li>• To know how to explain some safety principles when preparing for and during exercise</li> <li>• To know different skills and techniques for running and sprinting</li> <li>• To know how to work as a team to competitively perform.</li> <li>• To develop own fitness circuit for identified fitness component and lead to others</li> <li>• To know how to perform during circuit training activities with endurance</li> <li>• To know how to demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li> </ul>

## PE

## Gymnastics

Willow	<ul style="list-style-type: none"> <li>• Perform basic stretches</li> <li>• Copy actions and movement</li> <li>• Engage muscle linked to shape or balance hold</li> <li>• Travel in different ways, changing direction and speed.</li> <li>• Hold still shapes and simple balances.</li> <li>• Carry out a range of simple jumps, landing safely.</li> <li>• Move around, under, over, and through different objects and equipment.</li> <li>• Begin to move with control and care.</li> <li>• Begin to develop balancing on floor and basic apparatus</li> </ul>
Elm	<ul style="list-style-type: none"> <li>• To know that it is important to stretch our bodies before gymnastics.</li> <li>• To know how to perform simple gymnastic rolls.</li> <li>• To know how to carry out a range of jumps.</li> <li>• To know how to use a springboard</li> <li>• To know how to perform simple gymnastic elements</li> <li>• To know how to travel in gymnastics.</li> <li>• To know how to perform some gymnastic balances.</li> <li>• To know what a good gymnastic sequence looks like and has a beginning, middle and an end,</li> </ul>
Birch	<ul style="list-style-type: none"> <li>• To know how to behave safety when performing movements in gymnastics.</li> <li>• To know how to jump in a variety of ways and land safely.</li> <li>• To know how to use rolls in gymnastics sequences.</li> <li>• To know how to perform more complex gymnastic movements.</li> <li>• To know how to perform some gymnastic balances.</li> <li>• To know how to perform balances on apparatus..</li> <li>• To know how to perform balances with partners and simple sequences.</li> <li>• To know how to travel using a springboard.</li> <li>• To know how to link movements to build a sequence.</li> <li>• To know how to copy, explore and remember actions and movements to create their own sequence.</li> <li>• To know how to begin to comment on others' sequences.</li> </ul>
Maple	<ul style="list-style-type: none"> <li>• To know how to stretch and prepare for gymnastics.</li> <li>• To know how to add jumps into sequences.</li> <li>• To know how to use different rolls in gymnastics.</li> <li>• To know how to use different balances on apparatus and with a partner.</li> <li>• To know how to do more complex movements in gymnastics.</li> </ul>

	<ul style="list-style-type: none"> <li>● To know how to begin to use the vault in gymnastics.</li> <li>● To know how to choose ideas to compose a movement sequence independently and with others.</li> <li>● To know how to link combinations of actions with increasing confidence, including changes of direction, speed or level.</li> </ul>
Pine	<ul style="list-style-type: none"> <li>● To know some reasons for warming up and cooling down</li> <li>● To know how to complete a range of different jumps.</li> <li>● To know how to use the vault to perform some gymnastic movements</li> <li>● To know how to balance using different points</li> <li>● To know how to use more complex movements in gymnastics.</li> <li>● To know how to create a sequence of actions that fit a theme.</li> <li>● To know how to support each other and comment on performance.</li> </ul>
Beech	<ul style="list-style-type: none"> <li>● To know how to prepare for gymnastics.</li> <li>● To know how to travel in different ways and link movements.</li> <li>● To know and use different rolls from standing positions.</li> <li>● To know and use different jumps in gymnastics</li> <li>● To know how to perform various balances on apparatus, with a partner</li> <li>● To know how to use a springboard and the vault to perform particular gymnastic movements</li> <li>● To know how to perform more complex gymnastic movements.</li> <li>● To know how to select ideas to compose specific sequences of movements, shapes and balances.</li> <li>● To know how to transfer on to bigger apparatus</li> <li>● To know how to comment on each others sequences and how each other can improve.</li> </ul>
Oak	<ul style="list-style-type: none"> <li>● To know how to prepare for gymnastics.</li> <li>● To know how to travel using gymnastic movements</li> <li>● To know a range of gymnastic jumps</li> <li>● To use a range of gymnastic rolls.</li> <li>● To know how to perform a range of balances</li> <li>● To know how to perform more complex gymnastic movements.</li> <li>● To know how to perform cartwheel in different ways</li> <li>● To know how to create their own complex sequences involving the full range of actions and movements and comment on each others.</li> <li>● To know how to transfer sequences on to bigger apparatus and modify to suit</li> </ul>

