

P.E Knowledge Progression Plan

Fundamental Movement Skills, ABCs

	EYFS	Year 1	Year 2
Running	know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.	understand that if I swing my arms it will help me to run faster. Understand that bending my knees will help me to change direction.	know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. Know that putting weight into the front of my feet helps me to stop in a balanced position.
Jumping	know that bending my knees will help me to land safely.	know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further.	know that swinging my arms forwards will help me to jump further.
Hopping	understand that i use one foot to hop.	know that I should hop with a soft bent knee.	know that if I look straight ahead it will stop me falling over when I land.
Skipping	know that if I hop then step that will help me to skip.	know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.	know that I should swing opposite arm to leg to help me balance when skipping without a rope.
Throwing	understand that bigger targets are easier to hit.	know that stepping forward with my opposite foot to hand will help me to throw further.	know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.
Balancing	know that I can hold my arms out to help me to balance.	know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.	understand that squeezing my muscles helps me to balance.
Rules	know that rules help us to stay safe.	know that rules help us to play fairly.	know how to follow simple rules when working with others.
Agility	know that moving into space away from others helps to keep me safe.	understand that bending my knees will help me to change direction.	know using small quick steps helps me to change direction.
Balance	know that I can hold my arms out to help me to balance.	know that looking ahead will help me to balance.	understand that I can squeeze my muscles to help me to balance
Co-ordination	know that moving my arms and legs at the same time helps me to walk, run and jump.	know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing.	understand that some skills require me to move body parts at different times such as skipping.

Speed	know that I use big steps to run and small steps to stop.	understand that if I swing my arms it will help me to run faster.	know that I take shorter steps to jog and bigger steps to run.
Strength	understand that I can hold my weight on different parts of my body.	understand that exercise helps me to become stronger.	know that strength helps us with everyday tasks such as carrying our school bag.
Stamina	understand that moving for a long time can make me feel tired.	understand that when I move for a long time it can make me feel hot and I breathe faster.	know that I need to run slower if running for a long period of time.

Gymnastics

	EYFS	Year 1	Year 2
Shapes	understand that I can make different shapes with my body.	understand that I can improve my shapes by extending parts of my body.	know that some shapes link well together.
Balances	know that I should be still when holding a balance.	: know that balances should be held for 5 seconds.	understand that squeezing my muscles helps me to balance.
Rolls	know that I can change my body shape to help me to roll.	know that I can use different shapes to roll.	know that I can use different shapes to roll.
Jumps	know that bending my knees will help me to land safely.	know that landing on the balls of my feet helps me to land with control.	understand that looking forward will help me to land with control.
	know that if I hold a shape and count to five people will see it clearly	know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.	know that if I use shapes that link well together it will help my sequence to flow.

Dance

	EYFS	Year 1	Year 2
Actions	understand that I can move my body in different ways to create interesting actions.	understand that actions can be sequenced to create a dance	know that sequencing actions in a particular order will help me to tell the story of my dance.
Dynamics	understand that I can change my action to show an idea.	understand that I can create fast and slow actions to show an idea.	understand that I can change the way I perform actions to show an idea.
Space	know that if I move into space it will help to keep me and others safe.	understand that there are different directions and pathways within space.	know that I can use different directions, pathways and levels in my dance.
Relationships	know that when dancing with a partner it is important to be aware of each other.	understand that when dancing with a partner it is important to be aware of each other and keep in time.	know that using counts of 8 will help me to stay in time with my partner and the music.

Performance	know that when watching others I sit quietly and clap at the end.	know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.	know that using facial expressions helps to show the mood of my dance.
Strategy	know that if I use lots of space, it helps to make my dance look interesting.	know that if I use exaggerated actions it helps the audience to see them clearly.	know that if I practice my dance my performance will improve.

