



Knowledge and Skills Progression  
Physical Education - Procedural  
Knowledge

**Class 1 (Reception, 1 & 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 procedural knowledge.</p> <p>I am beginning to move safely in a space with consideration of others.            I can use different travelling actions whilst following a path.            I am beginning to follow, copy and lead a partner.            I can explore movement skills.            I am beginning to move safe space safely.            I am beginning to demonstrate balance.            I am beginning to take turns with others.            I am developing balancing skills whilst stationary and on the move.            I am developing running and stopping skills.            I am developing jumping and landing skills.            I am developing hopping skills and landing with control.            I am building my confidence to try new challenges.            I follow instructions with support.            I can explore different ways to travel.            I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games.</p>							



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<p>I know how to respond imaginatively to a range of stimuli. I know how to move confidently and safely in general space, using changes of speed, level, and direction. I know how to perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p>	<p>I know how to perform basic gymnastic actions, including travelling, rolling, jumping, and staying still. I know how to combine different ways of travelling exploring a range of movements and shapes. I know how to perform movement phrases using a range of different body parts/actions. I know how to perform fundamental</p>	<p>I know how to move a ball in different ways. I know how to show basic ball control when sending an object to a target, catching, gathering, and rolling. I know how to play in a safe way – showing good awareness of others. I know how to stop/catch a ball. I know how to control the ball using basic actions. I know how to move fluently,</p>	<p>I know how to engage in competitive and cooperative activities (both against self and against others). I know how to move and use the ball in different way. I know how to show basic ball control with simple actions. I know how to send a ball to a partner (throwing, pushing, rolling). I know how to perform a range action including catching/ gathering skills and sending/passing</p>	<p>I know how to move fluently, changing direction and speed – with and without a ball. – avoiding collisions. I know how to run, jump, throw, catch, and skip. I know how to compete against myself and others. I know how to throw/hit a ball in different ways e.g., high, low, fast, slow showing basic control. I know how to catch and stop the ball, getting in</p>	<p>I know how to catch a large ball. I know how to move a ball in different ways. I know how to pass, send, and roll a ball in different ways. I know how to run, jump, balance, hop, leap, and skip. I know how to send a ball towards a target.</p>	<p>(Introduced at Year 3/Class 2)</p>	<p>I know how to apply basic athletic skills and techniques to a variety of activities. I know how to practise different jumping techniques, showing control, coordination, and consistency throughout. I know how to run, jump, balance, hop, leap, and skip.</p>
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<p>I know how to compose short dances. I know how to move with control to music. I know how to link simple movements, and combine different ways of travelling, with beginnings, middles, and ends.</p>	<p>movement skills on the floor and apparatus. I know how to, moving safely using changes of speed, level, and direction. I know how to form simple sequences of different actions, using the floor and a variety of apparatus.</p>	<p>changing direction and speed – with and without a ball. – avoiding collisions. I know how to shoot to a target or goal. I know how to defend between ball and target. I know how to run, jump, balance, hop, leap, and skip. I know how to improve movement skills whilst moving with the ball.</p>	<p>with control and throw/ hit a ball in different ways e.g., high, low, fast, slow. I know how to hold a racket correctly. I can show good awareness of others during games and activities. I know how to move fluently, changing direction and speed – showing good awareness of others. I know how to rally. I know how the ball can move in different ways.</p>	<p>line with the ball to receive it.</p>			<p>I know how to throw overarm, underarm and pull throw towards a target. I know how to run, jump, and throw with increasing control and coordination.</p>
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<b>Class 2 (3&amp;4)</b>							
<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>



