

PE Knowledge Progression Framework

Disciplinary Knowledge

	F2	Year 1	Year 2	Year 3
Dance	<ul style="list-style-type: none"> Perform dances using simple movement patterns. Create actions and sequences of movements. 	<ul style="list-style-type: none"> Copies and explores basic movements and body patterns. Varies levels and speed in sequence. Remembers simple movements, sequences and dance steps. Follow adult led instructions. Responds to range of stimuli. Know how to change body shape. 	<ul style="list-style-type: none"> Copies and explores basic movements with clear control. Can vary the size of their body shapes. Add change of direction to a sequence. Create own sequence using different levels, speeds and effects. Uses space well and negotiates space clearly and know reasons why. Can describe a short dance using appropriate vocabulary. 	<ul style="list-style-type: none"> Beginning to improvise independently to create a simple dance. Beginning to improvise with a partner to create a simple dance. Translates ideas from stimuli into movement with support. Beginning to compare and adapt movements and motifs to create a larger sequence. Uses simple dance vocabulary to compare and improve work.

Gymnastics

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| <ul style="list-style-type: none">• Create actions and sequences of movements.• Develop flexibility, strength, technique, control and balance. | <ul style="list-style-type: none">• Copies and explores basic movements and sequences, with some control and coordination.• Can perform different body shapes and travels, both on the floor and apparatus.• Performs at different levels and speeds.• Can perform 2 footed jumps.• Can use equipment safely.• Balances with some control.• Can link 2-3 simple movements.• Can go upstairs, climb on apparatus using alternate feet.• Can perform a log roll and teddy roll. | <ul style="list-style-type: none">• Creates and explores movements and sequences, with control and coordination.• Can perform different body shapes and travels, both on the floor and apparatus, maintaining full balance and control.• Uses equipment in a variety of ways.• Perform a range of controlled jumps.• Link movements together to create a sequence.• Can go upstairs, climb on apparatus using alternate feet maintaining balance and stability.• Know how to copy simple techniques.• Maintain balance using hands and body.• Can perform a tuck roll and a dish/arch roll. | <ul style="list-style-type: none">• Applies compositional ideas independently and with others to create a sequence.• Copies, explores and remembers a variety of movements and uses these to create their own sequence.• Describes their own work using simple gym vocabulary.• Beginning to notice similarities and differences between sequences.• Uses turns whilst travelling in a variety of ways.• Beginning to show flexibility in movements.• Beginning to develop good technique when travelling, balancing, using equipment etc.• Uses equipment in a variety of ways to create a sequence. |
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Games	<ul style="list-style-type: none"> • Participate in team games, developing simple tactics for attacking and defending. • Play competitive games across a broad variety of sports, including invasion, net and wall and striking and fielding, apply principles suitable for attacking and defending. 	<ul style="list-style-type: none"> • Can travel in a variety of ways including running and jumping. • Beginning to perform a range of throws. • Receives a ball with basic control. • Beginning to develop hand-eye coordination. • Participates in simple games. • Know how to catch using two hands. • Know how to kick a stationary ball. • Balance with some control. • Know how to change speed. 	<ul style="list-style-type: none"> • Confident to send the ball to others in a range of ways. • Beginning to apply and combine a variety of skills (to a game situation). • Develop strong spatial awareness. • Beginning to develop own games with peers. • Understand the importance of rules in games. • Develop simple tactics and use them appropriately. • Beginning to develop an understanding of attacking/defending. • Know how to hit, kick, throw or roll in a game. • Understand accuracy and distances. 	<ul style="list-style-type: none"> • Understands tactics and composition by starting to vary how they respond. • Vary skills, actions and ideas and link these in ways that suit the games activity. • Beginning to communicate with others during game situations. • Uses skills with coordination and control. • Develops own rules for new games. • Makes imaginative pathways using equipment. • Works well in a group to develop various games. • Beginning to understand how to compete with each other in a controlled manner. • Beginning to select resources independently to carry out different skills. • Know how to cause challenges for the opposition. • Understand basic rules for each sport.
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Athletics	<ul style="list-style-type: none"> Mastering basic movements, including running, jumping, throwing and catching as well as developing agility, balance and coordination. Use running, jumping, throwing and catching in isolation and in combination. 	<ul style="list-style-type: none"> Can run at different speeds. Can jump from a standing position. Performs a variety of throws with basic control. 	<ul style="list-style-type: none"> Can change speed and direction whilst running. Can jump from a standing position with accuracy. Performs a variety of throws with control and co-ordination (preparation for shot put and javelin). Can use equipment safely. 	<ul style="list-style-type: none"> Beginning to run at speeds appropriate for the distance e.g. sprinting and cross country. Can perform a running jump with some accuracy. Performs a variety of throws using a selection of equipment. Can use equipment safely and with good control.
Evaluation	<ul style="list-style-type: none"> Evaluate their own and others performance. 	<ul style="list-style-type: none"> Can comment on own and others performance. 	<ul style="list-style-type: none"> Can give comments on how to improve performance. Use appropriate vocabulary when giving feedback. 	<ul style="list-style-type: none"> Watches and describes performances accurately. Beginning to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.
Understanding Healthy Lifestyles	<ul style="list-style-type: none"> Understand the importance of healthy active lifestyles. 	<ul style="list-style-type: none"> Can describe the effect exercise has on the body. 	<ul style="list-style-type: none"> Can explain the importance of exercise and a healthy lifestyle. 	<ul style="list-style-type: none"> Can describe the effect exercise has on the body. Can explain the importance of exercise and a healthy lifestyle. Understands the need to warm up and cool down.

PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F2	Introduction to PE	Agility, Balance & Coordination	Throwing & Catching	Large Ball Skills	Athletics	Racket Skills
KS1	Agility, Balance & Coordination	Throwing & Catching	Large Ball Skills	Attacking & Defending	Athletics	Racket Skills
	Dance	Dance Y1: Country Y2: Nationals	Gymnastics (floor work)	Gymnastics (apparatus)	Sports Day Preparation	Summer Games

Key Vocabulary

F2

Dance

around
backwards
copy
forwards
move
shape
sideways
space
travel

Gymnastics

backwards
balance
climb
forwards
over
safety
shape
sideways
space
stretch
travel
under

Athletics

backwards
big
fast
forwards
jump
push
run
safety
slow
small
stop
walk

Games

backwards
bounce
catch
forwards
game
hit
kick
pass
play
roll
sport
team
throw

Year 1

In addition to F2...

Dance

balance
counts
freeze
jump
level
speed
turn

Gymnastics

action
direction
jump
levels
pike
point
roll
speeds
star
tuck

Athletics

aim
bend
direction
far
improve

Games

aim
direction
dribbling
far
partner
send
score

Year 2

In addition to Y1...

Dance

cannon
direction
dynamics
motif
performance
sequence
timings

Gymnastics

control
dish/arch
flexible
mirrored shapes
sequence
stability
straddle

Athletics

distance
height
landing
overarm
sprint
underarm

Games

accurate
attack
chest pass
defend
dodge
overhand throw
possession
receive
target
underhand throw