Games

Ball Skills	EYFS	Year 1	Year 2
Sending	know to look at the target when sending a ball.	know to face my body towards my target when rolling and throwing underarm to help me to balance.	know that stepping with opposite foot to throwing arm will help me to balance.
Catching	know to have hands out ready to catch.	know to watch the ball as it comes towards me.	know to use wide fingers and pull the ball in to my chest to help to securely catch.
Tracking	know to watch the ball as it comes towards me and scoop it with two hands.	know to move my feet to get in the line with the ball.	know that it is easier to move towards a ball to track it than chase it.
Dribbling	know that keeping the ball close will help with control.	know that moving with a ball is called dribbling.	know to keep my head up when dribbling to see space/opponents.
Invasion Games	EYFS	Year 1	Year 2
Sending & receiving	know to look at the target when sending a ball and watch the ball to receive it	Sending & receiving: know to look at my partner before sending the ball.	Sending & receiving: know to control the ball before sending it.
Dribbling	know that keeping the ball close will help with control.	know that moving with a ball is called dribbling.	know that keeping my head up will help me to know where defenders are.
Space	know that being in a space gives me room to play.	understand that being in a good space helps us to pass the ball.	know that moving into space away from defenders helps me to pass and receive a ball.
Attacking & defending	know that there are different roles in games.	Attacking - know that being able to move away from a partner helps my team to pass me the ball.	Attacking - know that when my team is in possession of the ball, I am an attacker and we can score.
		Defending - know that staying with a partner makes it more difficult for them to receive the ball.	Defending - know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.

Tactics	make simple decisions in response to a task.	know that tactics can help us when playing games.	understand and apply simple tactics for attack and defence.
Rules	know that rules help us to stay safe.	know that rules help us to play fairly.	know how to score points and follow simple rules.
Net and Wall	EYFS	Year 1	Year 2
Hitting	: know to point my hand/object at my target when hitting a ball.: Tactics: Rules:	Hitting: know to use the centre of the racket for control. Feeding: Rallying: Footwork:	Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it.
Feeding and rallying	know to look at the target when sending a ball and watch the ball to receive it.	Feeding - know to use an underarm throw to feed to a partner.	Feeding - know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.
		Rallying - know that throwing/hitting to my partner with not too much power will help them to return the ball.	Rallying - know that sending the ball towards my partner will help me to keep a rally going.
Footwork	know to use big steps to run and small steps to stop.	know that using a ready position will help me to move in any direction.	know that using a ready position helps me to react quickly and return/catch a ball.
Tactics	make simple decisions in response to a task.	know that tactics can help us to be successful when playing games.	understand that applying simple tactics makes it difficult for my opponent.
Rules	know that rules help us to stay safe	know that rules help us to play fairly.	know how to score points and follow simple rules.
Striking and Fielding	EYFS	Year 1	Year 2
Striking	know to point my hand at my target when striking a ball.	understand that the harder I strike, the further the ball will travel.	understand the role of a batter. Know that striking quickly will increase the power.
Fielding	know to scoop a ball with two hands.	know that throwing the ball back is quicker than running with it.	understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.
Throwing	know to point my hand at my target when throwing.	know which type of throw to use to throw over longer distances.	know that stepping with opposite foot to throwing arm will help me to balance.
Catching	Know to have hands out ready to catch	know to watch the ball as it comes towards me.	know to use wide fingers and pull the ball in to my chest to help me to securely catch.
Tactics	make simple decisions in response to a task.	know that tactics can help us when playing games.	understand and apply simple tactics for attack (batting) and defence (fielding).
Rules	know that rules help us to stay safe.	know that rules help us to play fairly.	know how to score points and follow simple rules.
Target Games	EYFS	Year 1	Year 2
Throwing	know to point my hand at my target when throwing.	know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw. Tactics: Rules:	know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power.

Striking			
Catching:	know to have hands out ready to catch.		know to finish with my object/hand pointing at my target.
Tactics	make simple decisions in response to a task.	know that tactics can help us when playing games.	understand and apply simple tactics.
Rules	know that rules help us to stay safe.	know that rules help us to play fairly.	know how to score points and follow simple rules.