



**THURGOLAND**  
CHURCH OF ENGLAND PRIMARY SCHOOL



# Thurgoland CE Primary

## Physical Education Curriculum

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## Our Physical Education Intent

At Thurgoland our aim is for children to experience a broad and balanced curriculum enhanced through the use of GetSet4PE and to support the development of pupil's coordination, balance, agility and apply these skills to a range of sports. Dance is taught through cross curricular links to engage our pupils and celebrate their love for learning through all subjects, we use Imoves to support the teaching of Dance across school. Our curriculum demonstrates a holistic approach to physical education developing both the physical elements of PE but also promoting social, emotional and cognitive skills.

As a Church of England School every aspect of the school's work is underpinned by Christian values. PE is seen as a key subject in providing opportunities for expressing feelings, values and teamwork, with a particular focus around co-operation, fairness and trust. Through this subject, pupils will learn about service, dedication and resilience, and develop a 'growth mind-set'.

### **At Thurgoland we intend to:**

- To develop competence to excel in a broad range of physical activities.
- To ensure all children are physically active for sustained periods of time.
- To engage in competitive sports and activities with a positive attitude and compete with a sense of fair play.
- To develop skills, attitudes and understanding to enable all children to lead a healthy and active lifestyle.
- To promote and develop safe practise in physical activities.
- To provide all children, regardless of race, gender, background or ability the equality of opportunity to succeed in all areas of P.E.
- To provide opportunity, through exciting and stimulating challenges, developing continuity and progression, for all children to achieve their full potential.
- To develop confidence, tolerance and the appreciation of their own and others' strengths and weaknesses.



## Sports Overview

Invasion	Net and Wall	Sending and Receiving	Striking and Fielding	Target Games
Football, Tag Rugby, Hockey, Netball, Basketball	Tennis	Ball skills	Cricket, Rounders	Dodgeball

Football	Tag Rugby	Hockey	Basketball	Tennis
Y3 Y4 Y5 Y6	Y5 Y6	Y3 Y5 Y6	Y3 Y4	Y3 Y4 Y5 Y6
Ball Skills	Cricket	Rounders	Games	Dodgeball
EYFS Y1 Y2 Y3 Y4	Y3 Y4	Y5 Y6	EYFS Y1 Y2	Y4 Y5 Y6
Fundamentals	Athletics	Dance	Gymnastics	Invasion, target, striking and fielding, sending and receiving, net and wall game introductions
EYFS	EYFS Y1 Y2 Y3 Y4 Y5 Y6	EYFS Y1 Y2 Y3 Y4 Y5 Y6	EYFS Y1 Y2 Y3 Y4 Y5 Y6	Y1 Y2



## Curriculum Overview

We have designed our PE curriculum in block of teaching, where pupils will begin to build on initial foundations of sport before progressing to applying to a sport context through a game/sport. Pupils have the opportunity to learn, practise, revisit and embed these key skills to make them successful in sport and our PE curriculum. We design our curriculum with our competition calendar in mind, to support our children to perform and achieve highly in sport.

Invasion	Net and Wall	Sending and Receiving	Striking and Fielding	Target Games	Dance	Athletics	Gymnastics	Fundamentals
Football, Tag Rugby, Hockey, Netball, Basketball, Handball	Tennis, Volleyball, Badminton	Ball skills	Cricket, Rounders	Golf, Dodgeball				

Year Group	Curriculum Overview for all year groups													
	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	Block 8	Block 9	Block 10	Block 11	Block 12	Block 13	
EYFS	Fundamentals 1	Nursery Rhymes Dance	Fundamentals 2	Gymnastics 1	Ball skills 1	Animals Dance	Games 1	Gymnastics 2	Ball Skills 2	Construction Dance	Games 2	Athletics		
Year 1	Fundamentals	Ball Skills	Healthy Me Dance	Target Games	Gymnastics 1	Sending and Receiving	Toys Dance	Invasion Games	Gymnastics 2	Net and Wall	Under the Sea Dance	Striking and Fielding	Athletics	
Year 2	Fundamentals	Ball Skills	Countries Dance	Target Games	Gymnastics 1	Sending and Receiving	Minibeasts Dance	Invasion Games	Gymnastics 2	Net and Wall	Rainforest Dance	Striking and Fielding	Athletics	
Year 3	Fundamentals	Ball Skills	Stone Henge Dance	Football	Gymnastics 1	Hockey	Egyptian Dance	Basketball	Gymnastics 2	Cricket	Charleston Dance	Tennis	Athletics	Swimming *Taught alongside PE in Autumn/Spring
Year 4	Fundamentals	Ball Skills	Ancient Romans Dance	Football	Gymnastics 1	Dodgeball	Bollywood Dance	Basketball	Gymnastics 2	Cricket	Ancient Greeks Dance	Tennis	Athletics	
Year 5	OAA	Football	Aztec Dance	Tag Rugby	Gymnastics 1	Dodgeball	Tudors Dance	Hockey	Gymnastics 2	Tennis	Samba Dance	Rounders	Athletics	
Year 6	OAA	Football	WW2 Dance	Tag Rugby	Gymnastics 1	Dodgeball	Vikings Dance	Hockey	Gymnastics 2	Tennis	Broadway Dance	Rounders	Athletics	



