




Fundamentals PE KNOWLEDGE Progression

This is how our children's PE knowledge in the fundamentals builds from Year 3 to Year 6.

Pillars of our PE Curriculum:

Motor competence	Rules, strategies and tactics	Healthy participation
 <ul style="list-style-type: none"> This is a person's ability to make a range of physical actions which include co-ordinating fine and gross motor skills. These are fundamental to participate in everyday activities as well as playing and partaking in physical activity. PE will be the first time that some pupils are taught how to make confident and controlled motor movements. 	 <ul style="list-style-type: none"> Pupils need to be taught how to move intelligently as well as competently. This involves responding to the needs of the context. Pupils need to be explicitly taught the rules, strategies and tactics involved with different types of activities. Tactics are the decisions people make about how, when and where to move. Some physical activities don't have rules or tactics, but all have strategies for success. These are less time-dependent and can have a broader relevance beyond playing games. 	 <ul style="list-style-type: none"> PE has a role to play to challenge and correct some misconceptions and knowledge that children have established outside of school. It is important for pupils to make connections between their knowledge of health and how it applies to physical activity. Pupils' interest can be increased by teaching how the body works, so that they can understand the relationships between activity and its effect on the body.

Area of Study	Year 3	Year 4	Year 5	Year 6
Iexercise Why it is important to be active and the importance of health and fitness	To understand and practice developing fluid and speedy transitions. To maintain balance, posture and correct stance while sending and receiving. To improve hand-eye coordination, timing and balance and improve starting and stopping quickly. To show balance, coordination and control while moving at pace	To develop and practice a range of jumping techniques and combinations of jumps, developing power, control, consistency and controlled landing. To combine skills to consistently demonstrate flexibility, strength, technique, control and balance.	To develop fast movements including dodging by changing direction and anticipating play. To practice different jumping techniques by practicing and developing their jumping for height and distance.	To develop catching and passing on the move and while tracking a partner's movements. To further develop the technique of sending, receiving and positioning. To consistently demonstrate with accuracy varying movement types e.g. strength, power, flexibility, control. To combine skills to consistently demonstrate flexibility, strength, technique, control and balance.
Imove Know the importance of agility and footwork	To develop awareness of speed and pace, as well as developing and practicing fluency in running and walking skills. To develop and practice a range of jumping techniques developing power, control, consistency and how to control landing. To develop and practice different combinations of jumps; developing fluency and control in putting together jumps.	To learn and develop evading skills to move away from a defender. To move effectively with the correct technique, whilst using equipment. To use controlled footwork patterns to change direction and level.	To incorporate quick reactions and move into available space in a game situation. To react and respond by predicting movements and tactics of opposition. To develop fast movements including dodging by changing direction and anticipating play. To develop and practice jumping for distance using the whole body to help increase the length of the jump. To develop and improve coordination and rhythm by exploring different jumping and movement patterns. To practice different jumping techniques by practicing and developing their jumping for height and distance.	To develop and improve coordination and balance by exploring different running, jumping and movement patterns. To practice different jumping techniques by practicing and developing jumping for height and distance. To demonstrate balance and movement while traversing along a line. To walk fluidly in a straight line while maintaining balance but varying height. To traverse along a line while maintaining balance and keeping control of equipment.
Ipractice Personal bests and competing against themselves	To develop how to move correctly holding or in control of equipment. To develop evading skills to move away from a defender. To develop building reaction and response, and to introduce pupils to the concept of 'fee ding the ball'. To develop moving into the correct position to return a shot in net/wall games. To develop hand-eye coordination and introduce the forehand technique to return a ball.	To understand and practice developing fluency & coordination running with the ball and changing direction. To show control and balance while practising an unfamiliar skill. To show awareness of space and control movements while performing a range of skills.	To develop movement prior to passing to anticipate the opposition strategy. To develop catching and passing on the move, moving with the ball to create space to pass	To react and respond by predicting movements and tactics of opposition. To develop fast movements including dodging by changing direction and anticipating play. To increase frequency and speed while sending and receiving equipment. To further incorporate quick reactions, catching and responses in a game situation.
Icommunicate Learning to communicate, debating and coming up with their own ideas	To develop the technique of Passing and Receiving. To develop the correct technique for catching and to understand how we bowl/throw to ensure a catch is successful. To develop the correct technique for passing whilst evading opponents.	To count out the phrases of 8 counts within the music on the regular beat, slow beat and quick beat correctly. To move in time to the music demonstrating an awareness of rhythm and phrasing.	To traverse along a line while maintaining balance and keeping control of equipment. To perform complex moves that combine strength and flexibility. To link several movements together to perform a sequence.	To demonstrate control and coordination when manipulating a ball. To show creative thinking and adaptation to control a ball. To perform complex moves that combine strength and flexibility.

	<p>To develop combining travelling and turning and counter balance skills, with some complexity and confidence.</p> <p>To develop expressing an idea in an original way</p>	<p>To develop the correct technique for passing whilst evading opponents at speed.</p>		<p>To link several movements together to perform a sequence.</p> <p>To further demonstrate balance and movement while manipulating a ball.</p>
<p>Icreate</p> <p>Adapt games and creating their own, inclusivity</p>	<p>To identify space that can be moved into using a range of movements.</p> <p>To develop different movements, adapting technique to make them successful whilst travelling forwards and sideways.</p> <p>To develop their ability to design an activity, evaluate their knowledge and understanding of what makes something challenging</p>	<p>To show balance and control while travelling over equipment and apparatus.</p> <p>To show control, dexterity, balance and strength while standing on one leg.</p>	<p>To develop various passing, manipulation and movement techniques to evade the opposition or to gain an advantage.</p>	<p>To maintain a tight core while performing actions in a stood or seated position.</p> <p>To maintain control over balance while shifting body weight.</p> <p>To maintain stability without straining, keeping good control over movements.</p> <p>To utilise the maximum amount of space available to improve performance.</p> <p>To show awareness of surroundings and move efficiently across the floor.</p>
<p>Ithink</p> <p>Tactics and reasoning/problem solving</p>	<p>To perform movements with equipment safely.</p> <p>To dodge equipment by adjusting my movements and tracking their flight.</p> <p>To develop fast movements including changing direction.</p> <p>To be able to work my core by holding my body in a controlled seated balance.</p> <p>To enhance balance and control while engaging my core.</p> <p>To maintain control through the core while performing various shapes and movements</p>	<p>To multitask activities within a game, track how equipment moves through the air, make adjustments, maintaining balance, coordination and movement of equipment</p>	<p>To move in a variety of directions to outwit opponents.</p> <p>To show control, dexterity, balance and strength while standing on one leg</p>	<p>To maintain balance on one and two feet while evading an opponent.</p> <p>To show control, dexterity, balance and strength while standing on one leg.</p> <p>To use clear footwork patterns to aid evasion from attackers/defenders.</p> <p>To move in a variety of directions to outwit opponents.</p> <p>To show quick and light movements by shifting on the balls of the feet.</p>