

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

Year Group	Knowledge (Know)	Skills (Do)	Concepts (Understand)
Reception	<p><u>Gymnastics</u> <u>Travelling:</u></p> <ul style="list-style-type: none"> To Know different ways of travelling To know how to move forwards for a purpose to finish a move safely to know how to coordinate sideways movement using arms and legs To know how to feel a stretch in the back of our legs <p><u>Stretching curling into a tuck:</u></p> <ul style="list-style-type: none"> to know how to develop core strength To know to feel a movement through the arms to the finger tips To know to find ways of moving backwards and forwards To know to find ways of moving backwards and forwards with a change of speed To know how to find ways of making different shapes and know whether one shape helps you move faster than another <p><u>Tacking weight/transferring weight:</u></p> <ul style="list-style-type: none"> To know how to find ways of taking our weight on our hands To know how to work as a team and carry equipment safely To know how to transfer our weight from one body part to another <p><u>Dance</u></p> <ul style="list-style-type: none"> Know basic dance moves To know what a space looks like. To know how to explore ways of moving on the floor but 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To travel confidently and competently in different ways and on different body parts. To understand and create different pathways and move in different directions. To jump in different ways To link simple balance, jump and travel actions To be able to watch and observe a partner <p><u>Dance</u></p> <ul style="list-style-type: none"> To control and co-ordinate different body parts To mirror a teacher, friend or video To perform a basic move to an audience <p><u>Multi Skills</u></p> <ul style="list-style-type: none"> Be able to take turns to play in a small group Can play a role in a team Perform stop, start and running at different at speeds. Have awareness of space and surrounding areas. Follow instructions Throw and catch <p><u>Tagging and Dodging</u></p> <ul style="list-style-type: none"> Be able to move in different directions Can find space independently Can understand different ways of moving <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> Explore bouncing and rolling different sized balls. Experiment with catching and throwing techniques <p><u>Athletics</u></p> <ul style="list-style-type: none"> Take part in stopping and starting games Staying in lane when racing Running over different distances using variety of speeds (pacing). 	<p>Mirror</p> <p>Teamwork</p> <p>Space</p> <p>Turn taking</p> <p>Instructions</p> <p>Around, forwards, backwards,</p> <p>Partner and groups</p> <p>Safety</p> <p>Control</p> <p>Meaning of start/stopping</p> <p>Travelling</p> <p>Balance</p>

