



# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS

### P.E.

Throughout their time at Beechfield School, we aim for our children to be engaged, inspired and challenged by the PE curriculum. This document ensures children gain a range of knowledge and skills.

### EYFS

Nursery		
Knowledge	Skills	Vocabulary
<p>Can say how they feel when doing exercise</p> <p>Can talk about the movements that they have performed</p>	<p>Moves freely with pleasure and confidence in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</p> <p>Mounts stairs, steps or climbing equipment using alternate feet</p> <p>Walks down stairs, two feet to each step while carrying a small object</p> <p>Can stand momentarily on one foot when shown</p> <p>Can catch a large ball</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles</p>	<p>Exercise</p> <p>PE</p> <p>Dressed/Undressed</p> <p>Shorts</p> <p>T-shirt</p> <p>Trainers</p> <p>Catch/throw</p> <p>Shuffle</p> <p>Roll</p> <p>Walk</p> <p>Run</p> <p>Jump</p> <p>Skip</p>

Reception		
Knowledge	Skills	Vocabulary
<p>Can describe how their body feels before, during and after an activity</p> <p>Knows the importance of good health and physical exercise (ELG)</p> <p>Shows good control and coordination in larger movements (ELG)</p> <p>Can describe themselves in positive terms and talk about their abilities (ELG)</p>	<p>Experiments with different ways of moving</p> <p>Jumps off an object and lands appropriately</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment</p> <p>Shows increasing control over and object in pushing, patting, throwing, catching or kicking it</p>	<p>Racing</p> <p>Chasing</p> <p>Speed</p> <p>Direction</p> <p>Under</p> <p>Over</p> <p>Through</p> <p>Balancing</p> <p>Pushing</p> <p>Patting</p> <p>Throwing</p> <p>Catching</p>



# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS P.E.

### Key Stage 1

Year 1		
Knowledge	Skills	Vocabulary
<p>Pupils are beginning to know what balance and coordination is during different sports and why it is needed</p> <p>Pupils are beginning to know how to work individually and with others</p> <p>Pupils are beginning to know, and participate in, some simple team games</p> <p>Pupils are beginning to know how movements could be improved</p>	<p><b>ABC: (Agility, balance and coordination techniques and games)</b></p> <ul style="list-style-type: none"> <li>- Demonstrates the fundamental movement skills (running, jumping, throwing, catching) and begin to apply them in a range of activities</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Performs dance movements and simple routines using simple movement patterns, e.g. basic movements relating to feelings</li> <li>- Shows a clear starting and finishing position</li> <li>- Respond to a range of music showing different emotions</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Performs using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control</li> </ul> <p><b>Attacking/Defending: Hockey/Football</b></p> <ul style="list-style-type: none"> <li>- Develop some dribbling and shooting skills using a hockey stick</li> <li>- Know some tactics for attacking</li> <li>- Develop kicking and striking skills in other games</li> <li>- Begin to perform learnt skills with some control</li> <li>- Engage in competitive activities and team games</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Vary pace and speed when running. Run with a basic technique over different distances</li> <li>- Show good posture and balance</li> <li>- Jog in a straight line and be able to change direction</li> <li>- Sprint in a straight line. Change direction when sprinting</li> <li>- Maintain control as they change direction when jogging or sprinting</li> </ul>	<p>Build on vocabulary in EYFS</p> <p>Balance</p> <p>Running</p> <p>Jumping</p> <p>Throwing</p> <p>Catching</p> <p>Performing</p> <p>Movements</p> <p>Routines/sequence</p> <p>Dribbling</p> <p>Shooting</p> <p>Striking</p> <p>Competition</p> <p>Jog</p> <p>Sprint</p> <p>Direction</p>



# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS P.E.

### Key Stage 1

Year 2		
Knowledge	Skills	Vocabulary
<p>Understand what agility/balance and coordination is, and that it is used during different sports</p> <p>Participate in team games and know some simple tactics for attacking and defending</p> <p>Know how to perform a dances with simple movement patterns</p> <p>To develop evaluation skills: Think about themselves, learn from their experiences and recognise what they are good at</p>	<p><b>ABC: Agility, balance and coordination techniques and games.</b></p> <ul style="list-style-type: none"> <li>- Demonstrates fundamental movement skills and develop them to a higher standard during a range of activities</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Evaluate and improve a dance performance</li> </ul> <p>Use a range of vocabulary to describe moods and how dances make them feel</p> <ul style="list-style-type: none"> <li>- Remember and repeat simple dance phrases</li> <li>- Perform dances using simple movement patterns</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Perform sequences of their own composition with coordination</li> <li>- Perform learnt skills with increasing control</li> </ul> <p><b>Attacking/Defending hockey/football</b></p> <ul style="list-style-type: none"> <li>- Develop some dribbling and shooting skills using a hockey stick</li> <li>- Know some tactics for attacking</li> <li>- Develop kicking and striking skills</li> <li>- Follow rules in games and play games in positions</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds</li> <li>- Begin to select the most suitable pace and speed for distance</li> <li>- Complete an obstacle course</li> <li>- Vary the speed and direction in which they are travelling</li> <li>- Run with basic techniques following a curved line</li> <li>- Be able to maintain and control a run over different distances</li> <li>- Perform learnt skills with increasing control</li> <li>- Compete against self and others</li> </ul>	<p>Agility</p> <p>Co ordination</p> <p>Evaluate</p> <p>Moods/feelings</p> <p>Repeat</p> <p>Phrases</p> <p>Sequence</p> <p>Control</p> <p>Tactics</p> <p>Attacking</p> <p>Defending</p> <p>Position</p> <p>Pace</p> <p>Stride</p> <p>Speed</p> <p>Distance</p>



# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS

### P.E.

### Lower Key Stage 2

Year 3		
Knowledge/Theme	Skills	Vocabulary
<p>Be able to demonstrate a wider range of sporting activities using different actions and movements</p> <p>To know the importance of warming up and cooling down</p> <p>To know how to exercise safely, and describe how their bodies feel during different activities</p> <p>To start to know how to evaluate and recognise successes and areas for improvement</p> <p>To know the rules for some invasion games and to know how strength, stamina and speed can be improved by playing invasion games</p> <p>To know the need for defence as well as attack</p> <p>To know the importance of communication skills and learn to compete with one another. Cooperates and listens to others</p> <p>Describes why physical activity is good for health</p>	<p><b>Gymnastics</b>(copy, remember, repeat and explore skills)</p> <ul style="list-style-type: none"> <li>- Perform simple actions with control and coordination</li> <li>- Begin to show some understanding of basic compositional ideas</li> <li>- Vary skills, actions and ideas and link these in ways that suit the activities</li> <li>- Talk about differences between their own and others' performance and suggest improvements</li> </ul> <p><b>Invasion games: Handball</b></p> <ul style="list-style-type: none"> <li>- Lead partners through simple warm up routines</li> <li>- Play games with some fluency and accuracy using a range of techniques</li> <li>- Use a variety of simple tactics for attacking well, keeping possession of the ball as a team and getting into positions to 'score'</li> <li>- Find ways of attacking successfully when using other skills</li> <li>- Watch and describe others performances and suggest practices that will improve them</li> <li>- Moving with and without the ball</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Create dance phrases that communicate ideas. Share and create dance phrases with a partner or in a small group</li> <li>- Freely translate ideas into movement. Use dynamic, rhythmic and expressive qualities clearly and with control</li> <li>- Recognise and talk about the movements involved in dance</li> <li>- Repeat, remember and perform phrases in a dance</li> <li>- Suggest improvements to personal and co-operative dance</li> </ul> <p><b>Net/court games Basketball</b></p> <ul style="list-style-type: none"> <li>- Keep up a continuous game, using a range of throwing/catching skills</li> <li>- Choose and use a range of simple tactics for sending the ball to make it difficult for an opponent</li> <li>- Choose and use a range of simple tactics to defend the court</li> <li>- Make up net games, and understand the point of the game</li> <li>- Adopt and refine rules – keep to the rules fairly</li> </ul> <p><b>Striking/fielding Rounders</b></p> <ul style="list-style-type: none"> <li>- Use a range of skills e.g. throwing, striking etc. with some control and accuracy</li> <li>- Choose and vary tactics to suit the situation in a game and carry these out successfully</li> <li>- Set up small games. Know rules and use them fairly to keep games going</li> <li>- Explain how to get ready to play games and carry out warm-ups with care and an awareness of the body</li> </ul>	<p>Safety</p> <p>Warm up</p> <p>Repeat</p> <p>Linking</p> <p>Composition</p> <p>Improvements</p> <p>Technique</p> <p>Skills</p> <p>Possession</p> <p>Defence and attack</p> <p>Strength</p> <p>Stamina</p> <p>Speed</p> <p>Patterns</p> <p>Communicate</p> <p>Phrases</p> <p>Dynamic</p> <p>Rhythmic</p> <p>Person</p> <p>Cooperative</p> <p>Opponent</p> <p>Adopt</p> <p>Refine</p> <p>Fair play</p> <p>Technique</p>



# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS

### P.E.

	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Identify and demonstrate how different techniques can affect their performance</li> <li>- Focus on their arm and leg action to improve their sprinting technique</li> <li>- Understand the importance of adjusting running pace to suit the distance being run</li> <li>- Begin to combine running with jumping over hurdles</li> <li>- Focus on trail leg and lead leg action when running over hurdles</li> <li>- Perform learnt skills and techniques with control and confidence</li> <li>- Compete against self and others in a controlled manner</li> </ul>	
--	--	--