## PE Curriculum Knowledge Progression

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Fundamentals</b>  <i>Progression through:</i> <i>Balancing</i> <i>Jumping</i> <i>Hopping</i> <i>Skipping n</i>	I know that I can hold my arms out to help me to balance.  I know that bending my knees will help me to land safely.  I know that I use one foot to hop.  I know that if I hop then step that will help me to skip.	I know that looking ahead will help me to balance.  I know that landing on my feet helps me to balance.  I know that landing on the balls of my feet helps me to land with control.  I know that I should hop with a soft bent knee.  I know that I should use the opposite arm to leg when I skip.  I know that jumping on the balls of my feet helps me to keep a consistent rhythm.	I know that putting weight into the front of my feet helps me to stop in a balanced position.  I know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.  I know that squeezing my muscles helps me to balance.  I know that swinging my arms forwards will help me to jump further.  I know that if I look straight ahead it will stop me falling over when I land.	I know that leaning slightly forwards helps to increase speed.  I know that leaning my body in the opposite direction to travel helps to slow down.  I know how agility helps us with everyday tasks.  I know how balance helps us with everyday tasks.  I know that if I jump and land quickly, it will help me to jump further.  I know that I should turn the rope from my wrists with wide hands to create a gap to step through.	I know that keeping my elbows bent when changing direction will help me to stay balanced.  I know that swinging my non-hopping foot helps to create momentum.  I know that keeping my chest up helps me to stay balanced.		
<b>OAA</b>  <i>Progression through:</i> <i>Problem solving</i> <i>Navigational skills</i> <i>Communication</i> <i>Reflection</i> <i>Rules</i>						I know that there may be more than one way to solve a challenge and that trial and error may help to guide me to the best solution.  I know how to use a key to identify objects and locations.  I know to be descriptive but concise when giving instructions e.g., 'two steps to the left'.  I know to reflect on when I am successful at solving challenges and alter my methods in order to improve.  I know that abiding by rules will enable my classmates to complete the course e.g., not moving controls.	I know that being able to solve problems is an important life skill.  I know why having good navigational skills are important.  I know that good communication skills are key to solving problems and working effectively as a team.  I know to reflect with increasing accuracy, reflect on when and how I am successful at solving challenges and alter my methods in order to improve.  I know the rules and think creatively to solve the challenge whilst abiding by the rules.



