



Knowledge and Skills Progression  
Physical Education Declarative  
Knowledge

**Class 1 (Reception, Year 1 and 2)**

Dance	Gymnastics	Invasion Games	Net and Wall	Striking and fielding	Target games	OAA	Athletics
<p>Throughout the year, our EYFS children have regular access to the outdoor area, climbing frame, bikes, scooters and balance bikes to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. We also incorporate yoga and mindfulness into our weekly timetable to promote healthy bodies and emotional well-being. Throughout taught sessions and indoor and outdoor continuous provision children will develop the following declarative knowledge.</p> <p>I can make guided choices.</p> <p>I can follow instructions with support.</p> <p>I play games guided by rules with support.</p> <p>I follow instructions with support.</p>							
<p>I know that dance phrases are small sections of a dance that make a complete routine.</p> <p>I know that dance can be used to express and</p>	<p>I know that fundamental movement skills, such as travelling, balancing, and moving smoothly from one position to another are important gymnastics basics.</p>	<p>I know that using simple tactics, like moving to defend a goal, will make it difficult for opponents.</p> <p>I know that showing good awareness of others when playing</p>	<p>I know what a rally is.</p> <p>I know that there are rules of the game to follow.</p> <p>I know when to use different skills and simple tactics to win games, such as aiming into space</p>	<p>I know that there are rules of the game I must follow.</p> <p>I know the importance of good awareness of others when playing games.</p>	<p>I know that the ball moves in different ways.</p> <p>I know that control and accuracy is needed when aiming for a target.</p> <p>I can choose skills needed when competing in games.</p>	<p>I know that there are safety rules and procedures for taking part in orienteering events.</p> <p>I know that there are some basic features on a map and what they represent.</p>	<p>I know that there is a difference in technique between sprinting and running over longer distance.</p> <p>I know that there is control and coordination needed when running.</p>



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<p>communicate mood, ideas, and feelings, varying simple compositional ideas. I know when practising and using a stimulus I can remember and repeat short dance phrases.</p>	<p>I know that agility, balance, and coordination need developing to improve gymnastics skills. I know when to link movement phases with beginning, middle and ends.</p>	<p>games helps keep everyone safe. I understand some rules of the game. I know that there are attackers and defenders in games, and I can identify them. I know when to recognise space in games and use it to gain an advantage. I know when and where to run, showing good awareness of others. I know some simple plans that can create success, e.g., where to stand to make it difficult for an opponent.</p>	<p>to score points/make it difficult for my opponent. I know when to move to get in line with the ball to receive it.</p>	<p>I know when to apply simple tactics, such as, hit the ball into space to help score more points.</p>	<p>I know when to throw the ball to a partner or opponent.</p>	<p>I know that there is a competitive element to orienteering. I know that there are direction points on a compass and what they are used for. I know that working together is important in group activities. I know which route to select on a map.</p>	
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		I know when to use simple tactics in game situations, such as deciding when to pass and when to run.					
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**Class 2 (Year 3 & 4)**

<b>Dance</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Net and Wall</b>	<b>Striking and fielding</b>	<b>Target games</b>	<b>OAA</b>	<b>Athletics</b>
I know that expressive qualities are ideas and emotions communicated through movement patterns. I know that canon, unison, repetition, action/reaction, and	I know that combinations of actions create gymnastic sequences and routines. I know the importance of flexibility, strength, control, technique, and balance in gymnastics.	I know that taking up certain spaces/positions can make it difficult for opponents. I know that finding and using space in game situations can achieve success. I know that tactics play a role in games. I know that there are rules in games that need to be	I know that consistency is important when performing skills and practising techniques. I know that there are two types of rallies and I have participated in both. I know when to take up spaces to make it difficult for my opponents to score.	I understand the rules of the game. I know when to communicate and collaborate with others during team games. I can discuss tactics and know when to apply tactics in game situations – for both fielding and striking.	I know the importance of accuracy in games. I know that ball handling, striking, dodging, and catching are important skills needed to win games (dodgeball). I know when to move to get in position to both receive and throw the ball.	I know the importance of safety rules and procedures for taking part in orienteering event. I know that there are physical aspects needed for orienteering. I know that maps are scaled down to make them accessible.	I know that there is pace judgement needed when running over an increased distance. I know when to choose appropriate running speeds to meet the demand of the task.