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<p>with change of speed.</p> <ul style="list-style-type: none"> To know how to extend the body through movement. To know where a movement begins and ends. To know how to use a stimulus to help create movement- e.g. through stories, topics or cultural events. <p><u>Multi-Skills (ABC's)</u></p> <ul style="list-style-type: none"> To move forward in different ways including running, jumping, hopping and skipping. To know how to balance on a larger body part. To know how to coordinate my body to move in different ways. To know the importance of exercise and how my body feels. To know how to show good control and co-ordination in large and small movements. To know how to get dressed independently. E.G Fancy dress. <p><u>Parachute-following instructions</u></p> <ul style="list-style-type: none"> To know how to follow simple rules. To know how to move quickly. To know how to experiment with different ways of moving. To know how to move safely around the space and equipment. <p><u>Tagging and Dodging</u></p> <ul style="list-style-type: none"> Know basic rules for tag To know how to be able to move in different directions To know how to find space independently To know how to understand different ways of moving 	<ul style="list-style-type: none"> Throw to a try and reach a target 	
--	--	---	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<p><u>Space games</u></p> <ul style="list-style-type: none"> • To know what a new space looks like. • To know how to find my own space. • To know how to move safely in a space. • To know how to negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p><u>Ball Skills</u></p> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> • To know how to use force to send/propel a ball forwards. • To know how to use force. • To know how to send/propel a ball forwards towards a given target. • To know how to use force to send/propel a ball forwards towards a moving target. • To know and understand the changes we have to make in order to send the ball along the floor quickly or slowly towards a target • To know how to aim towards a given target. • To know how to transfer our weight when sending a ball. • To know and understand where our 'throwing hand' finishes. • To know how to move towards a ball coming towards us. • To know how to think where we need to position ourselves in order to receive the ball. • To know how to position ourselves in order to receive an object. <p><u>Athletics</u></p> <p><u>Marching</u></p> <ul style="list-style-type: none"> • To know how to keep in time when moving e.g. follow my leader 	
--	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<p>Running</p> <ul style="list-style-type: none"> • use cones for children to run to, in and out of use lines as start and stop use lines of playground – run along the line • To know how to move forward in different ways • To know how to move forward getting faster • To know how to find ways of running faster • To know how to think of the changes we have to make to help us run faster • To know how to know what a new space looks like • Knowledge of athletics protocols e.g. starting races <p>Skipping and jumping</p> <ul style="list-style-type: none"> • Know basic technique for jumping • jumping 2 feet to 2 feet move forwards and backwards introduce rope • To know how to develop a springing action • To know how to coordinate two actions • To know how to lift myself off the ground <p>Leaping/lunging</p> <ul style="list-style-type: none"> • To know how to move forwards stretching our legs e.g. spots on floor, leap from one to another spots on floor jump from one to another 2 feet to 2 feet [learnt in skipping] • To know how to spring in order to move forward • To know how to maintain balance when moving e.g. giant strides lunging <p>Rolling</p> <ul style="list-style-type: none"> • To know how to aiming towards a target keeping the ball low on the ground e.g. sitting on floor legs wide rolling to a partner targets – mark on wall, between cones, along a line • To know how to use our joints to help make a hoop move 		
--	---	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	Knowledge (Know)	Skills (Do)	Concepts (Understand)
Year 1	<p><u>Gymnastics</u> <u>Travelling</u></p> <ul style="list-style-type: none"> To know how to make changes to the pace in a movement or sequence of movements. To know how to make changes to a step pattern in order to move in different directions. To know how to link together 3 moves changing the pace for effect to use a pulling action to climb. Know vocabulary relating to movement – jump, roll, sequence, balance, strength <p><u>Stretching, Curling, Tucking, Rolling</u></p> <ul style="list-style-type: none"> To know how to feel the difference between stretches, curl and tuck and be able to talk about the differences. To know how to develop core strength being able to twist and turn in sequential movement. <p><u>Taking weight</u></p> <ul style="list-style-type: none"> To know how to take weight on different parts of the body and feel a moment of control to transfer weight from feet to hands. To know how to explore transferring weight from feet to hands and back to feet again. <p><u>Dance</u></p> <ul style="list-style-type: none"> To know how to build a small motif as a solo performer and with a partner. To know how to move from one level to another. To know how to think about how another person is moving, what they are doing well and how they can improve. Know that the body changes after exercise and why <p><u>Multi-Skills (ABC's)</u></p>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To explore basic travelling movements, actions and shapes To explore travelling on benches and simple low level apparatus. Link simple movement's patterns together to create a short sequence. To develop agility, balance, coordination and strength <p><u>Dance</u></p> <ul style="list-style-type: none"> To repeat simple dance actions. To explore basic body patterns and movements to music. To identify different characters and emotions and link them to music. <p><u>Multi Skills</u></p> <ul style="list-style-type: none"> Develop and combine a number movement patterns such as running, jumping, skipping, hopping and side stepping. To perform different types of agility, balance and coordination stations. To travel and change directions with control. <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> To develop basic throwing and catching techniques. To use ball skills in game based activities. To control a ball when throwing with hands or when dribbling with feet <p><u>Team Games</u></p> <ul style="list-style-type: none"> To increase awareness of boundaries. Understand how to move away from opponents in different ways such as forward, sideways and backwards. How changing directions and moving into space aids 	<p>Positions and directions – left right</p> <p>Heart beat</p> <p>Lungs,</p> <p>Breathing,</p> <p>Muscles,</p> <p>Warm ups</p> <p>Cool downs</p> <p>Fair play</p> <p>Cooperation</p> <p>Throwing</p> <p>Catching</p> <p>Control</p> <p>Dribbling</p> <p>Obstacles</p>

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> To know how move forwards in different ways, changing speeds by getting faster. To know how to travel in different directions including forwards, backwards and sideways. To know how to balance on a small body part (side plank, one leg or tiptoes). To coordinate my body to move in different ways. To coordinate my body to mimic a partner. To know how exercise effects my body. <p><u>Ball skills- throwing, catching and dribbling</u></p> <p><u>Ball skills</u></p> <ul style="list-style-type: none"> Know and explain techniques for catching and throwing To know how to strike the ball whilst on the move. To know how to strike the ball towards a given target. To know how to strike the ball for a purpose [passing to a team member/shooting at goal]. To know how to strike a ball. To know what a ready position is when receiving a ball. To know how to move to where the ball is get to the ball quickly and to know why. To know how to send the ball towards a given target. To know the changes to be made when sending over a short or long distance. To know where to move in order to receive a ball coming towards us with our feet, one hand or two hands. To know how to receive a ball and be ready to send it in a different direction. <p><u>Team games</u></p> <ul style="list-style-type: none"> To know how to cooperate with others To know how to think creatively To know how plan and find solutions To think on our feet Know basic rules for invasion games 	<p>performance.</p> <p><u>Athletics</u></p> <ul style="list-style-type: none"> To explore different footwork patterns. To explore simple throwing and jumping techniques using different implements. Compare previous scored with personal bests. 	
--	---	---	--