<b>Ball Skills</b>  <i>Progression through:</i> <i>Sending</i> <i>Catching</i> <i>Tracking</i> <i>Dribbling</i>	<p>I know to look at the target when sending a ball.</p> <p>I know to have hands out ready to catch.</p> <p>I know to watch the ball as it comes towards me and scoop it with two hands.</p> <p>I know that keeping the ball close will help with control</p>	<p>I know to face my body towards my target when rolling and throwing underarm to help me to balance.</p> <p>I know to watch the ball as it comes towards me.</p> <p>I know to move my feet to get in the line with the ball.</p> <p>I know that moving with a ball is called dribbling.</p>	<p>I know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>I know to use wide fingers and pull the ball in to my chest to help to securely catch.</p> <p>I know that it is easier to move towards a ball to track it than chase it.</p> <p>I know to keep my head up when dribbling to see space/opponents</p>	<p>I know that pointing my hand/foot to my target on release will help me to send a ball accurately.</p> <p>I know to move my feet to the ball.</p> <p>I know that using a ready position will help me to react to the ball.</p> <p>I know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.</p>	<p>I know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.</p> <p>I know to adjust my hands to the height of the ball.</p> <p>I know that tracking a ball is an important skill used in games activities and be able to give examples of this.</p> <p>I know that dribbling with soft hands/touches will help me to keep control.</p>	<p>I know that controlling a ball before sending it will allow me to send it accurately.</p> <p>I know when to use different types of catching.</p> <p>I know that tracking a ball will help me to collect/stop/receive it quickly and successfully.</p> <p>I know that dribbling in different directions will help me to lose a defender in game situations.</p>	<p>I know and make quick decisions about when, how and who to pass to.</p> <p>I know how to catch a ball for different situations, considering trajectory, speed, height and size of the ball.</p> <p>I know how to track a ball for different situations, considering trajectory, speed, height and size of the ball.</p> <p>I know to choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.</p>
<b>Invasion Games</b> <i>(Football, netball, basketball, tag rugby, hockey)</i>  <i>Progression through:</i> <i>Sending &amp; receiving</i> <i>Dribbling</i> <i>Space</i> <i>Attacking &amp; defending</i> <i>Rules</i>	<p>I know to look at the target when sending a ball and watch the ball to receive it.</p> <p>I know that keeping the ball close will help with control.</p> <p>I know that being in a space gives me room to play.</p> <p>I know that there are different roles in games.</p> <p>I know that rules help us to stay safe.</p>	<p>I know to look at my partner before sending the ball.</p> <p>I know that moving with a ball is called dribbling.</p> <p>I know that being in a good space helps us to pass the ball.</p> <p>I know that being able to move away from a partner helps my team to pass me the ball.</p> <p>I know that staying with a partner makes it more difficult for them to receive the ball.</p> <p>I know that tactics can help us when playing games.</p> <p>I know that rules help us to play fairly.</p>	<p>I know to control the ball before sending it.</p> <p>I know that keeping my head up will help me to know where defenders are.</p> <p>I know that moving into space away from defenders helps me to pass and receive a ball.</p> <p>I know that when my team is in possession of the ball, I am an attacker and we can score.</p> <p>I know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball.</p> <p>I know that standing between the ball and the attacker will help me to stop them from getting the ball.</p> <p>I know and apply simple tactics for attack and defence.</p> <p>I know how to score points and follow simple rules.</p>	<p>I know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>I know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>I know that by spreading out as a team, we move the defenders away from each other.</p> <p>I know my role as an attacker and defender.</p> <p>I know that using simple tactics will help my team to achieve an outcome e.g., we will each mark a player to help us to gain possession.</p> <p>I know the rules of the game and begin to apply them.</p>	<p>I know that cushioning a ball will help me to control it when receiving it.</p> <p>I know that protecting the ball as I dribble will help me to maintain possession.</p> <p>I know that moving into space will help my team keep possession and score goals.</p> <p>I know and recognise when to pass and when to shoot.</p> <p>I know when to mark and when to attempt to win the ball.</p> <p>I know that applying attacking tactics will help to maintain possession and score goals.</p> <p>I know and understand the rules to be able to manage our own game</p>	<p>I know that not having a defender between myself and a ball carrier enables me to send and receive with better control.</p> <p>I know that dribbling in different directions will help to lose a defender.</p> <p>I know that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>I know the need for tactics and identify when to use them in different situations.</p> <p>I know and apply rules in a variety of invasion games whilst playing and officiating</p>	<p>I know and make quick decisions about when, how and who to pass to.</p> <p>I know when to choose the appropriate skill for the situation under pressure e.g., a V dribble in basketball to keep the ball away from a defender.</p> <p>I know that transitioning quickly between attack and defence will help my team to maintain or gain possession.</p> <p>I know how to create and apply a tactic for a specific situation or outcome.</p> <p>I know, apply and use rules consistently in a variety of invasion games whilst playing and officiating.</p>
<b>Target Games</b> <i>(Dodgeball)</i>  <i>Progression through:</i> <i>Throwing</i>	<p>I know to point my hand at my target when throwing.</p> <p>I know to have hands out ready to catch.</p>	<p>I know which type of throw to use for distance and accuracy.</p> <p>I know that tactics can help when playing a game.</p>	<p>I know that stepping with opposite foot to throwing arm will help you to balance.</p>	<p>I know to throw slightly ahead of a moving target.</p> <p>I know that beginning in a ready position will help me to react to the ball.</p>	<p>I know that one handed throws are used for speed and accuracy.</p> <p>I know that keeping my elbow high and stepping with my</p>	<p>I know to aim low to make it difficult for an opponent to catch.</p>	<p>I know who to throw at and when to throw in order to get opponents out.</p>





<b><i>Catching Striking Tactics Rules</i></b>	<p>I know to make simple decisions in response to a task.</p> <p>I know that rules help us to stay safe</p>	<p>I know rules help us to play fairly.</p>	<p>I know that moving my arm quicker will give me more power.</p> <p>I know to finish with my object/hand pointing at my target.</p> <p>I know and apply simple tactics.</p> <p>I know how to score points and follow simple rules.</p>	<p>I know that using a bigger swing will give me more power.</p> <p>I know that using simple tactics will help my team to achieve an outcome e.g., spread out so that we are harder to aim for.</p> <p>I know the rules of the game and begin to apply them</p>	<p>opposite foot will help to increase the power.</p> <p>I know that moving my feet to a ball and pulling it in to my chest will help me to catch more consistently.</p> <p>I know that using a smooth action will help to increase accuracy.</p> <p>I know that applying attacking tactics will help me to score points and get opponents out.</p> <p>I know that applying defending tactics will help me to stay in the game.</p> <p>I know and understand the rules to be able to manage our own game</p>	<p>I know to stay towards the back of the court area to give me more time to catch.</p> <p>I know that aligning my body and equipment before striking will help me to be balanced.</p> <p>I know the need for tactics and identify when to use them in different situations.</p> <p>I know and apply rules in a variety of target games whilst playing and officiating</p>	<p>I know that I need to make quick decisions on if to catch or if to dodge the ball.</p> <p>I know which skill to select for the situation.</p> <p>I know how to create and apply a tactic for a specific situation or outcome.</p> <p>I know and apply and use rules consistently in a variety of target games whilst playing and officiating.</p>
<b>Net and Wall Games <i>(Tennis)</i></b>  <b><i>Progression through: Hitting Feeding Rallying Footwork Tactics Rules</i></b>	<p>I know to point my hand/object at my target when hitting a ball.</p> <p>I know to use big steps to run and small steps to stop.</p> <p>I know make simple decisions in response to a task.</p> <p>I know that rules help us to stay safe</p>	<p>I know to use the centre of the racket for control.</p> <p>I know to use an underarm throw to feed to a partner.</p> <p>I know that throwing/hitting to my partner with not too much power will help them to return the ball.</p> <p>I know that using a ready position will help me to move in any direction.</p> <p>I know that tactics can help us to be successful when playing games.</p> <p>I know that rules help us to play fairly.</p>	<p>I know to watch the ball as it comes towards me to help me to prepare to hit it.</p> <p>I know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.</p> <p>I know that sending the ball towards my partner will help me to keep a rally going.</p> <p>I know that using a ready position helps me to react quickly and return/catch a ball.</p> <p>I know that applying simple tactics makes it difficult for my opponent.</p> <p>I know how to score points and follow simple rules.</p>	<p>I know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</p> <p>I know that hitting towards my partner will help them to return the ball easier and keep the rally going.</p> <p>I know that moving to the middle of my court will enable me to cover the most space.</p> <p>I know that using simple tactics will help to achieve an outcome e.g., if we spread out, we can cover more space.</p> <p>I know the rules of the game and begin to apply them</p>	<p>I know when to play a forehand and a backhand and why.</p> <p>I know that moving my feet to the ball will help me to hit in a more balanced position, therefore increasing the accuracy of my shot.</p> <p>I know that getting my feet in the right position will help me to balance before playing a shot.</p> <p>I know that applying attacking tactics will help me to score points and create space.</p> <p>I know that applying defending tactics will help me to deny space, return a ball and limit points.</p> <p>I know and understand the rules to be able to manage our own game.</p>	<p>I know which skill to choose for the situation e.g. a volley if the ball is close to the net.</p> <p>I know that serving is how to start a game or rally and use the rules applied to the activity for serving.</p> <p>I know that playing the appropriate shot will help to keep the rally going.</p> <p>I know that control is more important than power to keep a rally going.</p> <p>I know that using small, quick steps will allow me to adjust my stance to play a shot.</p> <p>I know the need for tactics and identify when to use them in different situations.</p> <p>I know and apply rules in a variety of net and wall games whilst playing and officiating.</p>	<p>I know the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net, if I have just moved my opponent to the back of the court.</p> <p>I know tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p> <p>I know how to play different shots depending on if a rally is co-operative or competitive.</p> <p>I know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p> <p>I know when to apply some tactics for attacking and/or defending.</p> <p>I know and can apply and use rules consistently in a variety of net and wall games whilst playing and officiating</p>



