




PE KNOWLEDGE Progression

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

Pillars of our PE Curriculum:

<p>Motor competence</p>  <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. 	<p>Rules, strategies and tactics</p>  <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. 	<p>Healthy participation</p>  <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.
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Area of Study	Year 3	Year 4	Year 5	Year 6
<p><u>Gymnastics</u></p>	<p>Work with increasing control and strength and improving flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with increased control and precision.</p> <p>Mount, dismount and perform movements on equipment safely.</p> <p>Create some linking and transition movements to a specific theme.</p> <p>Compare and contrast gymnastic sequences, commenting on similarities and differences.</p> <p>Work with a partner to create, repeat and improve a sequence</p>	<p>Work with control, strength and fluidity and improving flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with control and precision and changing speed and direction.</p> <p>Mount, dismount and perform movements on equipment safely with increasing control and balance</p> <p>Combine movements and shapes to create new patterns.</p> <p>Adapt sequences to suit different abilities within a partnership.</p> <p>Make suggestions on how to improve my own performance and the performances of others.</p>	<p>Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with control and precision, changing speed and direction, and including a range of shapes.</p> <p>Mount, dismount and perform more complex movements on equipment safely with control and balance. Create more complex and extended sequences.</p> <p>Work with a partner to create, repeat and improve a sequence with at least three phases.</p> <p>Make suggestions on how to improve their own performance and performances of others using correct gymnastics terminology.</p>	<p>Movements are accurate, clear, and consistently controlled at varying speeds with improved balance, strength, and flexibility.</p> <p>Roll, travel, balance, and jump in specific movements with control and precision.</p> <p>Changing speed and direction and moving seamlessly between action, balance and shapes.</p> <p>Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance.</p> <p>Link sequences and perform to specific timings.</p> <p>Combine their own work with that of more than one person or team.</p> <p>Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology.</p>
<p><u>Pilates</u></p>	<p>Perform simple Pilates moves and everyday tasks with correct posture and alignment</p> <p>Move with careful control, precision, and coordination.</p> <p>Know, understand, and show movements to demonstrate the planes of movement and positions of the spine.</p> <p>Make suggestions on how to improve my performance and performances of others</p>	<p>Perform Pilates moves and everyday tasks with correct posture and alignment.</p> <p>Move with careful control, precision and coordination and hold a precise and strong body posture.</p> <p>Know, understand, and show movements to demonstrate the strengthening of core muscles.</p> <p>Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.</p>	<p>Perform complex Pilates moves and complex everyday tasks with correct posture and alignment.</p> <p>Perform movements at varying speeds with careful control, precision, and coordination, hold a precise and strong body posture and maintain this throughout the performance.</p> <p>Know, understand, and perform movements and teach some of them to others.</p> <p>Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.</p>	<p>Perform complex moves and sequences and complex everyday tasks with correct posture and alignment.</p> <p>Hold positions and perform movements for increased periods of time without losing control or compromising technique.</p> <p>Know, understand, and perform movements and teach most of them to others.</p> <p>Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.</p>
<p><u>Dance (Strictly)</u></p>	<p>Copy and repeat some movement skills to include: travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills with complexity and confidence.</p> <p>Move in time to the music</p> <p>Express an idea in an original way.</p> <p>Work co-operatively with a group</p>	<p>Copy, repeat and develop some movement skills to include: travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills with more complexity, precision, and confidence.</p> <p>Move in time to the music</p> <p>Express ideas in an original and imaginative way.</p> <p>Work co-operatively with a group</p>	<p>Create new movements to include: travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills to develop flexibility, strength, control and balance.</p> <p>Move in time to the music</p> <p>Create and express an idea in a specific style.</p> <p>Work co-operatively with a group</p>	<p>Create and develop new movement including travelling, turning, jumping, balance, levels and using different planes of movement</p> <p>Combine skills to consistently demonstrate flexibility, strength control and balance.</p> <p>Move in time to the music</p> <p>Create and express imaginative ideas in a specific style.</p> <p>Work co-operatively with a group</p>

<p><u>Basketball</u></p>	<p>Work towards precision of movement, balance, and coordination with the ball.</p> <p>Travel with the ball, using both hands effectively</p> <p>Select the correct type of pass to use (chest or bounce) and shoot using correct technique with their stronger hand</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>		<p>Work towards precision of movement, balance, and coordination with the ball and demonstrate improvements in control, power, and speed.</p> <p>Travel with the ball, using both hands effectively</p> <p>Select the correct type of pass to use (chest or bounce) and shoot using correct technique with their stronger hand</p> <p>Show and perform learned skills under pressure</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>	
<p><u>Netball</u></p>		<p>Understand which pass to use, how to improve accuracy of a pass and passing in front of a player.</p> <p>Understand what attacking means, how to create and run into space and how to avoid your defender.</p> <p>Understand what defending means and how to make successful interceptions.</p> <p>Understand the different positions in a primary school game of netball and why it is important to rotate positions.</p> <p>Understand how to shoot in a game of netball.</p> <p>Understand how to work together as a team to improve their game and improve communication and teamwork skills</p>		<p>Understand which pass to use, how to improve accuracy of a pass and passing in front of a player.</p> <p>Understand what attacking means, how to create and run into space and how to avoid your defender.</p> <p>Understand what defending means and how to make successful interceptions.</p> <p>Understand the different positions in a primary school game of netball and why it is important to rotate positions. Understand how to shoot in a game of netball.</p> <p>Understand how to work together as a team to improve their game and improve communication and teamwork skills.</p>
<p><u>Football</u></p>		<p>Working towards precise movement, balance, coordination, control, power, and speed</p> <p>Use the correct part of the foot to stop the ball, kick the ball and change direction</p> <p>Remember names of some skills and use some skills in a game situation</p> <p>Starting to show good decision making and judgement skills</p> <p>Work well with others as part of a team and starting to show good communication skills and timing e.g. asking for the ball at the correct time</p>		<p>Work with precise movement, balance, coordination, control, power, and speed</p> <p>Consistently use the correct part of the foot to stop the ball, kick the ball and change direction</p> <p>Remember names of skills and use different skills in a game situation Show good decision making and judgement skills</p> <p>Work well with others as part of a team and show good communication skills and timing e.g. asking for the ball at the correct time</p>
<p><u>Tag Rugby</u></p>	<p>Work towards precision of movement, balance, and coordination with the ball.</p> <p>Run with the ball, keeping the ball close to the chest and perform grounding and gathering skills confidently.</p> <p>Demonstrate tagging the opposition player whilst on the move</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>		<p>Work towards precision of movement, balance, and coordination with the ball and demonstrate improvements in control, power, and speed.</p> <p>Run with the ball, keeping the ball close to the chest and perform grounding and gathering skills confidently</p> <p>Demonstrate tagging the opposition player whilst on the move</p> <p>Show and perform learned skills under pressure.</p> <p>Show good listening skills and good decision making and judgement skills</p> <p>Show good communication skills and teamwork and the ability to work effectively with a range of different players</p>	