Grimsdyke School
Knowledge and Skill Progression Map
Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> • Know why playing fairly is important <p><u>Athletics</u></p> <p><u>Running</u></p> <ul style="list-style-type: none"> • To know how to run in a controlled way • To know how to think about changes we need to make when running against someone else • To know how to start a race to apply our running skills in different ways • To know how to think tactically when running and to begin to understand the difference it makes to know how a race ends <p><u>Jumping Introduce 5 basic jumps: 2 – 2, 2 – 1, 1 – 2, 1 to same, 1 to other</u></p> <ul style="list-style-type: none"> • To know how to gain ground in using a forward movement <p><u>Hopping</u></p> <ul style="list-style-type: none"> • To know how to find a way to move forward using one foot <p><u>Skipping</u></p> <ul style="list-style-type: none"> • To know how to increase speed of skipping as moving forward <p><u>Cooperation</u></p> <ul style="list-style-type: none"> • To know how to work cooperatively in order to be successful 		
--	--	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	Knowledge (Know)	Skills (Do)	Concepts (Understand)
Year 2	<p><u>Gymnastics</u> Introduction to flight Jumping and landing</p> <ul style="list-style-type: none"> To know how to gain height as they leave the floor To know how to land with control To know how to explore the shapes made when jumping in different ways Know names of rolls – pencil, teddy bear, army Know techniques for landing and jumping <p>Balance - development of taking weight on different body parts</p> <ul style="list-style-type: none"> To know how to explore taking weight on small body parts. To know how to explore taking weight on larger body parts and make a comparison with earlier learning, e.g. bridges and side balances. To know how to develop core strength <p>Stretching curling, tucking</p> <ul style="list-style-type: none"> To know how to travel forward using a rolling action To know how to take weight on our shoulders and feel a moment of stillness To know how to change pace when rolling and to change direction <p><u>Dance</u></p> <ul style="list-style-type: none"> To know how to link together more than one motif. To know how to make changes to a given motif and be able to make comment on the effect. To know the changes to make in the body to move with increased control. Know vocabulary relating to balance – points, patches, still 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To explore ways of travelling around on low/medium apparatus safely with control. To remember and repeat simple gymnastic actions with accuracy. To balance on isolated parts of the body. Create individual balances to be strong, still and stretched. Introduce ways to roll including pencil, teddy bear and army. To link together a number of gymnastic actions into an individual sequence <p><u>Dance</u></p> <ul style="list-style-type: none"> Compose and perform simple dance phrases. To show contrasts in simple dances with good body shape and position. Respond imaginatively to character and narrative. To develop a range of dance movements with a focus on timing and rhythm. <p><u>Team Games</u></p> <ul style="list-style-type: none"> To develop hand-eye/ foot eye coordination to control a ball. To catch a variety of objects such as bean bags and different sized balls using one and two hands. Develop bouncing and catching over a range of heights and distances. Compare underarm and overarm throwing techniques. To dribble a ball using hands and feet. Use different sized balls to send and receive/pass, introducing a defender. Understanding when to shoot or pass when participating 	<p>Balance</p> <p>Sequence</p> <p>Rolling</p> <p>Dribbling</p> <p>Sending</p> <p>Receiving</p> <p>Jumping</p> <p>Landing</p> <p>Throwing</p> <p>Circulation</p> <p>Leadership</p> <p>Body shape</p> <p>Positioning</p> <p>hand-eye/ foot eye</p> <p>heights and distances</p> <p>receive/pass</p> <p>defender</p> <p>underarm and overarm throwing techniques</p> <p>landing safely</p> <p>pace</p> <p>fitness</p> <p>stamina</p> <p>being healthy</p> <p>being active</p>

