



Orchard Primary School - Progression of Knowledge & Skills in PE



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and developing physical skills	Expected Standard						
	<ul style="list-style-type: none"> • Demonstrate spatial awareness • Control their fundamental movement skills (e.g. stopping and starting on command, walking and running safely) • Develop fundamental fine motor movement skills (including pinching, squeezing, writing) • Develop fundamental gross motor movement skills (including running, jumping, throwing) <p>GYMNASTICS AND DANCE</p> <ul style="list-style-type: none"> • Enjoy movement • Move creatively using whole body (e.g. dancing, posing, balancing) • Develop basic strength and flexibility • Copy and perform basic movements <p>PLAYING GAMES</p> <ul style="list-style-type: none"> • Enjoy participation • Identify a target and begin to throw effectively 	<ul style="list-style-type: none"> • Develop fundamental movement skills (including running, jumping, throwing and catching) • Improve running technique and run for longer distances • Perform a run and jump sequence • Develop an under and over arm throwing action • Maintains stillness on different bases of support with different body shapes • Develop basic strength and flexibility. • Perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required • Link and repeat basic actions to copy and perform a movement phrase with a beginning, middle and end <p>GYMNASTICS AND DANCE</p> <ul style="list-style-type: none"> • Copy some movements • Jump in different ways • Change their body shape in a range of ways • Perform simple and random dance moves • Show some rhythm in movement and dance <p>PLAYING GAMES</p> <ul style="list-style-type: none"> • Move a ball using simple throwing techniques • Explore different ways of moving a ball • Sometimes catch a ball • Stop a ball moving in other ways • Play simple ball games involving kicking, catching or throwing 	<ul style="list-style-type: none"> • Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching) • Show good awareness of space & the actions of others • Compete in small sided games fairly showing good sportsmanship • Develop basic strength and flexibility. • Run with a good technique at different speeds • Perform a two footed jump • Show a good throwing technique and extend accuracy and distance • Perform basic gymnastic actions with control and coordination <p>GYMNASTICS AND DANCE</p> <ul style="list-style-type: none"> • Explore, copy, and repeat simple skills and actions • Remember and repeat simple sequences in dance or gym • Copy and remember actions in a sequence • Begin to move with increasing control and care • Make a short dance sequence by putting some movements together • Begin to use rhythm in dance • Make simple moves with increasing control and co-ordination <p>PLAYING GAMES</p> <ul style="list-style-type: none"> • Kick and throw a ball, not always with accuracy • Understand the importance of stopping a ball in different ways • Begin to be able to work with a partner • Start to link skills and actions within simple games • Begin to understand some concepts of game e.g. opponent, team mate • Begin to show some understanding of simple tactics 	<ul style="list-style-type: none"> • Master fundamental movement skills with a good level of consistency when moving and standing still (specifically master basic movements including running, jumping, throwing and catching) • Throw and catch with control when under limited pressure to keep possession and score goals • Show an awareness of opponents and team mates during games • Select running speed for appropriate activity • Make up and repeat a short sequence of linked jumps • Adapt a gymnastic sequence to include different levels, speeds or directions • Use more detailed plans and diagrams that take them from familiar to less familiar areas • Develop gymnastic techniques and transitions <p>GYMNASTICS AND DANCE</p> <ul style="list-style-type: none"> • Move across a room in different ways and with an awareness of space • Make increasingly clear and fluent movements • Show contrast in shape and movement • Understand different uses of tense, relax, stretch, curl in movement • Improve with ideas and movements • Copy, remember, repeat, explore simple actions and movements with control and co ordination • Begin to sequence moves and link actions • Begin to choose movement to show ideas <p>PLAYING GAMES</p> <ul style="list-style-type: none"> • Move a ball with control and accuracy • Show increasing confidence when rolling, hitting, kicking a ball 	<ul style="list-style-type: none"> • Throw and catch with control when under limited pressure to keep possession and score goals • Change pace, length and direction to outwit their opponent • Show some control when using a range of basic running, jumping and throwing actions with some accuracy and power into a target area • Perform a range of gymnastic actions with increased consistency and fluency • Perform a range of jumps showing contrasting techniques and sometimes using a short run up • Work with a partner to show similar and contrasting actions on the floor and apparatus • Combine actions and show clarity of shape in longer sequences, alone or with a partner • Perform dances using a range of movement patterns <p>GYMNASTICS AND DANCE</p> <ul style="list-style-type: none"> • Move in an increasingly coordinated way • Control take-off and landing when jumping • Show increasing control in balance and agility • Uses movements to communicate an idea, using expression and conveying emotion • Refine movements into increasingly complex sequences • Cooperate with others to form sequences • Use different parts of the body for different effects <p>PLAYING GAMES</p> <ul style="list-style-type: none"> • Throw, catch, strike, field, stop a ball with increasing control and accuracy • Be increasingly accurate in throwing for distance • Decide the best way to move a ball for different purposes and needs 	<ul style="list-style-type: none"> • Use a large range of sending, receiving and travelling techniques in games, with varied control • Demonstrate a range of throwing actions using modified equipment with some accuracy and control • Understand and demonstrate the differences between sprinting and distance running • Demonstrate agility and full-body-control whilst changing direction in a confined space • Show control in take-off activities • Develop and refine orienteering and problem-solving skills when working in groups and on their own • Perform dances using a range of movement patterns • Perform combinations of gymnastic actions with different levels, speeds and directions <p>GYMNASTICS AND DANCE</p> <ul style="list-style-type: none"> • Show control / coordination in travel and balance • Perform a range of jumps, showing control • Show increasing clarity and fluency in movements • Make good use of creativity when composing sequences in dance or gym • Use movement expressively, to convey an idea, mood or feeling • Combine changes of shape, speed and level in sequence • Apply skills, and actions and ideas with increasing coordination and control <p>PLAYING GAMES</p> <ul style="list-style-type: none"> • Use a range of throwing techniques, with increasing power and accuracy • Apply a broad range of skills to different situations • Use a range of fielding skills; throw with accuracy to hit a target • Plan different approaches to attacking and defending • Choose the best pace to use in athletics or games 	<ul style="list-style-type: none"> • Use a large range of sending, receiving and travelling techniques in games, with varied control • Perform skills with greater speed, fluency and accuracy in invasion, striking and net games • Choose appropriate techniques for specific events • Choose the best pace for a running event, in order to sustain running and improve their personal target • Show control and power in take-off and landing activities • Show accuracy and good technique when throwing for distance • Perform dances using a range of movement patterns • Work with a partner or small group to practice and refine a sequence <p>GYMNASTICS AND DANCE</p> <ul style="list-style-type: none"> • Demonstrate precision, control and fluency sustain movements over a longer period of time • Convey expression and emotion in performance • Use changes in and combinations of direction, level and speed within increasingly complex sequences • Begin to improvise, based on previous skills • Plan, perform and repeat sequences, including changes in speed and level <p>PLAYING GAMES</p> <ul style="list-style-type: none"> • Throw with accuracy and power • Combine, vary and choose appropriate strategies and tactics • Choose and use the most appropriate skills, tactics and actions to cause problems • Know how to keep possession • Work within a team, with less focus on self • Understand that a winning team has not always been the best one