<b>Striking and Fielding</b> <i>(Cricket, rounders)</i>  <i>Progression through:</i> <i>Striking</i> <i>Fielding</i> <i>Throwing</i> <i>Catching</i> <i>Tactics</i> <i>Rules</i>	<p>I know to point my hand at my target when striking a ball.</p> <p>I know to scoop a ball with two hands.</p> <p>I know to point my hand at my target when throwing.</p> <p>I know to have hands out ready to catch.</p> <p>I know to make simple decisions in response to a task.</p>	<p>I know that the harder I strike, the further the ball will travel.</p> <p>I know that throwing the ball back is quicker than running with it.</p> <p>I know that tactics can help us when playing games.</p> <p>I know that rules help us to play fairly.</p>	<p>I know the role of a batter.</p> <p>I know that striking quickly will increase speed.</p> <p>I know there are different roles in a fielding team</p> <p>I know to move towards the ball to collect it to limit a batter's points.</p> <p>I know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>I know to use wide fingers and pull the ball in to my chest to help me to securely catch.</p> <p>I know and apply simple tactics for attack (batting) and defence (fielding).</p> <p>I know how to score points and follow simple rules.</p>	<p>I know that striking to space away from fielders will help me to score.</p> <p>I know to look at where a batter is before deciding what to do.</p> <p>I know to communicate with teammates before throwing them a ball.</p> <p>I know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>I know to move my feet to the ball.</p> <p>I know that using simple tactics will help my team to achieve an outcome e.g., we will spread out to deny space.</p> <p>I know the rules of the game and begin to apply them.</p>	<p>I know that using the centre of the bat will provide the most control and accuracy.</p> <p>I know that it is easier to field a ball that is coming towards me rather than away so set up accordingly.</p> <p>I know that being balanced before throwing will help to improve the accuracy of the throw.</p> <p>I know to track the ball as it is thrown to help to improve the consistency of catching.</p> <p>I know that applying attacking tactics will help to score points and avoid getting out.</p> <p>I know that applying defending tactics will help to deny space, get opponents out and limit points.</p> <p>I know and understand the rules to be able to manage our own game.</p>	<p>I know that stance is important to allow me to be balanced as I hit.</p> <p>I know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p>I know where to throw the ball in relation to where a batter is.</p> <p>I know when to use a close catch technique or deep catch technique.</p> <p>I know the need for tactics and identify when to use them in different situations.</p> <p>I know and apply rules in a variety of striking and fielding games whilst playing and officiating</p>	<p>I know that the momentum and power for striking a ball comes from legs as well as arms.</p> <p>I know which fielding action to apply for the situation.</p> <p>I know how to consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p>I know and apply some tactics in the game as a batter, bowler and fielder.</p> <p>I know and apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</p>
<b>Athletics</b>  <i>Progression through:</i> <i>Running</i> <i>Jumping</i> <i>Throwing</i> <i>Rules</i>	<p>I know that I use big steps to run and small steps to stop.</p> <p>I know that moving into space away from others helps to keep me safe.</p> <p>I know that bending my knees will help me to land safely.</p> <p>I know that bigger targets are easier to hit.</p>	<p>I know that landing on the balls of my feet helps me to land with control.</p> <p>I know that if I bend my knees, it will help me to jump further.</p> <p>I know that stepping forward with my opposite foot to hand will help me to throw further.</p> <p>I know that rules help us to play fairly.</p>	<p>I know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>I know that swinging my arms forwards will help me to jump further.</p> <p>I know how to follow simple rules when working with others.</p>	<p>I know that leaning slightly forwards to helps to increase speed.</p> <p>I know leaning my body in the opposite direction to travel helps to slow down.</p> <p>I know that if I jump and land quickly it will help me to jump further.</p> <p>I know that the speed of the movement helps to create power.</p> <p>I know the rules of the event and begin to apply them.</p>	<p>I know that I need to pace myself when running further or for a long period of time.</p> <p>I know that a high knee drive, pumping my arms and running on the balls of my feet gives me power.</p> <p>I know that transferring weight will help me to jump further. I know and understand the rules to be able to manage our own events.</p>	<p>I know that taking big consistent strides will help to create a rhythm that allows me to run faster.</p> <p>I know that keeping a steady breath will help me when running longer distances</p> <p>I know that if I drive my knees high and fast, I can build power and therefore distance in my jumps.</p> <p>I know how to transfer my weight in different throws to increase the distance.</p> <p>I know and apply rules in a variety of events using official equipment.</p>	<p>I know that I need to prepare my body for running.</p> <p>I know the muscle groups I will need to use.</p> <p>I know a run up builds speed and power and enables me to jump further.</p> <p>I know I need to prepare my body for throwing and know the muscle groups I will need to use.</p> <p>I know and apply the rules in events that pose an increased risk.</p>
<b>Dance</b>  <i>Progression through:</i> <i>Actions</i>	<p>I know that I can move my body in different ways to create interesting actions.</p>	<p>I know that actions can be sequenced to create a dance.</p>	<p>I know that sequencing actions in a particular order will help me to tell the story of my dance.</p>	<p>I know that sharing ideas with others enables my group to work collaboratively and try dance.</p>	<p>I know that some actions are better suited to a certain character, mood or idea than others.</p>	<p>I know that different dance styles utilise selected actions to develop sequences in a specific style.</p>	<p>I know that actions can be improved with consideration to extension, shape and recognition of intent.</p>