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<p><u>Team games- handball/bench ball (attack and defence)</u></p> <ul style="list-style-type: none"> To know how to throw a ball for a purpose. To know how to make a choice on the type of throw. To know how to throw the ball using different speeds. To know how to think how we can improve the accuracy of our throws. To know the adjustments needed when aiming towards a high target. To know where to move in order to receive a ball. Know how heart rate increases to deliver blood and oxygen to the working muscles. To know how to use our knowledge of jumping to receive a ball whilst off the ground. To know how to receive the ball in our hands. To know how to make judgements as to the direction of a ball. To know how to work as a team to field the ball safely. Know what makes a good captain <p><u>Athletics</u></p> <p><u>Running</u></p> <ul style="list-style-type: none"> To know how to make adjustments in our running and know the effect this might have To know the changes we need to make in order to accelerate when running To know how to be aware of tactics in a race to explore if cooperation can make any difference in competitive situation Know how heart rate increases to deliver blood and oxygen to the working muscles. <p><u>Jumping</u></p> <ul style="list-style-type: none"> To know how to find ways of lifting ourselves off the floor to gain height/distance 	<p>in invasion games.</p> <ul style="list-style-type: none"> Apply simple techniques to strike a stationary and moving ball such as in cricket, tennis or rounders, including grip and stance. To use ball skills in small sided invasion/team games. Can lead their own warm up activities. <p><u>Athletics</u></p> <ul style="list-style-type: none"> Understand how to take off and land safely. To throw different objects in a variety of ways Transfer of weight when throwing greater distances. How to pace over different distances. Improving agility by completing an obstacle course, and comparing personal best times. <p><u>Ball Skills - Netball</u></p> <ul style="list-style-type: none"> Be able to dribble a ball using hands and passing Aim and shoot to a target and count scores Practise passing, throwing and catching in a variety of ways. <p><u>Fitness, wellbeing and Yoga</u></p> <ul style="list-style-type: none"> Understand the importance of healthy lifestyles and importance on eating healthy, regular exercise and improving fitness and stamina. Be able to apply skills to personal lives and know how to keep minds and bodies healthy. Be able to lead healthy and active lives Be able to be physically active for a sustained period of time. 	
--	---	---	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> • To know the importance of landing safely and how it can be achieved • Know techniques for landing and jumping <p><u>Throwing a ball</u></p> <ul style="list-style-type: none"> • To know the aim towards a given target aim at a given target • To know the changes I have to make in order to reach a target which is further away • To know how to help another person aim successfully towards a given target <p><u>Netball (target game)</u></p> <p><i>Throwing and catching</i></p> <ul style="list-style-type: none"> • To know how to throw a ball for a purpose. • To know how to make a choice on the type of throw. • To know how to throw the ball using different speeds. • To know how to think how we can improve the accuracy of our throws. • To know the adjustments needed when aiming towards a high target. • To know where to move in order to receive a ball. • To know how to use our knowledge of jumping to receive a ball whilst off the ground. • To know how to receive the ball in our hands. • To know how to make judgements as to the direction of a ball. • To know how to work as a team to field the ball safely. • Know what makes a good captain <p><u>Fitness and yoga</u></p> <ul style="list-style-type: none"> • To know how to copy and repeat yoga poses • To know how to copy and remember actions linking them into a flow • To know how to create a flow and teach it to a partner. 		
--	--	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	Knowledge (Know)	Skills (Do)	Concepts (Understand)
Year 3	<p><u>Gymnastics</u></p> <p>Travelling- Pathways</p> <ul style="list-style-type: none"> To know how to use positional language when moving. To know how to link movements together in a sequence. To know how to collaborate with a partner. To know how to link complex movements. To know how to explore positional language in relation to apparatus. <p>Stretching, curling and climbing</p> <ul style="list-style-type: none"> To know how to use upper body strength to pull To know how to feel tension in the body and to experience stretch Know basic muscle groups such as quadriceps and hamstrings. <p>Rolling and flight</p> <ul style="list-style-type: none"> To know how to roll in different directions with a moment of pause. To know how to dismount from apparatus using different shapes and begin to link the next movement Know techniques for safe landing <p>Balance movement skills</p> <ul style="list-style-type: none"> To know how to explore dynamic and static balances To know how to talk about the differences between static and dynamic balances To know how to move from a static balance in to a dynamic balance <p><u>Dance</u></p> <ul style="list-style-type: none"> To know how to change the dynamics in a motif. To know how to move with fluency from one level to another changing the dynamics. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To explore jumping techniques of take-off and landing safely. Develop jumping onto and off of different apparatus Introduce army and forward rolls. Work with a partner to create and compose a sequence that includes jumping and rolling skills with a clear start and finish position. Evaluate and improve own and others performance <p><u>Dance</u></p> <ul style="list-style-type: none"> To explore dance movements individually and in small groups. To develop emotion and expression to music. To use knowledge of dance to create a story board in small groups. To work cooperatively within a group to create a dance routine. To perform in front of others with confidence. <p><u>Games</u></p> <p>Team games - dodgeball</p> <ul style="list-style-type: none"> Spatial awareness of themselves, own team and opposition when playing team games. Understand passing techniques over short and longer distances, with a focus of transfer of weight. Receiving balls along the ground and in the air. Understand the difference in technique between catching high and low balls To apply skills and simple tactics to overcome opponents in small-sided games. To identify and follow the rules of games and applying them consistently, such as rules and point scoring. 	<p>Composing a sequence</p> <p>Expressing emotion through dance</p> <p>Tactics</p> <p>Scoring</p> <p>Apparatus</p> <p>Spatial awareness</p> <p>catching high and low balls</p> <p>serving, sending and receiving</p>