				<ul style="list-style-type: none"> • Understand the importance of rules and fairness • Follow rules in games • Understand the concept of both team and opponent • Develop and use simple tactics in team games 	<ul style="list-style-type: none"> • Choose an appropriate speed to move a ball • Decide on the best position in team games • Begin to make use of space • Vary skills, actions and ideas within simple games 	<ul style="list-style-type: none"> • Show growing awareness of space in team games • Work to keep or gain possession • Mark, tackle and intercept other players 	
Thinking Skills (Selecting and applying skills, tactics and compositional ideas)	<ul style="list-style-type: none"> • Listen to, understand and follow some basic games rules. • Show good awareness of personal space • Watch and comment on what they have seen 	<ul style="list-style-type: none"> • Pupils start to link these skills and actions in ways that suit the activities. • Develop simple tactics for attacking and defending and ways to score. • Describe some basic rules. • Show good awareness of space and the actions of others. • Watch, describe and comment on what they have seen. • Ask for help when needed. • Take it in turns when working in a group. • Praise and motivate others. • Safely use equipment and follow instructions. 	<ul style="list-style-type: none"> • Pupils vary skills, actions and ideas and link these in ways that suit the activities. Pupils begin to show some understanding of simple tactics and basic compositional ideas. • Use a variety of simple tactics in a small sided game • Describe some basic rules • Begin to watch others and focus on specific actions to improve own skills • Handle apparatus safely and recognise risks involved 	<ul style="list-style-type: none"> • Show good awareness of space and the actions of others • Use simple rules fairly and extend them to devise their own games • Recognise good performances in themselves and others and use what they have learned improve their own work • Take part in relay activities remembering when to run and what to do • Explain and apply basic safety principles in preparing for exercise 	<ul style="list-style-type: none"> • Describe their own and others' performance, making simple judgements about the quality of performances and suggesting ways they could be improved • Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others • Work in cooperative groups to use different techniques, speeds and effort to meet challenges • Handle apparatus safely and recognise risks involved 	<ul style="list-style-type: none"> • When performing, with prompting, pupils draw on what they know about strategy, tactics and composition. • Know and apply the basic strategic and tactical principles of a some games and adapt them to different situations • Show good awareness of space and the actions of others • Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others • Identify good performances and suggest ideas for practices that will improve their play • Work in cooperative groups to use different techniques, speeds and effort to meet challenges • Work cooperatively to put strategies and solutions into action • Predict how different activities will affect heart rate, temperature and performance • Evaluate a performance and suggest improvements to speed, direction and level, applying some basic criteria 	<ul style="list-style-type: none"> • When performing, pupils draw on what they know about strategy, tactics and composition. • Understand, choose and apply a range of tactics and strategies for defence and attack • With help, devise warm up and cool down activities and justify their choices • Explain some safety principles when preparing for and during exercise. • Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others • Develop their ability to evaluate their own and others' work, and to suggest ways to improve it using appropriate terminology • Develop strategies for coaching skills and techniques in others
Evaluating and improving performance	<p>Share skills and talk about one another's views and opinions using some visual cues.</p>	<ul style="list-style-type: none"> • Comment on others' actions • Suggest simple improvements • Praise and motivate each other • Talk about how their body feels during activity • Understand that physical activity is good for them 	<ul style="list-style-type: none"> • Talk about what they are doing and describe the work of others • Suggest ways to improve own and others work • See how their work is similar to, and different from, other children • Understand the importance of being active • Talk about how to exercise safely and how their bodies feel during an activity 	<ul style="list-style-type: none"> • Talk about differences between their own and others' actions • Comment on the skills and techniques used in their own and others' work • Refine movement after evaluation from others • Understand the importance of practice • Describe what effects exercise has on their bodies • Understand the importance of warming up and cooling down 	<ul style="list-style-type: none"> • Pupils compare and comment on skills, techniques and ideas used in their own and others' work, and use their understanding to improve their performance. • Analyse and comment on skills and techniques • Understand how performances can be improved, through practice and reflection • Explain and apply basic safety principles in preparing for exercise • Explain how the body reacts during different types of exercise • Warm up and cool down appropriately 	<ul style="list-style-type: none"> • Pupils analyse and comment on skills and techniques and how these are applied in their own and others' work • Modify and refine skills and techniques to improve any performance • Show a willingness to practise to develop and improve • Conserve energy over longer distances • Independently prepare for exercise, and use cooling down techniques. 	<ul style="list-style-type: none"> • Pupils analyse and comment on skills and techniques and how these are applied in their own and others' work using a range of criteria • Pupils modify and refine skills and techniques to improve their performance • Monitor their own heart rate and breathing • Understand how heart rate and breathing slows after exercise • Know and use the relationship between power and stamina • Understand how to pace themselves