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<p>question/answer can be included in dance phrases. I know that is important to consider others when working in a pair or group. I know when and how to use stimuli to create characters and narratives. I know when to apply speed, tension, continuity, and spatial pattern ideas when creating and performing dances with a partner and groups</p>	<p>I know that there are different ways of using a shape, balance, or travel. I know when to experiment with spatial patterns, speed, and tension.</p>	<p>followed. I know the importance of speed when playing invasion games. I know that decision making can influence success when choosing skills to meet the needs of the situation. I know, in game situations, when to use a range of tactics to help keep possession of the ball. I know when to apply basic attacking and defending principles - finding space (attacking), challenge a</p>	<p>I know why tactics are used in games. I know when to apply basic principles for attacking and defending when facing an opponent. I know when to find as use space to my advantage in game situations. I know when to use particular skills to try and win games.</p>		<p>I can discuss tactics and strategies to try and win games. I know when and how to use space in game situations (dodgeball).</p>	<p>I know when activities need thinking through and planning.</p>	
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		<p>player in possession (defending.) I know when to employ simple tactics in game situations. I know when to set moves that can be used in attacking play. I know when to adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. I know when to choose space/ positions where you can receive a pass or to support a teammate. I know when to choose a certain pass to keep</p>					
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		possession.					
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**Class 3 (Year 5 & 6)**

<b>Dance</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Net and Wall</b>	<b>Striking and fielding</b>	<b>Target games</b>	<b>OAA</b>	<b>Athletics</b>
<p>I know that imagination is needed to help create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</p> <p>I know that dance can be inspired by a stimulus.</p> <p>I know that performing with confidence and</p>	<p>I know the importance of rhythm when creating, practising, and performing a routine.</p> <p>I know the terms exploration and improvisation in relation to creating and performing gymnastic routines.</p> <p>I know various compositional principles, including</p>	<p>I know that working well as part of a team will contribute to success.</p> <p>I know that to using different skills will help keep possession of the ball.</p> <p>I know that tactics can help keep possession of the ball.</p> <p>I understand the positions in a team and the roles they play.</p> <p>I know that there are different ways to defend individually</p>	<p>I know the benefits of having a good ready position/stance during a rally.</p> <p>I know when to apply principles suitable for attacking, e.g., identifying gaps</p> <p>I know when to apply principles suitable for defending e.g., position on court.</p> <p>I know when to perform tactical serves to help deceive opponents and score points.</p>	<p>I know that taking up positions in a game will impact on a teams success.</p> <p>I know what is needed to score more runs.</p> <p>I know when tactics will help the situation and outwit the opponents.</p>	<p>I know that speed and power applied when hitting/throwing a ball will need to change depending on the target distance.</p> <p>I know the importance of quick reactions (dodgeball).</p> <p>I know which skills to choose in game situations.</p> <p>I know when to change the pace of the ball depending on the target distance.</p>	<p>I know that planning strategies can help achieve success.</p> <p>I know that communication is vital to achieving success in team activities.</p> <p>I know when to move a map and when to move myself to orientate.</p> <p>I know what appropriate skills and approaches to choose for the challenge.</p>	<p>I know that there is a range of throwing actions e.g., push, pull, sling, using different equipment.</p> <p>I know when to apply appropriate pace judgement for the running distance to be covered.</p> <p>I know when to apply the appropriate throwing and jumping technique to achieve maximum distance and height</p>



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<p>clarity can improve an overall performance. I know when to use basic compositional principles to create dances. I know when to combine movements fluently and effectively throughout dance routines.</p>	<p>varying direction, level, and pathways to improve the look of a sequence. I know what skills are required when developing a performance, to meet the need of the situation. I know when flexibility, strength, control, technique, and balance are required for wide variety of elements in gymnastics.</p>	<p>and as a team. I know that there are different ways to attack individually and as a team. I know when to choose formations that suit the game and make amendments ensuring everyone has a role to play. I know when to apply principles for attacking. I know when to adapt games and activities making sure everyone has a role to play. I know when to keep possession of the ball when faced with opponents.</p>			<p>I know when to apply tactics and strategies into games to try win.</p>	<p>I know when relevant techniques and elements are required to navigate to and from controls.</p>	
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		<p>I know when to use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</p> <p>I know when and what tactics to use in games to achieve success as a team.</p> <p>I consider the best way to score and win the game, remembering to find and use space when running</p>					
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