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> To know what is meant by cooperation and what it might look like in dance. To know the possible impact of props in dance. Know what makes an effective sequence Know what an effective dance routine entails Know and understand the process of breathing in oxygen, travelling to the lungs – heart and working muscles. <p><u>Team games - Dodgeball</u></p> <ul style="list-style-type: none"> To know how to send the ball in a different direction To know the direction the feet are moving to send the ball over a long distance To know how to find a way of accurately passing the ball under outstretched arms. To know which type of throw to use to know how to score to know where to move in order to receive a pass To know which type of pass you need to use [in a given situation]. To know how to aim towards a given target. To know where to move in order to receive a pass. To know how to lose an opponent in order to receive a pass To know how to move away from a partner to know where the spaces are around me. To know how to find ways of keeping possession of the ball as a member of a team. Know a technique for serving the ball Know basic rules of games to be able to play fairly <p><u>Team games - Striking and Fielding – Hockey</u></p> <ul style="list-style-type: none"> To know how to apply striking the ball to meet a purpose. To know how to keep possession of the ball strike 	<p><u>Striking and Fielding – Hockey</u></p> <ul style="list-style-type: none"> Hold a hockey stick correctly and be able to strike a hockey puck. Follow some of the basic rules of hockey. Ensure ready position is adopted for striking and fielding/defending. To know how to play a striking and fielding game and apply the basic rules. <p><u>Net and Wall - badminton</u></p> <ul style="list-style-type: none"> To develop simple racket skills Practise racket skills – serving and receiving Play forehand and backhand shots in isolation and with a partner, with focus on grip and stance. Introduce serving to start a game, and keeping basic scoring system. Identify ways in which own performance can be improved <p><u>Athletics</u></p> <ul style="list-style-type: none"> Focus on positioning head, arms and legs techniques when running. Throw different implements demonstrating control and accuracy. Jumping for distance using different footwork patterns. To understand relay and how to pass the baton in a team. To compete in a mini Olympics competition, and record scores. 	
--	--	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<p><i>towards a target for a given purpose.</i></p> <ul style="list-style-type: none"> <i>To know how to adjust the way we strike the ball according to where the target is.</i> <i>To know how to protect a given space place the ball in to a given space.</i> <i>Know simple tactics to overcome opponents in small-sided games.</i> <i>Know techniques for controlling a pass</i> <i>Know basic fielding stance</i> <p><u>Net and Wall - Badminton</u></p> <ul style="list-style-type: none"> <i>To know how to strike the ball towards a moving target.</i> <i>To know how to make adjustments to our stance to send the ball using a backhand.</i> <i>To know how to look for a space and make this the target.</i> <i>To know how to put our opponent under pressure limit the time the opponent has to react.</i> <i>Know a technique for serving</i> <i>Know basic rules of games to be able to play fairly</i> <p><u>Athletics</u></p> <p><u>Running</u></p> <ul style="list-style-type: none"> <i>To know how a race might start and end</i> <i>To know how we can run for a sustained period</i> <i>To know how to build speed over a period and to know what difference it may make Know and understand the process of breathing in oxygen, travelling to the lungs – heart and working muscles.</i> <i>Know basic muscle groups such as quadriceps and hamstrings.</i> <p><u>Throwing a ball</u></p> <ul style="list-style-type: none"> <i>To know and explore whether moving in to a throw increases the distance the object travels</i> 		
--	---	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	Knowledge (Know)	Skills (Do)	Concepts (Understand)
Year 4	<p><u>Gymnastics</u></p> <p><u>Swimming</u></p> <ul style="list-style-type: none"> To confidently swim the length of a 25m in a pool, using a variety of swimming stroke <p><u>Travelling</u></p> <ul style="list-style-type: none"> To know how to change direction quickly whilst maintaining control of the movement. To know how to perform 45/90/180/270/360 degree turns. To know how to move from one level to another with a change of direction. To know how to explore the use of the floor in conjunction with apparatus. To know how to attack a springboard and know the effect. <p><u>Rotation</u></p> <ul style="list-style-type: none"> To know how to explore rotational actions and link 3 or more together. To know how to make adjustments when rotating on apparatus. To know how to get on to apparatus using a rotational movement. <p><u>Balance</u></p> <ul style="list-style-type: none"> To know how to find ways of moving in to and out of balance. To know how to link movements working with a partner on apparatus. <p><u>Dance</u></p> <ul style="list-style-type: none"> To know how to find ways of changing direction maintaining the fluency of movement. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Identify when strength and flexibility are required to complete actions. To identify and practise symmetrical and asymmetrical body shapes. To construct sequences using individual and paired balances. To use counterbalances and incorporate them into a sequence. To perform movements in canon and in unison. To perform and evaluate own and others' sequences <p><u>Dance</u></p> <ul style="list-style-type: none"> To demonstrate an awareness of the music's rhythm and phrasing when improvising. To create partnered dances that reflect the dancing style and music. To perform and evaluate own and others' work. <p><u>Games</u></p> <p><u>Invasion and team games – football, basketball and tag rugby</u></p> <ul style="list-style-type: none"> Identify methods to keep possession of the ball in football, basketball and tag rugby To apply ABC (agility, balance and coordination) techniques when playing small sided games. To identify and apply ways to move the ball towards an opponent's goal through team positioning. To learn concepts of attack and defence and the objectives for people holding various positions which may be held. To play in a mini competition in football, basketball and tag rugby 	<p>Symmetry</p> <p>Counter-balance</p> <p>Canon</p> <p>Unison</p> <p>Improvising</p> <p>Attack</p> <p>Defence</p> <p>Transfer of weight</p> <p>Personal best</p> <p>Non-contact sport</p> <p>Pace</p> <p>Sequence</p> <p>Paired and individual balances</p> <p>Strength</p> <p>Flexibility</p> <p>Agility</p> <p>Counterbalance</p> <p>Evaluate</p> <p>Swimming strokes</p> <p>Water safety</p> <p>Safe self-rescue</p>