Personal Skills	<ul style="list-style-type: none"> • Develop confidence and resilience • Compete fairly 	<ul style="list-style-type: none"> • Develop confidence and resilience • Describe the differences in the way their body works and feels when playing different games • Compete fairly showing good sportsmanship 	<ul style="list-style-type: none"> • Work and compete individually and with others in a team • Develop competence • Develop confidence • Know playing games is good for them and describe what it feels like • Know running, jumping and throwing is good for them and describe what it feels like • Compete fairly showing good sportsmanship 	<ul style="list-style-type: none"> • Begin to understand the importance of warming up • Identify that playing extended games improves their stamina • Compete fairly showing good sportsmanship individually and with others • Develop competence and confidence • Recognise when their body is warmer or cooler & when their heart beats faster and slower 	<ul style="list-style-type: none"> • Work and compete individually and with others • Develop competence • Develop confidence • Understand how strength, stamina and speed can be improved by playing games • Compete in small sided games fairly showing good sportsmanship • Recognise when their body is warmer or cooler and when their heart beats faster and slower • Recognise that strength and suppleness are important parts of fitness 	<ul style="list-style-type: none"> • Work and compete individually and with others • Develop competence • Develop confidence • Compete in small sided games fairly showing good sportsmanship • Recognise that strength and suppleness are important parts of fitness • Recognise when their body is warmer or cooler and when their heart beats faster and slower 	<ul style="list-style-type: none"> • Work and compete individually and with others • Develop competence • Develop confidence • Compete in small sided games fairly showing good sportsmanship • Compete in a range of team events
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • Identifies the impact of physical activity on their bodies • Describe the differences in the way their body works and feels when playing different games • Differentiate between healthy and unhealthy foods • Know that physical exercise is good for them and describe what it feels like 	<ul style="list-style-type: none"> • Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. • Pupils talk about how to exercise safely, and how their bodies feel during an activity. 	<ul style="list-style-type: none"> • Pupils understand how to exercise safely, and describe how their bodies feel during different activities. • Identify physical activities that contribute to fitness • Recognise the "good health balance" of nutrition and physical activity 	<ul style="list-style-type: none"> • Pupils give reasons why warming up before and activity is important, and why physical activity is good for their health. • Recognise that strength and suppleness are important parts of fitness • Develop calming techniques and self-regulate emotions with an adult. 	<ul style="list-style-type: none"> • Examines the health benefits of participating in physical activity • Pupils explain and apply basic safety principles in preparing for exercise. Pupils describe what effects exercise has on their bodies, and how it is valuable to their fitness and health. 	<ul style="list-style-type: none"> • Pupils explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. • Understand fully why exercise is good for fitness, health and wellbeing • Develop calming techniques and self-regulate emotions 	<ul style="list-style-type: none"> • Pupils explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. • Understand fully why exercise is good for fitness, health and wellbeing • Identify activities that help develop stamina or power and suggest how some can be used in other types of activities

