



## PE Knowledge Progression Map

	Year 3	Year 4	Year 5	Year 6
Games	<ul style="list-style-type: none"> <li>* Throw and catch with control and accuracy.</li> <li>* Strike a ball and field with control.</li> <li>* Follow the rules of the game and play fairly.</li> <li>* Maintain possession of a ball (with hands or feet)</li> <li>* Pass to teammates.</li> <li>* Lead others and act as a respectful team member.</li> </ul>	<ul style="list-style-type: none"> <li>* Throw and catch with control and accuracy.</li> <li>* Strike a ball and field with control.</li> <li>* Follow the rules of the game and play fairly.</li> <li>* Maintain possession of a ball (with hands or feet)</li> <li>* Pass to teammates.</li> <li>* Lead others and act as a respectful team member.</li> </ul>	<ul style="list-style-type: none"> <li>* Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking)</li> <li>* Work alone, or with teammates in order to gain points or possessions.</li> <li>* Strike a bowled or volleyed ball with accuracy.</li> <li>* Choose the most appropriate tactics for a game.</li> <li>* Uphold the spirit of fair play and respect in all competitive situations.</li> </ul>	<ul style="list-style-type: none"> <li>* Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking)</li> <li>* Work alone, or with teammates in order to gain points or possessions.</li> <li>* Strike a bowled or volleyed ball with accuracy.</li> <li>* Choose the most appropriate tactics for a game.</li> <li>* Uphold the spirit of fair play and respect in all competitive situations.</li> </ul>
Dance	<ul style="list-style-type: none"> <li>* Show respect to others when watching them perform.</li> <li>* Provide feedback using key words.</li> <li>* Repeat, remember and perform a dance phrase.</li> <li>* Use counts to keep in time with a partner and group.</li> <li>* Use dynamic and expressive qualities in relation to an idea.</li> <li>* Work with a partner and in a small group, sharing ideas.</li> <li>* Create short dance phrases that communicate the idea.</li> </ul>	<ul style="list-style-type: none"> <li>* Choose actions and dynamics to convey a character or idea</li> <li>* Copy and remember set choreography</li> <li>* Provide feedback using appropriate language</li> <li>* Use changes in timing and spacing to develop a dance</li> <li>* Use counts to keep in time with the music and others</li> </ul>	<ul style="list-style-type: none"> <li>* Accurately copy and repeat set choreography</li> <li>* Confidently perform different styles of dance, showing a good sense of timing</li> <li>* Lead a group through short warm-up routines</li> <li>* Refine the way I use actions, dynamics, relationships and space in my dance</li> <li>* Use counts when choreographing to stay in time with others and the music</li> <li>* Provide feedback to improve my work</li> </ul>	<ul style="list-style-type: none"> <li>* Choreograph a dance and work safely using a prop</li> <li>* Perform dances confidently and accurately with good timing</li> <li>* Use actions, dynamics and relationships to represent ideas, emotions, feelings and characters</li> <li>* Use appropriate language to evaluate and refine my own work and other's work</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>* Adapt sequences to suit different types of apparatus</li> <li>* Choose actions that flow well into one another</li> </ul>	<ul style="list-style-type: none"> <li>* Explain the benefits of exercise</li> <li>* Identify some muscle groups</li> <li>* Plan and perform sequence with a partner using different levels and</li> </ul>	<ul style="list-style-type: none"> <li>* Create and perform sequence using apparatus individually and with a partner</li> <li>* Lead a partner through short</li> </ul>	<ul style="list-style-type: none"> <li>* Combine and perform gymnastic actions, shapes and balances with control and fluency</li> <li>* Create and perform sequences</li> </ul>