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> To know how to develop 'creative me' through working with others and on my own. To know how to use levels to create impact. To know how listen and respond to other people's thoughts on my dance. Know the meaning of the terms canon, unison, counterbalance <p><u>Games</u></p> <p><u>Invasion and team games – Football</u></p> <ul style="list-style-type: none"> Know an increasing range of rules for different games Know principles behind team attack and defence To know how to keep possession of the ball. To know how to strike towards a target for a given purpose. To know how to adjust the way we strike the ball according to where the target. To know how is protect a given space place the ball in to a given space. To know how control the ball before sending. To know how to send the ball to meet a purpose and send towards a target. To know how to adjust the way we send the ball according to where the target is. To know how to place the ball in to a given space for a player to move on to. To know how to receive the ball whilst moving but be able to maintain control. To react to another player's actions to move in to position to receive the ball on the ground and maintain possession. Have an understanding of strength, speed, stamina, and suppleness 	<ul style="list-style-type: none"> To keep points/scores and follow rules of a sport. To pass balls in various ways. Understand that the various shapes and sizes of a ball allow it to move in different ways. <p><u>Athletics</u></p> <ul style="list-style-type: none"> To select and maintain a running pace for different distances (Stamina). Identify techniques of throwing with power and accuracy. To throw safely and effectively into space. Participate in a mini Olympic competition. Compare running, jumping and throwing scores with previous ones. <p><u>Swimming</u></p> <ul style="list-style-type: none"> to improve pace in swimming swim competently, confidently and proficiently over a distance of at least 25 metre use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations 	
--	--	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<p><u>Games</u> <i>Invasion and team games – Basketball</i></p> <ul style="list-style-type: none"> <i>To know to identify a target and make changes to a technique in order to aim at the target.</i> <i>To know what different targets are and changes that need to be made in technique accordingly.</i> <i>To know how to receive and send in one movement.</i> <i>To know how to anticipate where a throw might go.</i> <i>To know how to protect a given space place the ball in to a given space.</i> <i>To know how to protect a given space place the ball in to a given space.</i> <i>To know how to aim towards a given stationary target.</i> <i>Know an increasing range of rules for different games</i> <p><u>Games</u> <i>Invasion and team games – Tag rugby</i></p> <ul style="list-style-type: none"> <i>To know how to feint dodge, moving away from a player pretending to move one way but going another.</i> <i>To know how to put pressure on an opposing team member.</i> <i>To know how to aim towards a given moving target.</i> <i>Know an increasing range of rules for different games</i> <p><u>Athletics</u> <i>Running</i></p> <ul style="list-style-type: none"> <i>To know how to react to a stimuli</i> <i>To know how to find the shortest way around a given distance</i> <i>Have an understanding of strength, speed, stamina, and suppleness</i> <i>To know how to measure reaction time and to explore how the data can be used to improve performance</i> <i>To know what is the best way to run a longer distance?</i> 		
--	--	--	--

Grimsdyke School
Knowledge and Skill Progression Map
Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> • Know the difference between resting and maximum heart rate <p><u>Jumping</u></p> <ul style="list-style-type: none"> • To know and explore the impact of moving in to a jump to explore different step combinations for a purpose <p><u>Throwing</u></p> <ul style="list-style-type: none"> • To know how to explore different techniques of launching an object; which technique enables the thrower to achieve the greatest distance? <p><u>Working as a team</u></p> <ul style="list-style-type: none"> • To know how to create challenge to test performance • To know how to understand the role of the baton in a relay race - is it always the fastest combination of runners who win the relay race? <p><u>Swimming</u></p> <ul style="list-style-type: none"> • To know how to stay afloat in water • To know the basics of water safety • To develop pace when swimming • To know how to perform a front crawl, backstroke and breaststroke • To know the length of a pool is 25m • To know how to read safety signs in water • To know how to stay safe in water • To know how to get themselves out of water to get themselves safe • To confidently swim the length of a 25m in a pool, using a variety of swimming stroke 		
--	---	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	Knowledge (Know)	Skills (Do)	Concepts (Understand)
Year 5	<p><u>Gymnastics</u> Matching and Mirroring</p> <ul style="list-style-type: none"> To know how to develop a sequence of moves with a partner/group To know how to link together with a partner/group different skills using apparatus at the heart of the sequence To know how to add dynamics to our sequences [link with dance] <p>Holes and Barriers</p> <ul style="list-style-type: none"> To know how to find ways of going over and through working with a partner To know how to choose and use apparatus To know how to meet a challenge <p>Symmetry and Asymmetry</p> <ul style="list-style-type: none"> To know how to create a sequence of moves using mathematical language <p><u>Dance</u></p> <ul style="list-style-type: none"> To know how to select music for a purpose. To know how to make constructive comments on a piece of work. To know how to explore the dynamics of movement and the potential impact. To know how to explore the use of stimuli in dance- e.g. musical theatre, topics, Black History Week. Know how and why we warm up using dynamic stretching, and cool down. <p><u>Invasion and team games - Netball (competitive and team sport)</u></p>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Development of rolling actions of army/forwards/backwards and dive rolls on apparatus. Link with a variety of transitional travelling movements. To perform group sequences in canon and unison using large apparatus. To perform and evaluate own and others' sequences giving constructive feedback. <p><u>Dance</u></p> <ul style="list-style-type: none"> To be able to compare and contrast different movements related to a variety of stimuli. Create a complex sequence with motifs and a variety of movement patterns. Include different levels, speeds and pathways within the routine. To perform and evaluate own and others' work. <p><u>Games</u> Invasion and team games - Netball</p> <ul style="list-style-type: none"> To develop an understanding and knowledge of rules and apply them consistently. To use attacking and defensive strategies to overcome opponents. To develop different ways to pass including disguised passes to trick opponents. To understand the importance and how to 'get free' in order to receive a pass by changing speed and/or direction. To be able to demonstrate a range of defending skills and understand how to mark an opponent "goal side". To understand the key positions in team games and their roles and responsibilities. 	<p>Transitional travelling movements</p> <p>Motifs</p> <p>Creating space</p> <p>Marking</p> <p>Applying pressure</p> <p>Serving</p> <p>Attack and defence</p> <p>Bowling, striking and batting</p>