Year 4		
Knowledge/Theme	Skills	Vocabulary
<p>Know reasons why warming up before an activity is important, and why physical activity is good for their health</p> <p>Learning to evaluate and recognise successes and areas for improvement</p> <p>Cooperates and listens to others</p> <p>Applies rules to activities and know the rules of the games</p> <p>Understand how strength, stamina and speed can be improved by playing invasion games</p> <p>Understand the need for defence as well as attack</p>	<p>Be able to demonstrate a wider range of sporting activities using different actions and movements by themselves and with others</p> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Select and use skills, action and ideas appropriately, applying them with coordination and control</li> <li>- Composition - starting to vary how they respond. Performs dances using a range of movement patterns</li> <li>- They can see how their work is similar to and different from others' work, and use this understanding to improve their own performance</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Perform a range of actions with control and coordination</li> <li>- Demonstrate basic compositional ideas</li> <li>- Plan a range of movements, transitions and safe landings on equipment.</li> <li>- Evaluate own performance and make constructive suggestions to improve others' or their own performance</li> </ul> <p><b>Invasion games - Benchball</b></p> <ul style="list-style-type: none"> <li>- Lead partners through simple warm up routines.</li> <li>- Play games with some fluency and accuracy using a range of techniques</li> <li>- Find ways of attacking successfully when using other skills.</li> <li>- Use a variety of simple tactics for attacking well, keeping possession of the ball as a team and getting into positions to 'score'</li> <li>- Watch and describe others performances and suggest practices that will improve them</li> </ul> <p><b>Net/court games Netball</b></p> <ul style="list-style-type: none"> <li>- Keep up a continuous game, using a range of throwing/catching skills</li> </ul>	<p>Co-ordination and control</p> <p>Fluency</p> <p>Accuracy</p> <p>Stamina</p> <p>Use of space</p> <p>Tactics</p> <p>Striking</p> <p>Baton</p> <p>Relay</p> <p>Sprint</p> <p>Finish</p> <p>Safety</p>



# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS P.E.

	<ul style="list-style-type: none"><li>- Perform basic netball skills such as passing and catching.</li><li>- Use space effectively to build attacking play</li><li>- Implement the basic rules of netball</li><li>- Talk about good performance and recognise aspects to be improved</li></ul> <p><b>Striking/fielding Cricket</b></p> <ul style="list-style-type: none"><li>- To use a range of skills e.g. throwing, striking etc. with some control and accuracy. Suggest what needs practising</li><li>- Choose and vary tactics to suit the situation in a game</li><li>- Carry these out successfully</li><li>- Explain how to get ready to play games and set up small games</li><li>- Know rules and use them fairly to keep games going</li><li>- Carry out warm-ups with care and an awareness of the body</li></ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"><li>- Confidently demonstrate an improved technique for sprinting Carry out an effective sprint finish</li><li>- Perform a relay, focusing on the baton changeover technique</li><li>- Speed up and slow down smoothly</li><li>- Perform and apply skills and techniques with control and accuracy</li><li>- Take part in a range of competitive games and activities</li><li>- Consistently perform and apply skills and techniques with accuracy and control</li></ul>	
--	--	--



# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS P.E.

### Upper Key Stage 2

#### Year 5

Knowledge/Theme	Skills	Vocabulary
<p>Describes why physical activity is good for health and why it is valuable and explain and apply basic safety principles in preparing for exercise</p> <p>Cooperates and listens to others. Identifies characteristics of effective teamwork.</p> <p>Applies rules to activities</p> <p>Learn to evaluate and recognise successes and areas for improvement</p>	<p>Be able to demonstrate a wider range of sporting activities using different actions and movements. Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition. Works alone, in pairs, groups and as a member of a team</p> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Link skills, techniques and ideas and apply them accurately and appropriately. Their performance shows precision, control and fluency</li> <li>- Compare and comment on skills, techniques, and ideas used in their own and others' work, and use this understanding to improve their performance</li> </ul> <p><b>Invasion Games Hockey</b></p> <ul style="list-style-type: none"> <li>- Know and carry out warm up activities that use exercises useful for invasion games</li> <li>- Pass, dribble and shoot with control in games</li> <li>- Identify and use tactics to help the team keep the ball and advance it</li> <li>- Mark opponents and help each other in defence</li> <li>- Pick out parts of performance that could be improved, and suggest ideas and practices to make them better</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>- Develop strokes and floating ability</li> <li>- Swim confidently over a distance of 25metres</li> <li>- Practise health and safety around the pool</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Organise personal warm up and cool down exercises. Show understanding of safe exercising</li> <li>- Compose motifs and plan dances creatively and collaboratively in groups.</li> <li>- Adapt and refine the way weight, space and rhythm are used</li> <li>- Perform different styles of dance clearly and fluently using range of movements</li> <li>- Recognise and comments on dances showing an understanding of style and suggest ways work can be improved</li> </ul> <p><b>Striking/fielding Rounders</b></p> <ul style="list-style-type: none"> <li>- Recognise the activities and exercises that need including in a warm up</li> <li>- To strike a bowled ball</li> <li>- Use a range of fielding skills, with growing control and consistency</li> <li>- Work collaboratively in pairs, group activities and small sided games</li> </ul>	<p>Consolidate Year 3 and 4 vocabulary</p> <p>Characteristics</p> <p>Effective team work</p> <p>Precision</p> <p>Technique</p> <p>Refine</p> <p>Motif</p>