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<p>I know how to perform dances using a range of movement patterns – accurately, fluently, consistently.</p> <p>I know how to perform with control with a partner.</p> <p>I know how to combine actions and maintain the quality of performance when performing at the same time as a partner.</p> <p>I know how to perform with a wide range of</p>	<p>I know how to perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</p> <p>I know how to create gymnastic sequences that meet a theme/set of conditions, showing a clear, beginning, middle and end.</p> <p>I know how to create, perform, and repeat a combination of actions that include changes of</p>	<p>I know how to move the ball keeping it under control whilst changing direction.</p> <p>I know how to Pass, shoot, and receive a ball with increasing accuracy, control, and success.</p> <p>I know how to pass in different ways e.g., high, low, fast, slow.</p> <p>I know how to work well as part of a team.</p> <p>I know how to shoot/score with some accuracy.</p>	<p>I know how to perform skills needed for the game with control and accuracy.</p> <p>I know how to throw and send the ball using a variety of techniques.</p> <p>I know how to send a ball into space at different speeds and heights to make it difficult for the opponent.</p> <p>I know how to Intercept and stop the ball consistently.</p> <p>I know how to adopt a good</p>	<p>I know how to throw a ball over an increasing distance.</p> <p>I know how to catch a ball over an increasing distance.</p> <p>I know how to hit a ball with the correct technique.</p> <p>I know how to intercept and stop the ball consistently.</p>	<p>I know how to catch a variety of different throws/shots.</p> <p>I know how to control my body whilst moving at speed.</p> <p>I know how to move the ball with control whilst on the move.</p> <p>I know how to perform an underarm throw.</p> <p>I know how to work well as part of a team.</p> <p>I know how to perform a side shot throw (dodgeball).</p>	<p>I know how to recognise where I am on a map.</p> <p>I know how to move with agility, balance, and coordination.</p> <p>I know how to participate in competitive orienteering events, following instructions of the game</p> <p>I know how to apply basic map reading/making skills and apply these skills and techniques in games.</p>	<p>I know how to apply a broad range of athletic skills in different ways.</p> <p>I know how to show control, coordination and consistency when running, throwing, and jumping.</p> <p>I know how to combine basic jump actions to form a jump combination, using a controlled jumping technique.</p>
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<p>actions, when working with a partner and in a group.</p>	<p>dynamic e.g., changes of level, speed and direction, and clarity of shape. I know how to link different elements and use elements in different ways to make sequences of movement. I know how to work with a partner and in a small group, considering performance aesthetics such as spatial patterns, mirroring, and contrasting.</p>	<p>I know how to receive a ball under control. I know how to challenge a player in possession of the ball. I know how to get into good positions to pass and receive the ball. I know how to pass the ball using different techniques. I know how to move forward to attack as part of a team.</p>	<p>‘ready position’ to move and catch a ball. I know how to perform a basic forehand shot with control and accuracy. I know how to keep a rally going using a range of shots. I know how to throw/Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. I know how to compete with others – Keeping and following the rules of the game.</p>		<p>I know how to dodge and jockey (dodgeball).</p>		
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			<p>I know how to move around the court well, with purpose.</p> <p>I know how to perform a good ready stance and structure when throwing/hitting the ball or shuttle.</p> <p>I know how to perform a forehand and backhand serve.</p>				
<b>Class 3 (5&amp;6)</b>							
<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>



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<p>I know how to use a broader range of skills and movement patterns. I know how to explore movement ideas inspired by a stimulus. I know how to perform a range of movements accurately with a sense of rhythm, clarity, and confidence. I know how to perform confidently to an audience.</p>	<p>I know how to create longer sequences, performing with fluency and clarity of movement. I know how to use combinations of dynamics using the space effectively. I know how to combine movement ideas fluently and effectively. I know how to use skills in different ways, performing confidently, with clarity and a sense of</p>	<p>I know how to keep good control when performing skills at speed. I know how to perform skills (e.g., passing) with accuracy, confidence, and control, and increasing speed. I know how to confidently change speed and direction to get away from a defender. I know how to keep possession of the ball when faced with opponents. I know how to combine and</p>	<p>I know how to use the correct footwork to hit the ball/shuttle with good technique. I know how to participate in competitive games, modified where appropriate. I know how to direct a ball/shuttle to a target area. I know how to perform consistently (resulting in longer rallies). I know how to keep a good grip on the racket to</p>	<p>I know how to bowl overarm (increasing accuracy, speed, and distance). I know how to hit the ball with purpose. I know how to bowl at different speeds. I know how to work well as part of a team. I know how to participate in competitive games. I know how to perform skills such as retrieving and intercepting at speed</p>	<p>I know how to throw the ball in different ways, showing good accuracy, pace and consistently. I know how to catch a ball at different heights and speeds. I know how to take part in competitive game, working together as a team, following rules, and playing fairly. I know how to move quickly and use different ways to</p>	<p>I know how to use a map confidently. I know how to design a route to the controls. I know how to take part in orienteering events, such as picture orienteering and control orienteering, with success. I know how to build a detailed map. I can work well as part of a team, contributing effectively.</p>	<p>I know how to run, jump, catch and throw in isolation and combination. I know how to combine and perform skills with control. I know how to apply skills that meet the needs of the situation, combining and performing each skill with control at speed. I know how to choose the appropriate speed to</p>
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	rhythm	<p>perform skills with control, adapting them to meet the needs of the situation.</p> <p>I know how to work effectively as part of a team.</p> <p>I know how to participate in competitive games, modified where appropriate.</p>	<p>be able to play both a forehand and a backhand.</p> <p>I know how to perform a backhand and forehand shot with confidence.</p>		<p>dodge to ball – jump, skip, jockey, gallop (dodgeball).</p>		<p>run at for the distance to be covered</p>
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