

Physical Education progression of knowledge and skills 2014

	Knowledge	Skills and Experience	Vocabulary	Resources
Year R	<p>To know there are different ways to move your body and travel.</p> <p>To show some understanding that exercise is good practise towards good health.</p> <p>To know that they need space when applying skills during activities.</p> <p>To be aware that their bodies can move in many different ways</p> <p>Recognise the changes that happen to their bodies when they are active</p>	<p>Games</p> <ul style="list-style-type: none"> • Show awareness of space, of themselves and of others. • Negotiate space successfully when playing racing and chasing games with other children. • Handle objects safely and with increasing control. • Use a range of small and large equipment. • To catch a large ball with two hands • To throw with two hands. • To kick a ball towards a target. • Use increasing control over an object by touching, pushing, patting, throwing, catching or kicking it. • Recognise the importance of keeping healthy and those things which contribute to this • Persevere in repeating some actions/attempts when developing a new skill. <p>Gymnastics</p> <ul style="list-style-type: none"> • Travel over, under, around equipment. • Show an understanding of how to transport and store equipment safely. • Jump off an object and land appropriately. • Balance on various parts of the body. • To balance on a bench • To be able to climb to the top of the ladder coordinating arms and legs. • Jump off an object and land on two feet • Practice some appropriate safety measure without direct supervision. • Begin to refine and improve their movements <p>Dance</p> <ul style="list-style-type: none"> • Move with confidence, imagination and in safety. • Initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences • Experiment with different ways of moving their bodies in time to music. • Talk about what they like about a dance <p>Athletics</p> <ul style="list-style-type: none"> • Run with an understanding of technique. • To begin to understand how to throw, run and jump safely. • Identify good practice/technique of running, throwing and jumping. 	<p>Jump</p> <p>Bench</p> <p>Leg</p> <p>Breathe</p> <p>Rhythm</p> <p>Dance</p> <p>Balance</p> <p>Coordination</p> <p>Direction</p> <p>Strength</p> <p>Space</p> <p>Big balls</p> <p>climb</p>	<p>Hall,</p> <p>Climbing equipment</p> <p>Bench</p> <p>Climbing horses</p> <p>Music</p> <p>Mats</p>

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Year 1	<p>To know and explain what exercise does to their bodies.</p> <p>To know how to carry and transport equipment safely.</p> <p>To know that a dance has a beginning, middle and end.</p> <p>To work as a team to compose a dance.</p>	<p>.Games</p> <ul style="list-style-type: none"> • Retrieve, intercept and stop a variety of objects, small and large • Catch a variety of large and small objects • Use different ways of hitting, throwing, striking and kicking different objects. • Select skills needed depending on the needs of the game. • To be able to use a variety of equipment to control a ball. • To be able to bounce a ball with hand. • To be able to dribble a ball towards a cone, with feet/equipment. • To send and receive a ball whilst standing still. • To strike a ball towards a target. • To recognise how their bodies feel after exercise <p>Gymnastics</p> <ul style="list-style-type: none"> • Basic control and coordination when travelling. • To jump with feet together. • Jump over an object with feet together • Children to carry, move and use large equipment appropriately. • Carry and place equipment safely • To be able to experiment with different ways of climbing the wall bars. • Children to find and use space safely. • Children to link actions, remember and repeat these actions. • Identify and copy basic actions of gymnastics, such as rolling, travelling and balancing. • Make their body tense, relaxed, stretched and curled. • Describe what they do in their movement phrases. <p>Dance</p> <ul style="list-style-type: none"> • Use basic body actions • Show some sense of dynamic, expressive and rhythmic qualities in their own dance. • Choose appropriate movements for different dance ideas. • Move with control and vary the way space is used. • Remember and repeat short dance phrases. • Talk about theirs and others dances using a range of different language • To watch different dances from other cultures and apply them to their own dance. 	<p>Jump</p> <p>Safety</p> <p>Equipment</p> <p>Hockey stick</p> <p>Tennis racket</p> <p>Balls</p> <p>Skill</p> <p>Control</p> <p>Agility</p> <p>Coordination</p> <p>Balance</p> <p>Banana</p> <p>Dribble</p> <p>bounce</p>	<p>Tennis rackets and tennis balls</p> <p>Footballs</p> <p>Basketballs</p> <p>Cones</p> <p>Mats</p> <p>Music</p>

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		<p>Athletics</p> <ul style="list-style-type: none">• Run at varying speeds.• Link running and jumping activities with some fluency, control and consistency.• Make up and repeat a short sequence of linked jumps.• Take part in relay activities• Throw a variety of objects, changing their action for accuracy and distance.• Recognise when their heart rate, temperature and breathing rate have changed.• Talk about how they can improve the distance and speed through their techniques.		
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Year 2	<p>To know how to attack and defend in ball games.</p> <p>To know how cooperate and communicate within a team.</p> <p>To describe the difference in their bodies before and after exercise</p> <p>To evaluate what went well and how to improve.</p> <p>To develop understanding of how to use and apply skills appropriately.</p>	<p>Games</p> <ul style="list-style-type: none"> To apply knowledge of attacking and defending to game situations. To dribble a ball around some obstacles/ other players with good control. To block a ball, bringing it to a full stop. To defend a goal, working as a team player Show an awareness of opponents and team- mates when playing games Use a variety of simple tactics. Work with a partner and in small groups to improve their skills. <p>Gymnastics</p> <ul style="list-style-type: none"> Perform the basic gymnastics actions with coordination, control and variety. To balance along a narrow surface/bar. To be able to create body shapes in the air when they jump To be able to land in different positions. To be able to jump onto an object. To set out own Gymnastic courses with the large equipment. Plan and repeat simple sequences of actions Show contrasts in shape Describe what they and others have done Say why they think gymnastic actions are being performed well. <p>Dance</p> <ul style="list-style-type: none"> Perform body actions with control and coordination To explore, remember, repeat and link a range of actions to create an imaginative dance sequence with control. Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling. Perform body actions with control and coordination Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling. Link actions to create dance phrases, remember and repeat dance phrases Suggest ways they could improve their work. To incorporate movement from other cultures into their own dance. <p>Athletics</p> <ul style="list-style-type: none"> Run at varying paces, changing directions Make up and teach others a short sequence of linked jumps 	<p>Attack</p> <p>Defend</p> <p>Jump</p> <p>Safety</p> <p>Equipment</p> <p>Hockey stick</p> <p>Tennis racket</p> <p>Balls</p> <p>Skill</p> <p>Control</p> <p>Agility</p> <p>Coordination</p> <p>Balance</p>	<p>Tennis rackets and tennis balls</p> <p>Footballs</p> <p>Basketballs</p> <p>Cones</p> <p>Mats</p> <p>Music</p>

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		<ul style="list-style-type: none">• Throw more accurately and greater distances• Show consistency, control and accuracy when throwing objects into targets from increasing distances.• Suggest to peers on how to improve their throwing, jumping and running techniques.		
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