<b>Dynamic Space Performance Strategy.</b>	<p>I know that I can change my action to show an idea.</p> <p>I know that if I move into space, it will help to keep me and others safe.</p> <p>I know that when watching others, I sit quietly and clap at the end.</p> <p>I know that if I use lots of space, it helps to make my dance look interesting.</p>	<p>I know that I can create fast and slow actions to show an idea.</p> <p>I know that there are different directions and pathways within space.</p> <p>I know that when dancing with a partner, it is important to be aware of each other and keep in time.</p> <p>I know that standing still at the start and at the end of the dance lets the audience know when it is starting and finishing.</p> <p>I know that if I use exaggerated actions, it helps the audience to see them clearly.</p>	<p>I know that I can change the way I perform actions to show an idea.</p> <p>I know that I can use different directions, pathways and levels in my dance.</p> <p>I know that using counts of 8 will help me to stay in time with my partner and the music.</p> <p>I know that if I practice my dance, my performance will improve.</p>	<p>ideas before deciding on the best actions for our dance.</p> <p>I know that all actions can be performed differently to help to show effect.</p> <p>I know that I can use space to help my dance to flow.</p> <p>I know that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p> <p>I know that I can use timing techniques such as canon and unison to create effect.</p> <p>I know that if I show sensitivity to the music, my performance will look more complete</p>	<p>I know that some dynamics are better suited to a certain character, mood or idea than others.</p> <p>I know that space can be used to express a certain character, mood or idea.</p> <p>I know that some relationships are better suited to a certain character, mood or idea than others.</p> <p>I know that being aware of other performers in my group will help us to move in time.</p> <p>I know that I can select from a range of dance techniques to translate my idea.</p>	<p>I know that different dance styles utilise selected dynamics to express mood.</p> <p>I know that space relates to where my body moves both on the floor and in the air.</p> <p>I know that different dance styles utilise selected relationships to express mood.</p> <p>I know what makes a performance effective and know how to apply these principles to my own and others' work.</p> <p>I know that if I use dance principles it will help me to express an atmosphere or mood.</p>	<p>I know that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea.</p> <p>I know that combining space and relationships with a prop can help me to express my dance idea.</p> <p>I know a leader can ensure our dance group performs together.</p> <p>I know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.</p>
<b>Gymnastics</b>  <i>Progression through: Shape Balance Rolls Jumps Strategy,</i>	<p>I know that I should be still when holding a balance.</p> <p>I know that I can change my body shape to help me to roll.</p> <p>I know that bending my knees will help me to land safely.</p> <p>I know that if I hold a shape and count to five people will see it clearly.</p>	<p>I know that I can improve my shapes by extending parts of my body.</p> <p>I know that balances should be held for 5 seconds.</p> <p>I know that I can use different shapes to roll.</p> <p>I know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended</p>	<p>I know that some shapes link well together.</p> <p>I know that there are different teaching points for different rolls.</p> <p>I know that looking forward will help me to land with control.</p> <p>I know that if I use shapes that link well together, it will help my sequence to flow</p>	<p>I know how to use body tension to make my shapes look better.</p> <p>I know that I can make my balances look interesting by using different levels.</p> <p>I know the safety considerations when performing more difficult rolls.</p> <p>I know that I can change the take off and shape of my jumps to make them look interesting.</p>	<p>I know how shapes can be used to improve my sequence.</p> <p>I know that inverted movements are actions in which my hips go above my head.</p> <p>I know how to keep myself and others safe when performing partner balances.</p> <p>I know that I can keep the shape of my roll using body tension.</p> <p>I know that I can control my landing-by-landing toes first, looking forwards and bending my knees.</p> <p>I know that if I use different directions it will help to make my sequence look interesting.</p>	<p>I know that shapes underpin all other skills.</p> <p>I know that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</p> <p>I know how to use contrasting balances to make my sequences look interesting.</p> <p>I know that I need to work within my own capabilities and this may be different to others.</p> <p>I know that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</p>	<p>I know which shapes to use for each skill.</p> <p>I know that spreading my weight across a base of support will help me to balance.</p> <p>I know where and when to apply force to maintain control and balance.</p> <p>I know that I can use momentum to help me to roll and where that momentum comes from.</p> <p>I know that taking off from two feet will give me more height and therefore more time in the air.</p>