## PE

## Invasion Games

Willow	<ul style="list-style-type: none"> <li>• Begin to develop running skills and awareness of others</li> <li>• Can begin to recognise space and areas</li> <li>• Can begin to start and stop on command</li> <li>• Can begin to change direction with some control</li> <li>• Can begin to use different shaped balls to roll, throw and catch</li> </ul>
Elm	<ul style="list-style-type: none"> <li>• To know why exercise is important</li> <li>• To know how to use a ball in different ways.</li> <li>• To know how to roll a ball.</li> <li>• To know how to use kicking skills in a game.</li> <li>• To know how to pass the ball to a player in a game.</li> <li>• To know how to use different ways of travelling in different directions or pathways.</li> <li>• To know how to use some skills which you have learnt to play a game together.</li> <li>• To know how to stretch and cool down after exercise.</li> </ul>
Birch	<ul style="list-style-type: none"> <li>• To know how to pass the ball in different ways.</li> <li>• To know how to travel in different ways at different speeds.</li> <li>• To know how to bounce and kick a ball whilst moving.</li> <li>• To know how to start to understand the terms attacking and defending.</li> <li>• To know how to use kicking skills.</li> <li>• To know how to use dribbling skills.</li> <li>• To know how to use a variety of types of turns whilst dribbling.</li> <li>• To know the importance of rules in games.</li> <li>• To know how to recognise and describe how the body feels during and after different physical activities.</li> </ul>
Maple	<ul style="list-style-type: none"> <li>• To know how to move with the ball in different ways and find a useful space and get into it to support teammates.</li> <li>• To know how to pass the ball in two different ways in a game situation with some success.</li> <li>• To know how to keep and win back possession of the ball in a team game.</li> <li>• To know how to use simple attacking skills.</li> <li>• To know how to shoot in netball.</li> <li>• To know and begin to apply basic principles and rules of netball.</li> <li>• To know how to recognise and describe the effects of exercise on the body and why it is important to warm up and cool down.</li> </ul>
Pine	<ul style="list-style-type: none"> <li>• To know how to describe how the body reacts at different times and how this affects performance.</li> <li>• To know how to move with the ball using a range of techniques showing control and fluency.</li> <li>• To know how to pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>• To know how to use a range of attacking and defending skills and techniques in a game.</li> <li>• To know how to shoot in a hockey game.</li> <li>• To know how to vary the tactics they use in a game of hockey.</li> <li>• To know the rules of hockey and adapt rules to alter games and use each other's strengths.</li> </ul>

Beech	<ul style="list-style-type: none"> <li>• To know the importance of warm up and cool down in PE</li> <li>• To know how to keep and win back possession of the ball effectively in a team game.</li> <li>• To know how to shoot in a game.</li> <li>• To know how to show an awareness of space.</li> <li>• To know how to keep and win back possession of the ball effectively in a team game.</li> <li>• To know how to choose the best tactics for attacking and defending.</li> <li>• To know how to devise and adapt rules to create their own game.</li> </ul>
Oak	<ul style="list-style-type: none"> <li>• To know and understand the importance of warming up and cooling down and know how to do this.</li> <li>• To know how to demonstrate a good awareness of space.</li> <li>• To know how to show confidence in using ball skills in various ways in a game situation, and link these together effectively.</li> <li>• To know how to pass a rugby ball.</li> <li>• To know how to restart the game after a tackle:</li> <li>• To know how to tackle correctly:</li> <li>• To know how to score correctly:</li> <li>• To know how to keep and win back possession of the ball effectively and in a variety of ways in a team game.</li> <li>• To know how to apply knowledge of skills for attacking and defending and think ahead and create a plan of attack or defence.</li> <li>• To know and follow rules to play multiple games successfully.</li> </ul>