	<ul style="list-style-type: none"> <li>* Choose and plan sequences of contrasting actions</li> <li>* Complete actions with increasing balance and control</li> <li>* Move in unison with a partner</li> <li>* Provide feedback using key words</li> <li>* Use my own ideas for movements in response to a task</li> <li>* With help, recognise how a performance could be improved</li> </ul>	<p>shapes</p> <ul style="list-style-type: none"> <li>* Perform balances safely</li> <li>* Suggest improvements to my own and others' performances</li> </ul>	<p>warm-up routines</p> <ul style="list-style-type: none"> <li>* Use canon and synchronisation and matching and mirroring</li> <li>* Use strength and flexibility to improve the quality of a performance</li> <li>* Work safely when learning a new skill</li> </ul>	<p>using compositional devices to improve the quality</p> <ul style="list-style-type: none"> <li>* Lead a group through a warm-up</li> <li>* Use appropriate language to evaluate and refine my own and other's work</li> <li>* Understand how to work safely when learning a new skill</li> <li>* Use counter balance and counter tension with a partner</li> </ul>
Yoga	<ul style="list-style-type: none"> <li>* Copy and link yoga poses together to create a short flow</li> <li>* Describe how yoga makes me feel</li> <li>* Move from one pose to another in time with my breath</li> <li>* Provide feedback using key words</li> <li>* Work with others to create a sequence involving a number of poses</li> <li>* Show some stability when holding a yoga pose</li> </ul>		<ul style="list-style-type: none"> <li>* Confident to lead others through poses and flows</li> <li>* Create a yoga flow working safely with a partner</li> <li>* Provide feedback to others using key terminology</li> <li>* Move with control from one pose to another demonstrating good balance</li> <li>* Show strength and flexibility whilst holding yoga poses</li> </ul>	
Athletics	<ul style="list-style-type: none"> <li>* Develop jumping for distance</li> <li>* Identify success</li> <li>* Take part in a relay</li> <li>* Throw a variety of objects (with accuracy) over a distance</li> <li>* Use different take off and landings when jumping</li> <li>* Develop sprinting technique</li> <li>* Work with a partner and in a small group</li> <li>* Show determination to achieve personal best</li> </ul>	<ul style="list-style-type: none"> <li>* Demonstrate the difference between sprinting and jogging</li> <li>* Explain what happens during a warm up</li> <li>* Jump for distance with balance and control</li> <li>* Throw with some accuracy and power towards a target</li> <li>* Show determination to improve a personal best</li> <li>* Support and encourage others</li> </ul>	<ul style="list-style-type: none"> <li>* Choose the best pace for a running event</li> <li>* Identify good athletic performance and explain why it is good</li> <li>* Perform a range of jumps, showing control at take-off and landing</li> <li>* Take on the role of coach, official and timer in a group</li> <li>* Show accuracy and power when throwing for distance</li> </ul>	<ul style="list-style-type: none"> <li>* Compete within the rules showing fair play and honesty</li> <li>* Help others to improve their technique using teaching points</li> <li>* Perform jumps for distance using good technique</li> <li>* Select and apply the best pace for a running event</li> <li>* Show accuracy and good technique when throwing for distance</li> <li>* Understand the different areas of</li> </ul>



				<p>fitness and how this can help in different activities</p> <ul style="list-style-type: none"> <li>* Persevere and strive to achieve my personal best</li> </ul>
OOA	<ul style="list-style-type: none"> <li>* Develop map reading skills</li> <li>* Follow and give instructions</li> <li>* Listen to and accept ideas of others</li> <li>* Plan and attempt to apply strategies to solve problems</li> <li>* Reflect on success</li> <li>* Work collaboratively with a partner and a small group</li> </ul>	<ul style="list-style-type: none"> <li>* Follow and give instructions</li> <li>* Confidently communicate ideas and listen to others</li> <li>* Identify key symbols on a map and use a key to navigate around a grid</li> <li>* Plan and apply strategies to solve problems</li> <li>* Reflect on success when solving challenges</li> <li>* Work collaboratively and effectively with a partner and a small group</li> </ul>	<ul style="list-style-type: none"> <li>* Inclusive of others and can share job roles</li> <li>* Navigate around a course using a map</li> <li>* Orientate a map confidently</li> <li>* Reflect on successful problem solving</li> <li>* Use critical thinking to approach a task</li> <li>* Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy</li> </ul>	<ul style="list-style-type: none"> <li>* Inclusive of others and can share job roles</li> <li>* Navigate around a course using a map</li> <li>* Orientate a map confidently</li> <li>* Reflect on successful problem solving</li> <li>* Use critical thinking to approach a task</li> <li>* Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy</li> </ul>
Swimming			<ul style="list-style-type: none"> <li>* Swim competently, confidently and proficiently over a distance of at least 25m</li> <li>* Use a range of strokes effectively (for example, front crawl, breaststroke and backstroke)</li> <li>* Perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>* Swim competently, confidently and proficiently over a distance of at least 25m</li> <li>* Use a range of strokes effectively (for example, front crawl, breaststroke and backstroke)</li> <li>* Perform safe self-rescue in different water-based situations</li> </ul>