Greater Depth Standard

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> • Perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required • Use equipment safely and effectively • Comment and reflect on their own skills and those of others • Apply skills in a variety of situations • Show an understanding that others can win and celebrate that with them. • Explain the impact that healthy or unhealthy foods will have on their bodies 	<ul style="list-style-type: none"> • Create and perform a movement phrase with a beginning, middle and end. • Show good awareness of space, apparatus and the actions of others. • Know running, jumping and throwing is good for them and describe what it feels like. • Differentiates between healthy and unhealthy foods 	<ul style="list-style-type: none"> • Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness • Know the difference between tension and relaxation in their body • Throwing accurately and consistently towards a target • Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it • Know flexibility, strength and body control is good for them and describe what it feels like. 	<ul style="list-style-type: none"> • Throw a variety of objects, changing their action for accuracy and distance • Perform combinations of gymnastic actions using floor, mats and apparatus • Use ideas they have learned in one task and apply them in another • Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding, team and net games • Explain how others can perform a movement or skill using age- appropriate vocabulary • Know and describe the effects of different exercise activities on the body and how to improve stamina • Describes the concept of fitness and provides examples of physical activity to enhance fitness 	<ul style="list-style-type: none"> • Choose and use a range of ball skills with a good degree of accuracy • Use a variety of techniques and tactics to attack, keep possession and score • To use a range of throwing and catching styles to beat an opponent • Use all members of a team effectively • Relate different athletic activities to changes in heart rate, breathing and temperature • Choose & use a range of simple tactics for defending and challenging their opponent for striking, fielding, team and net games • Develop calming techniques and self-regulate emotions • Coach peers with assistance from resources • Lead activities and teach to other children 	<ul style="list-style-type: none"> • Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control • Perform actions, shapes and balances with good body tension and extension • With help, devise warm up and cool down activities and justify their choices • Know and apply the strategic and tactical principles of various games and adapt them to different situations • Develop strategies for coaching skills and techniques in others • Design and lead activities and teach to other children • Designs a fitness plan to address ways to use physical activity to enhance fitness 	<ul style="list-style-type: none"> • Prepare physically and organisationally for challenges they are set, taking into account group safety and adapt their skills and understanding as they move from familiar to unfamiliar environment • Combine and perform actions, shapes and balances with fluency in increasingly difficult combinations • Organise and judge events and challenges well • Know and apply strategic and tactical principles of a various games and adapt them to different situations • Apply coaching skills across various games/situations • Know the importance and types of fitness and how playing games contributes to a healthy lifestyle

			<ul style="list-style-type: none"> Identifies foods that are beneficial for before and after physical activity 	<ul style="list-style-type: none"> Suggest suitable ways to increase the challenge in a task Discusses the importance of hydration and rehydration 		<ul style="list-style-type: none"> Designs a fitness plan to address ways to use physical activity to enhance fitness Analyses the impact of food choices relative to physical activity, youth sports & personal health
--	--	--	---	--	--	---

Skills Map – Swimming

Working Towards	Expected	Greater Depth
<ul style="list-style-type: none"> Can they swim between 15 metres unaided? Can they keep swimming for 30 to 45 seconds, using swimming aids and support? Can they use a variety of basic arm and leg actions when on their front and on their back? Can they swim on the surface and lower themselves under water? Can they take part in group problem-solving activities on personal survival? Do they recognise how their body reacts and feels when swimming? Can they recognise and concentrate on what they need to improve? 	<ul style="list-style-type: none"> Can they swim 25 metres keep swimming for 45 to 90 seconds? Do they use 3 different strokes, swimming on their front and back? Can they control their breathing? Can they swim confidently and fluently on the surface and under water? Do they work well in groups to solve specific problems and challenges, sharing out the work fairly? Do they recognise how swimming affects their body, and pace their efforts to meet different challenges? Can they suggest activities and practices to help improve their own performance? 	<ul style="list-style-type: none"> Can they swim further than 50 metres? Can they swim fluently and confidently for over 90 seconds? Do they use all 3 strokes with control? Can they swim short distances using butterfly? Do they breathe so that the pattern of their swimming is not interrupted? Can they perform a wide range of personal survival techniques confidently? Do they know what the different tasks demand of their body, and pace their efforts well to meet challenges? Can they describe good swimming technique and show and explain it to others?

Vocabulary Map

EYFS	KS1	KS2
<ul style="list-style-type: none"> Move Over Under Through Balance Equipment Safe Challenge Healthy Diet Exercise Games Small Movement Large movement Throw Catch 	<ul style="list-style-type: none"> Balance Ability Coordination Tactics Attacking Defending Performing Sportsmanship Competition 	<ul style="list-style-type: none"> Flexibility Strength Technique Control Perseverance Stamina Accuracy Opponent Tense Relax Stretch Curl Cooperation Competence Strategy Precision