## BEECHFIELD SCHOOL

### PROGRESSION OF KNOWLEDGE AND SKILLS P.E.

	<ul style="list-style-type: none"><li>- Use and apply basic rules consistently and fairly</li><li>- Understand and implement a range of tactics in games</li></ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"><li>- Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start.</li><li>- Continue to practise and refine their technique for sprinting, focusing on an effective sprint start</li><li>- Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run</li><li>- Identify and demonstrate stamina, explaining its importance for runners</li></ul>	
--	--	--





# BEECHFIELD SCHOOL

## PROGRESSION OF KNOWLEDGE AND SKILLS P.E.

### Year 6

Knowledge/Theme	Skills	Vocabulary
<p>Describes why regular, safe, physical activity is good for health</p> <p>Explain how the body reacts during different types of exercise,</p> <p>Knows how to warm up and cool down in ways that suit the activity.</p> <p>Identifies characteristics of effective teamwork, importance of co-operating and listening to others. Works alone, in pairs, groups and as a member of a team</p> <p>Applies rules to activities</p> <p>Able to suggest ways to improve a performance.</p>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Select and combine their skills, techniques and ideas and apply them accurately and appropriately, consistently showing precision, control and fluency</li> <li>- Modify and refine skills and techniques to improve their performance.</li> <li>- Analyse and comment on skills and techniques and how these are applied in their own and others' work.</li> </ul> <p><b>Invasion games – Football</b></p> <ul style="list-style-type: none"> <li>- Plan practices and warm ups Recognise Use different techniques for passing, controlling, dribbling and shooting the ball in games</li> <li>- Know what position to play in and how to contribute when attacking and defending</li> <li>- Use marking, tackling and/or interception to improve defence</li> <li>- Apply basic principles of team play to keep possession of the ball play effectively as part of a team</li> <li>- Suggest ideas that will improve performances and recognise personal strengths and weaknesses and those in others</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Warm up and cool down independently</li> <li>- Work creatively and imaginatively in pairs/groups</li> <li>- Perform sensitively and expressively with fluency and control</li> <li>- Evaluate using appropriate criteria independently and with others</li> <li>- Talk about dance using appropriate terminology</li> </ul> <p><b>Net/court games Tennis</b></p> <ul style="list-style-type: none"> <li>- Identify appropriate exercises and activities for warming up and how the games make the body work Use forehand, backhand and overhead shots increasingly well in the games played. Volley well</li> <li>- Use the skills they prefer with competence and consistency</li> <li>- Understand the need for tactics. Start to choose and use tactics effectively</li> <li>- Play co-operatively with a partner</li> <li>- Apply rules fairly and consistently</li> <li>- Pick out good aspects of performance and suggest ideas for improvement</li> </ul> <p><b>Striking/fielding - Cricket</b></p> <ul style="list-style-type: none"> <li>- Strike a bowled ball Use a range of fielding skills, with growing control and consistency</li> <li>- Work collaboratively in pairs, group activities and small sided games</li> <li>- Use and apply basic rules consistently and fairly</li> <li>- Understand and implement a range of tactics in games</li> <li>- Recognise the activities and exercises that are needed including in a warm up</li> <li>- Identify personal strengths and suggest practices to aid improvement</li> </ul> <p><b>Athletics</b></p>	<p>Consolidate understanding of all vocabulary</p> <p>competence</p> <p>consistency</p>



## BEECHFIELD SCHOOL

### PROGRESSION OF KNOWLEDGE AND SKILLS P.E.

	<ul style="list-style-type: none"><li>- Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish</li><li>- Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern</li><li>- Accelerate to pass other competitors. Work as a team to competitively perform a relay</li><li>- Confidently and independently, select the most appropriate pace for different distances and different parts of the run.</li><li>- Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li><li>- Perform and apply a variety of skills and techniques confidently, consistently and with precision.</li><li>- Take part in competitive games with a strong understanding of tactics and composition</li></ul>	
--	---	--