



### Knowledge and Skills – Progression Ladder

Subject: Physical Education (PE) Years: 1-6							
YEAR GROUP	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Fundamental Skills</b>		<ul style="list-style-type: none"> <li>To be familiar with how exercise can affect our bodies and mind/feelings.</li> </ul>	<ul style="list-style-type: none"> <li>To be aware of the importance of exercise and its effect on their bodies and minds/feelings.</li> </ul>				
	<ul style="list-style-type: none"> <li>To progress towards a more fluent style of moving.</li> </ul>	<ul style="list-style-type: none"> <li>To be more aware of key placements of their body parts and where their focus should be during key movement activities.</li> </ul>	<ul style="list-style-type: none"> <li>To know key placement of their body parts and where their focus should be during key movement activities.</li> </ul>				
<b>Games skills including Invasion Games/ Net and Wall/Striking and Fielding</b>	<ul style="list-style-type: none"> <li>To know what rules are and begin to follow them</li> </ul>		<ul style="list-style-type: none"> <li>To be familiar with the rules of simple games.</li> </ul>				<ul style="list-style-type: none"> <li>To know how to play a range of games once skills are developed e.g. rules, spacing, team sizes.</li> </ul>
			<ul style="list-style-type: none"> <li>To participate in team games, developing simple tactics for attacking and defending.</li> </ul>		<ul style="list-style-type: none"> <li>To begin to understand tactics and how to use them in games.</li> </ul>	<ul style="list-style-type: none"> <li>To be familiar with the use of spacing/ positioning and tactics and use them in games.</li> </ul>	<ul style="list-style-type: none"> <li>To know what tactics are and how to develop them.</li> </ul>



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		<ul style="list-style-type: none"> <li>To develop an understanding of 'attacking' and 'defending' in games.</li> <li>To begin to develop teamwork and competitive play.</li> <li>To be familiar with simple small sided games.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to approach 'attacking' and 'defending' in games and what these concepts mean and the impact on team work and competitive play.</li> </ul>	<ul style="list-style-type: none"> <li>To develop skills to play a variety of games.</li> </ul>	<ul style="list-style-type: none"> <li>To play small sided games, developing their attacking and defending principles.</li> </ul>		<ul style="list-style-type: none"> <li>To play competitive games and apply basic principles suitable for attacking and defending.</li> </ul>
				<ul style="list-style-type: none"> <li>To be familiar with some of the equipment used in invasion games/net and wall/striking and fielding.</li> </ul>		<ul style="list-style-type: none"> <li>To develop the use of the various equipment used invasion games/net and wall/striking and fielding.</li> </ul>	
<b>Dance</b>	<ul style="list-style-type: none"> <li>To know that the beat is what we keep in time to.</li> </ul>		<ul style="list-style-type: none"> <li>To know how to 'find the beat' in music.</li> </ul>	<ul style="list-style-type: none"> <li>To begin to develop movement and actions in time to the music.</li> </ul>			<ul style="list-style-type: none"> <li>To know basic dance movements from a range of styles/era and cultures.</li> <li>To perform dances using a range of movement patterns and styles.</li> <li>To be able to link dance actions into a performance.</li> </ul>
		<ul style="list-style-type: none"> <li>To be familiar with a variety of movements</li> </ul>	<ul style="list-style-type: none"> <li>To perform dances and movements</li> </ul>	<ul style="list-style-type: none"> <li>to be familiar with some simple dance moves</li> </ul>	<ul style="list-style-type: none"> <li>To begin to perform simple dances using</li> </ul>	<ul style="list-style-type: none"> <li>To perform and repeat simple movements</li> </ul>	



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					<ul style="list-style-type: none"> <li>different movements.</li> <li>To begin to link dance actions into a sequence.</li> </ul>		
		<ul style="list-style-type: none"> <li>To respond verbally to different movements.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to comment upon responses to movement including giving emotional responses and positive feedback.</li> </ul>			<ul style="list-style-type: none"> <li>To perform dances that begin to evoke different emotions.</li> </ul>	<ul style="list-style-type: none"> <li>To perform dances that evoke different emotions in the audience.</li> </ul>
Gymnastics			<ul style="list-style-type: none"> <li>To be familiar with a variety of balances/ movements.</li> <li>To perform simple movements and develop balance, agility, control and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>To be familiar with a variety of gymnastics actions.</li> <li>To understand control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To practise and repeat gymnastic actions.</li> </ul>	<ul style="list-style-type: none"> <li>To practise and repeat gymnastic actions.</li> </ul>	<ul style="list-style-type: none"> <li>To know a variety of gymnastics actions/motifs.</li> <li>To develop flexibility, strength, technique, control and balance.</li> </ul>
					<ul style="list-style-type: none"> <li>To begin to link two or more movements to make a simple sequence.</li> </ul>	<ul style="list-style-type: none"> <li>To use more actions to make a sequence.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to combine these movements into a more complex sequence.</li> </ul>



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<b>Athletics</b>			<ul style="list-style-type: none"> <li>To master basic movements including running, jumping, throwing and catching.</li> </ul>				<ul style="list-style-type: none"> <li>To know there are a variety of running/jumping and throwing activities that require different skills/approaches/equipment.</li> </ul>
<b>Outdoor Adventurous Activity</b>				<ul style="list-style-type: none"> <li>To know how to follow instructions/directions.</li> <li>To know how to work as a team to solve problems</li> </ul>			<ul style="list-style-type: none"> <li>To know how to follow instructions/directions · To know how to work as a team.</li> <li>To take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>
<b>Swimming</b>					<ul style="list-style-type: none"> <li>To know how to use front crawl, back stroke and breast stroke including movement of body parts and breathing control. ·</li> <li>To know simple water safety rules and how to respond if they or someone else is in danger in water.</li> <li>To swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively. ·</li> </ul>		



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					<ul style="list-style-type: none"><li>• To enter, exit and move around a pool safely. ·</li><li>• To perform safe self-rescue in different water-based situations.</li></ul>		
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