## PE Curriculum Skills Progression

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Fundamentals</b>  <i>Progression through: Running Balancing Jumping Hopping Skipping n</i>	I can explore running and stopping.  I can explore changing direction safely.  I can explore balancing whilst stationary and on the move.  I can begin to explore take-off and landing safely.  I can explore hopping on both feet.  I can explore skipping as a travelling action	I can explore changing direction and dodging.  I can discover how the body moves at different speeds.  I can move with some control and balance. Explore stability and landing safely.  I can demonstrate control in take-off and landing when jumping.  I can begin to explore hopping in different directions.  I can show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.	I can demonstrate balance when changing direction.  I can clearly show different speeds when running.  I can demonstrate balance when performing movements.  I can demonstrate hopping for distance, height and in different directions.  I can explore single and double bounce when jumping in a rope.	I can change direction. Show an increase and decrease in speed.  I can demonstrate balance when performing other fundamental skills.  I can link jumping and hopping actions.  I can jump and turn a skipping rope.	I can change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate.  I can demonstrate good balance and control when performing other fundamental skills.  I can link hopping and jumping actions with other fundamental skills. I can consistently skip in a rope.		
<b>OAA</b>  <i>Progression through: Problem solving Navigational skills Communication</i>						I can explore tactical planning within a team to overcome increasingly challenging tasks.  I can develop navigational skills and map reading in increasingly challenging tasks.  I can explore a variety of communication methods with increasing success.	I can pool ideas within a group, selecting and applying the best method to solve a problem.  I can orientate a map efficiently to navigate around a course with multiple points.  I can inclusively communicate with others, share job roles and lead when necessary.
<b>Ball Skills</b>  <i>Progression through: Sending Catching Tracking Dribbling</i>	I can explore sending an object with hands and feet.  I can explore catching to self and with a partner.  I can explore stopping a ball with hands and feet.  I can explore dropping and catching with two hands and moving a ball with feet	I can roll and throw with some accuracy towards a target.  I can begin to catch with two hands.  I can Catch after a bounce.  I can track a ball being sent directly.  I can explore dribbling with hands and feet.	I can roll, throw and kick a ball to hit a target.  I can develop catching a range of objects with two hands.  I can catch with and without a bounce.  I can consistently track and collect a ball being sent directly.  I can explore dribbling with hands and feet with increasing control on the move	I can send a ball with accuracy and increasing consistency to a target.  I can catch a range of objects with increasing consistency.  I can track a ball not sent directly.  I can dribble a ball with hands and feet with control	I can accurately use a range of techniques to send a ball to a target.  I can catch different sized objects with increasing consistency with one and two hands.  I can consistently track a ball sent directly and indirectly.  I can dribble a ball with increasing control and co-ordination	I can demonstrate clear technique when sending a ball under pressure.  I can demonstrate good technique under pressure.  I can demonstrate a range of techniques when tracking and collecting a ball.  I can dribble with some control under pressure.	I can show good technique when sending a ball with increasing control, accuracy and consistency under pressure.  I can demonstrate increasing consistency of catching under pressure in a variety of game situations.  I can demonstrate a wider range of techniques when tracking a ball under pressure  I can dribble consistently using a range of techniques with increasing control under pressure.