PE	
Striking and Fielding	
Willow	<ul style="list-style-type: none"> <li>• To be able to collect and roll a ball</li> <li>• To use basic techniques to serve</li> <li>• Develop use of under arm throws</li> <li>• To begin to work as a team to collect</li> <li>• To begin to strike balls of different size off the floor and using a tee</li> </ul>
Elm	<ul style="list-style-type: none"> <li>• To know how to describe how the body feels when still and when exercising</li> <li>• To know how to send and receive a ball.</li> <li>• To know how to be able to run at different speeds.</li> <li>• To know how to begin to use space in a game.</li> <li>• To know how to travel with a ball in different ways.</li> <li>• To know how to apply skills in games.</li> <li>• To know how to create and describe games that involve striking and fielding.</li> </ul>
Birch	<ul style="list-style-type: none"> <li>• To know how health and fitness helps us stay well</li> <li>• To know how to strike or hit a ball with increasing control.</li> <li>• To know how to throw different types of equipment.</li> <li>• To know how to throw a ball for a distance.</li> <li>• To know how to throw, catch and bounce a ball with a partner.</li> <li>• To know how to use a variety of throwing and catching skills to play rounders.</li> </ul>

Maple	<ul style="list-style-type: none"> <li>• To know why exercise is important.</li> <li>• To know how to throw a ball in different ways.</li> <li>• To know how to throw and catch with accuracy.</li> <li>• To know how to strike a ball for distance.</li> <li>• To know how to bowl overarm effectively and safely.</li> <li>• To know how to use striking and fielding skills.</li> <li>• To know how to bat correctly in cricket.</li> </ul>
Pine	<ul style="list-style-type: none"> <li>• To know that team games are good for well being</li> <li>• To know how to develop different ways of throwing.</li> <li>• To know how to develop catching skills.</li> <li>• To know how to use a bat to hit the ball with accuracy and control.</li> <li>• To know how to have an accurate underarm bowl for rounders.</li> <li>• To know how to use hand eye co-ordination to field accurately in rounders.</li> <li>• To know how to support and encourage team mates.</li> <li>• To know the rules for rounders games and apply the skills taught.</li> </ul>
Beech	<ul style="list-style-type: none"> <li>• To know why exercise is important.</li> <li>• To know how to throw a ball in different ways more precisely.</li> <li>• To know how to throw and catch with accuracy and apply techniques learnt through the years.</li> <li>• To know how to strike a ball for distance in cricket.</li> <li>• To know how to bowl overarm effectively and safely.</li> <li>• To know how to use striking and fielding skills.</li> <li>• To know the rules of cricket and play a game.</li> </ul>
Oak	<ul style="list-style-type: none"> <li>• To know how health and fitness helps us stay well</li> <li>• To know how to use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>• To know how to hit a bowled ball over longer distances.</li> <li>• To know how to throw and catch accurately and successfully under pressure in a game.</li> <li>• To know how to throw, catch and bounce a ball with a partner.</li> <li>• To know how to use a variety of throwing and catching skills to play rounders.</li> <li>• To know how to communicate plans to others during a game and to lead others during a game.</li> </ul>

PE	
Outward Adventurous Activities OAA	
Maple	<p>To know how to recognise and describe the effects of exercise on the body.</p> <p>To know how to build team work skills and work together</p> <p>To know how to run and jump over Obstacles</p> <p>To know how to help each other with techniques</p> <p>To know how to read a map and develop own maps</p> <p>To know how to recognise points of interest</p> <p>To know cardinal points</p>

Oak	<p>To know how to explain some safety principles when preparing for and during exercise.</p> <p>To know how to run over a sustained distance.</p> <p>To know how to guide and be guided by a team mate</p> <p>To know how to complete a picture orienteering map</p> <p>To know how to develop own control plotting map</p> <p>To know Ordinal compass points</p>
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