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

<ul style="list-style-type: none"> To know when to use each type of throw. To know how to apply and select skills to meet a purpose. To know how to place the ball in a given space. To know how to put pressure on the opposing team. To know how to make decisions about an action[s]. To know how to work as a member of a team. To know how to move the ball quicker. To know how to develop the accuracy of a pass under pressure. To know how to be able to anticipate a pass. To know where an opponent is moving to make decisions about an action[s]. Know positions in invasion games Know techniques for different types of pass Know basic defending techniques <p><u>Striking and Fielding - Rounders</u></p> <ul style="list-style-type: none"> To know how to place the ball in to a given space To know how put pressure on the opposing team To know how to run over the shortest distance possible in order to score To know how strike the ball so it leaves the ground Know some fielding positions in rounders <p><u>Net and Wall - Tennis</u></p> <ul style="list-style-type: none"> To know how to send the ball high over an opponent's head. To send the ball high over an opponent's head for the ball to land inside the base line. To know how to work as a member of a team covering the court. To know how to intercept a pass and know the impact. Know techniques for volley, backhand and forehand 	<ul style="list-style-type: none"> To shoot and aim and know how this is different to basketball Play netball and hi fives and understand how the rules are slightly differ. <p><u>Striking and Fielding - Rounders</u></p> <ul style="list-style-type: none"> Apply principles of batting by hitting into spaces, varying direction and length. Develop long barrier and fielding skills when stopping the ball. Understanding when and how to run between base/posts to score rounders/points. Perform bowling actions with accuracy and control repeatedly to apply pressure to batting team. To use hand-eye coordination to strike a moving and a stationary ball using transfer of weight. Understand where to hit shots and why To develop fielding positions and understand their importance when playing a game. Introduction to batting in rounders using different equipment different bats/rackets e.g. cricket and rounders bats. Use these skills to improve batting and bowling skills in rounders. Selecting different ways of throwing (underarm and overarm) and to know when it is appropriate to use each one in games. <p><u>Net and Wall - Tennis</u></p> <ul style="list-style-type: none"> To demonstrate and use the correct grip of the racket and understand how and why to get into the ready position after every stroke. Refine hand/eye coordination through range of tasks. Understand how to serve effectively and set up attacking principles. To understand how to use different shots to outwit an opponent in a game. 	
--	---	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> • Know how and why we warm up using dynamic stretching, and cool down. <p><u>Athletics</u></p> <p><u>Running</u></p> <ul style="list-style-type: none"> • To know what external factors might impact on performance • To know how to develop tactics over a given distance and to know changes that need to be made. • Know the basic components of fitness • Know major muscle groups introduced such as pectorals, biceps, triceps, abdominals <p><u>Hurdling</u></p> <ul style="list-style-type: none"> • To know and explore ways of getting over an obstacle whilst maintaining fluency of movement • Know how and why we warm up using dynamic stretching, and cool down. <p><u>Jumping</u></p> <ul style="list-style-type: none"> • To know how to jump from an identified area knowing the changes needed in our action <p><u>Throwing</u></p> <ul style="list-style-type: none"> • To know which technique is most effective when throwing for distance <p><u>Working as a team</u></p> <ul style="list-style-type: none"> • To know how to move the baton round the track safely <p><u>Officiating</u></p> <ul style="list-style-type: none"> • To know how to develop social me when make decisions which may impact on a person's performance 	<ul style="list-style-type: none"> • To accurately serve underarm, and have receiving ready position. • Develop rallying with a partner, focusing on accuracy of strokes. • Develop a variety of shots (forehand/backhand/smash) and explore when different shots should be played in game situation. • To develop knowledge, understanding and application of positions for singles, doubles or team games, and be able to apply basic rules and scoring systems. • To play a competitive singles and doubles tennis game on a modified court, applying simple rules • To develop accuracy and consistency for ground strokes and volleys. • Serve with overarm technique if confident. • Understand how to move opponent around the court and how to apply pressure to weaknesses. • To use the scoring system and court for singles tennis, and apply within competitive modified matches. • Take responsibility for safe use and care of equipment <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Identify the different principles of throwing using a variety of objects. • Refine relay running techniques in small team races. • To explore different footwork patterns for run ups when jumping. • Use simple scoring systems of times and distances and compare recordings. • Understand how different actions/events require different components of fitness. 	
--	--	--	--