<b>Invasion Games</b> <i>(Football, netball, basketball, tag rugby, hockey)</i>  <i>Progression through:</i> <i>Sending &amp; receiving</i> <i>Dribbling</i> <i>Space</i> <i>Attacking &amp; defending</i>	I can explore sending and receiving with hands and feet using a variety of equipment.  I can explore dropping and catching with two hands and moving a ball with their feet.  I can recognise their own space.  I can explore changing direction and tagging games	I can explore sending and receiving with hands and feet to a partner.  I can explore dribbling with hands and feet.  I can recognise good space when playing games.  I can explore changing direction to move away from a partner.  I can explore tracking and moving to stay with a partner	I can: developing sending and receiving with increased control.  I can explore dribbling with hands and feet with increasing control on the move. I can explore moving into space away from others.  I can develop moving into space away from defenders.  I can explore staying close to other players to try and stop them getting the ball.	I can explore sending and receiving abiding by the rules of the game.  I can explore dribbling the ball abiding by the rules of the game under some pressure. I can develop using space as a team.  I can develop movement skills to lose a defender.  I can explore shooting actions in a range of invasion games.  I can develop tracking opponents to limit their scoring opportunities	I can develop passing techniques appropriate to the game with increasing success.  I can catch a ball using one and two hands and receive a ball with feet/object with increasing success. I can link dribbling the ball with other actions and change direction whilst dribbling with some control.  I can develop moving into space to help my team.  I can change direction to lose an opponent with some success.  I can develop defending one on one and begin to intercept	I can develop control when sending and receiving under pressure.  I can dribble with some control under pressure.  I can explore moving to create space for themselves and others in their team.  I can use a variety of techniques to lose an opponent e.g. change of direction or speed.  I can develop tracking and marking with increased success.  I can explore intercepting a ball using one and two hands	I can send and receive consistently using a range of techniques with increasing control under pressure.  I can dribble consistently using a range of techniques with increasing control under pressure.  I can move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.  I can confidently change direction to lose an opponent  I can use a variety of defending skills (tracking, interception, jockeying) in game situations
<b>Target Games</b> <i>(Dodgeball)</i>  <i>Progression through:</i> <i>Throwing</i> <i>Catching</i> <i>Striking</i>	I can explore throwing using a variety of equipment.  I can explore catching using a variety of equipment	I can explore technique when throwing overarm towards a target.  I can explore technique when throwing underarm towards a target.	I can develop co-ordination and technique when throwing overarm towards a target.  I can develop co-ordination and technique when throwing underarm towards a target.  I can develop striking a ball with equipment with some consistency.	I can explore throwing at a moving target.  I can begin to catch whilst on the move.  I can begin to strike a ball with accuracy and balance	I can throw with increasing accuracy at a target.  I can catch with increasing consistency.  I can strike a ball with increasing consistency	I can demonstrate clear technique and accuracy when throwing at a target.  I can demonstrate good technique and consistency in catching skills.  I can develop a wider range of striking techniques and begin to use them under pressure	I can throw with increasing control under pressure.  I can catch with increasing control under pressure.  I can use a variety of striking techniques with control and under pressure.
<b>Net and Wall Games</b> <i>(Tennis)</i>  <i>Progression through:</i> <i>Shots</i> <i>Serving</i> <i>Rallying</i> <i>Footwork</i>	I can explore hitting a ball with hands and pushing with a racket.  I can explore sending and tracking a ball with a partner.  I can explore changing direction, running and stopping.	I can explore hitting a dropped ball with a racket.  I can throw a ball over a net to land into the court area.  I can explore sending a ball with hands and a racket.  I can use the ready position to move towards a ball	I can develop hitting a dropped ball over a net.  I can accurately underarm throw over a net to a partner.  I can explore underarm rallying with a partner catching after one bounce.  I can consistently use the ready position to move towards a ball.	I can explore returning a ball using shots such as the forehand and backhand.  I can explore rallying using a forehand.  I can consistently use and return to the ready position in between shots	I can demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.  I can develop rallying using both forehand and backhand with increased technique.  I can begin to use appropriate footwork patterns to move around the court.	I can develop the range of shots used in a variety of games.  I can develop the range of serving techniques appropriate to the game.  I can use a variety of shots to keep a continuous rally.  I can demonstrate effective footwork patterns to move around the court	I can demonstrate increased success and technique in a variety of shots.  I can serve accurately and consistently.  I can successfully apply a variety of shots to keep a continuous rally.  I can demonstrate a variety of footwork patterns relevant to the game I am playing.
<b>Striking and Fielding</b> <i>(Cricket, rounders)</i>  <i>Progression through:</i> <i>Striking</i> <i>Fielding</i>	I can explore sending a ball to a partner.  I can explore tracking and stopping a rolling ball.	I can explore striking a ball with their hand and equipment.  I can develop tracking and retrieving a ball.	I can develop striking a ball with their hand and equipment with some consistency.  I can develop tracking a ball and decision making with the ball.	I can begin to strike a bowled ball after a bounce with different equipment.  I can explore bowling to a target and fielding skills to include a two-handed pick up.	I can develop batting technique with a range of equipment.  I can develop bowling with some consistency, abiding by the rules of the game.	I can explore defensive and driving hitting techniques and directional batting.  I can develop over and underarm bowling technique.	I can strike a bowled ball with increasing accuracy and consistency.  I can use a wider range of fielding skills with increasing control under pressure.



<b>Throwing</b> <b>Catching</b>	I can explore rolling, throwing and catching using a variety of equipment.	I can explore technique when throwing over and underarm.  I can develop co-ordination and technique when catching.	I can develop co-ordination and technique when throwing over and underarm.  I can catch with two hands with some co-ordination and technique	I can use overarm and underarm throwing in game situations.  I can catch with some consistency in game situations	I can use overarm and underarm throwing with increased consistency in game situations.  I can begin to catch with one and two hands with some consistency in game situations.	Develop long and short barrier and two handed pick up.  I can demonstrate good technique when using a variety of throws under pressure.  I can explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.	I can consistently demonstrate good technique in throwing skills under pressure.  I can consistently demonstrate good technique in catching skills under pressure.
<b>Athletics</b>  <i>Progression through:</i> <i>Running</i> <i>Jumping</i> <i>Throwing</i> <i>Rules</i>	I can explore running and stopping safely.  I can explore jumping and hopping safely.  I can explore throwing to a target.	I can explore running at different speeds.  I can develop balance whilst jumping and landing.  I can explore hopping, jumping and leaping for distance.	I can develop the sprinting action.  I can develop jumping, hopping and skipping actions.  I can explore safely jumping for distance and height.  I can develop overarm throwing for distance	I can develop the sprinting technique and apply it to relay events.  I can develop technique when jumping for distance in a range of approaches and take off positions.  I can explore the technique for a pull throw.	I can develop an understanding of speed and pace in relation to distance.  I can develop power and speed in the sprinting technique.  I can develop technique when jumping for distance.  I can explore power and technique when throwing for distance in a pull and heave throw.	I can apply fluency and co-ordination when running for speed in relay changeovers.  I can effectively apply speeds appropriate for the event.  I can explore technique and rhythm in the triple jump.  I can develop technique and power in javelin and shot put.	I can demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.  I can develop power, control and technique in the triple jump.  I can develop power, control and technique when throwing discus and shot put.
<b>Dance</b>  <i>Progression through:</i> <i>Actions</i> <i>Dynamic</i> <i>Space</i> <i>Performance</i> <i>Strategy.</i>	I can explore how my body moves.  I can copy basic body actions and rhythms.  I can explore actions in response to music and an idea.  I can begin to explore pathways and the space around me and in relation to others.  I can perform short phrases of movement in front of others.	I can copy, remember and repeat actions to represent a theme.  I can create my own actions in relation to a theme.  I can explore varying speeds to represent an idea.  I can explore pathways within my performance.  I can begin to explore actions and pathways with a partner.  I can perform on my own and with others to an audience	I can accurately remember, repeat and link actions to express an idea  I can develop an understanding of dynamics.  I can develop the use of pathways and travelling actions to include levels.  I can explore working with a partner using unison, matching and mirroring.  I can develop the use of facial expressions in my performance	I can create actions in response to a stimulus individually and in groups.  I can use dynamics effectively to express an idea.  I can use direction to transition between formations.  I can develop an understanding of formations  I can perform short, self-choreographed phrases showing an awareness of timing.	I can respond imaginatively to a range of stimuli related to character and narrative  I can change dynamics confidently within a performance to express changes in character.  I can confidently use changes in level, direction and pathway.  I can perform complex dances that communicate narrative and character well, performing clearly and fluently	I can choreograph dances by using, adapting and developing actions and steps from different dance styles.  I can confidently use dynamics to express different dance styles.  I can confidently use direction and patterning to express different dance styles.  I can confidently use formations, canon and unison to express a dance idea.  I can perform dances expressively, using a range of performance skills, showing accuracy and fluency	I can show controlled movements which express emotion and feeling.  I can explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.  I can a variety of compositional principles when creating my own dances.  I can demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance
<b>Gymnastics</b>  <i>Progression through:</i> <i>Shape</i> <i>Balance</i> <i>Rolls</i> <i>Jumps</i>	I can show contrast with my body including wide/narrow, straight/curved.  I can explore shapes in stillness using different parts of my body.  I can explore rocking and rolling.	I can explore basic shapes straight, tuck, straddle, pike.  I can perform balances making my body tense, stretched and curled.  I can explore barrel, straight and forward roll progressions.	I can explore using shapes in different gymnastic balance.  I can remember, repeat and link combinations of gymnastic balance.	I can explore matching and contrasting shapes.  I can explore point and patch balances and transition smoothly into and out of them.	I can develop the range of shapes I use in my sequences.  I can develop strength in bridge and shoulder stand.	I can perform shapes consistently and fluently linked with other gymnastic actions.  I can explore progressions of a cartwheel.	I can combine and perform gymnastic shapes more fluently and effectively.  I can develop control in progressions of a cartwheel bridge and shoulder stand.



Strategy,	I can explore jumping safely.	I can explore shape jumps, including jumping off low apparatus	I can explore barrel, straight and forward roll and put into sequence work.	I can develop the straight, barrel, and forward roll.	I can develop control and fluency in individual and partner balances.	I can explore symmetrical and asymmetrical balances.	I can explore counter balance and counter tension.
			I can explore shape jumps and take off combinations.	I can develop stepping into shape jumps with control	I can develop the straight, barrel, forward and straddle roll and perform them with increased control.	I can develop control in the straight, barrel, forward, straddle and backward roll.	I can develop fluency and consistency in the straddle, forward and backward roll.
					I can develop control in performing and landing rotation jumps	I can select a range of jumps to include in sequence work	I can combine and perform a range of gymnastic jumps more fluently and effectively.