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	Knowledge (Know)	Skills (Do)	Concepts (Understand)
Year 6	<p><u>Gymnastics</u> <u>Travelling</u></p> <ul style="list-style-type: none"> To know how to explore the differences between counter balance and counter tension To know how to work with a partner creating a sequence of moves which demonstrate the differences between counter balance and counter tension <p><u>Stretching and curling</u></p> <ul style="list-style-type: none"> To know how to explore a sequence of movements using learnt skills reflecting cannon and synchronisation To know how to collaborate with a group developing timing skills in relation to movement Know technique for a variety of vaults Know a range of static and dynamic stretches Know the components of fitness and how they apply to different activities Know how physical activity can benefit physical, mental and social well-being <p><u>Dance</u></p> <ul style="list-style-type: none"> To know how to develop timing to build mood. To know how to perform for others and listen to their comment to make improvements. To know how to choreograph my own moves and those of others, linking complex moves, styles and techniques. Know a range of static and dynamic stretches Know the components of fitness and how they apply to different activities Know how physical activity can benefit physical, mental and social well-being 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Understand how to use the vault safely and effectively. To use flight as a way to demonstrate different shapes in the air such as star, tuck, straddle, straight, pike, twists. To construct sequences using travel, rolling, balance and flight in small groups using apparatus. To perform and evaluate own and others' sequences. Understand the fitness benefits of gymnastics and how these can be applied to everyday life. <p><u>Dance</u></p> <ul style="list-style-type: none"> To create and compose a structured group routine to a modern pop song. Work collaboratively as a team. Focus on timings, clarity of movements, and group awareness. Communicate the artistic intention of dance clearly, fluently, musically and with control. To evaluate and improve their own and others' performance. <p><u>Games</u> <u>Striking and Fielding – hockey and cricket</u></p> <ul style="list-style-type: none"> Understanding when and how to run between base/posts to score rounders/points. Understanding when and how to run between wickets/posts to score runs/points. To throw and catch consistently and accurately using a variety of techniques under pressure. Demonstrate appropriate length and accuracy when bowling. To use appropriate fielding skills to stop the ball effectively. 	<p>Flight</p> <p>Timing</p> <p>Artistic intention</p> <p>Placement</p> <p>Positional sense</p> <p>Pass appreciation</p> <p>Positions</p> <p>Various sports pitches and meaning of different divisions or positions played</p> <p>Sportsman ship</p> <p>Fairness</p> <p>Competitive sports</p>

Grimsdyke School

Knowledge and Skill Progression Map

Subject: Physical Education (P.E)

	<p><u>Games</u> <u>Striking and Fielding – Hockey</u></p> <ul style="list-style-type: none"> To know how to apply and selecting skills to meet a purpose To know how to place the ball in to a given space To know how to put pressure on the opposing team Know technique for different fielding methods Know different passing techniques <p><u>Games</u> <u>Striking and Fielding – Cricket</u></p> <ul style="list-style-type: none"> To know how to apply and selecting skills to meet a purpose To know how to place the ball in to a given space To know how to put pressure on the opposing team Know some fielding positions in cricket Know and use the following terms: feedback, motif, marking, long barrier Know and explain techniques for different types of catching Know technique for different fielding methods Know rules for all major games and sports covered in KS2 <p><u>Invasion and team games - football</u></p> <ul style="list-style-type: none"> To know how to apply and select skills to meet a purpose. To know how to place the ball in to a given space. To know how to put pressure on the opposing team [this might be through accurate sending/receiving/throwing/catching or passing To know how to work as a member of a team and different roles within a game. To know how to move the ball quicker 	<ul style="list-style-type: none"> To apply a range of batting shots to outwit opponents using power and placement. Demonstrate positional team play, use appropriate tactics, and be able to understand key rules to keep scores. To play small games of hockey practising and following rules of the sport Understanding the divisions of a hockey pitch <p><u>Invasion and team games - football</u></p> <ul style="list-style-type: none"> To lead effective team warm ups including skills practice with dynamic stretching. Identify which players will suit certain positions on the pitch. To select and apply a range of passing techniques in order to create space for scoring opportunities within small sided games. Work cooperatively as a team and apply the principles of attacking a defending. <p><u>Athletics</u></p> <ul style="list-style-type: none"> Incorporate sprint starts and understand their effectiveness. Investigate how arms and legs can enhance throwing and jumping heights and distances. To explore different footwork patterns in hurdles (3 steps between). To utilise all the skills learned in previous units and apply in mini Olympic competition. 	
--	--	--	--

Grimsdyke School
Knowledge and Skill Progression Map
Subject: Physical Education (P.E)

	<ul style="list-style-type: none"> • To know how to develop the accuracy of a pass under pressure • To know how to anticipate a pass to know where an opponent is moving • To know how to find ways of keeping possession of the ball in a team situation. • Know different passing techniques • Know techniques for controlling a pass • To know how to learn where there are spaces to move in to be balanced on receiving on the ball. • To know how to send the ball in a different direction to the direction the feet are moving to send the ball over a long distance. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • To move the baton around the track in the shortest time • Know the components of fitness and how they apply to different activities • To know how to investigate a rotation technique when throwing heavier objects <p><u>Running</u></p> <ul style="list-style-type: none"> • To know when to change pace when running over a middle distance for the biggest impact • Know a range of static and dynamic stretches <p><u>Hurdles</u></p> <ul style="list-style-type: none"> • To know how to maintain speed between hurdles/obstacles and to explore the effect • To know how to explore the importance of rhythm when hurdling [we know it is important but why?] <p><u>Jumping</u></p> <ul style="list-style-type: none"> • To know how the sail technique can be applied when jumping for distance. • To know how to make adjustments to a run up and know the potential difference it might make. 		
--	--	--	--

Grimsdyke School
Knowledge and Skill Progression Map
Subject: Physical Education (P.E)

	<i>Officiating</i> <ul style="list-style-type: none"> <i>To know how to develop social me when making decisions about other people's performance in relation to rules of an event.</i> <i>To know how to make decisions about an action[s] [the start of umpiring/refereeing]</i> 		
--	--	--	--