

Knowledge Progression for Physical Education

	<u>Factual Knowledge</u> “The basic elements students must know to be acquainted with a discipline or solve problems in it”	<u>Conceptual Knowledge</u> “The interrelationships among the basic elements within a larger structure that enable them to function together”	<u>Procedural Knowledge</u> “How to do something, methods of inquiry, and criteria for using skills, algorithms, techniques, and methods”
Reception	<p>I can hit a ball with a racket/ bat. I can throw, catch and kick objects in different ways.</p> <p>I can perform simple dance moves.</p> <p>I can perform basic gymnastic movements e.g. travelling, rolling, balancing, climbing, stretching and curling.</p> <p>I can run as fast as I can. I can jump as far/high as I can.</p>	<p>I can move my feet to help catch, kick, hit or throw a ball. I can follow simple rules and take part in games.</p> <p>I can choose the best movements to show my ideas.</p> <p>I can travel with control and coordination and copy and repeat basic sequences.</p> <p>I can take part in running games.</p>	<p>I can dribble/control a ball.</p> <p>When throwing, I can use underarm when aiming and overarm for distance.</p>
Year 1/2	<p>I can hit a ball over an object (e.g. a net) using a racket/bat or aim at an object with some accuracy and success. I can throw, catch and kick a variety of balls in different ways. I can use my throwing, catching and kicking skills to pass, shoot and begin to bowl with some accuracy and success.</p> <p>I can perform simple dance moves with control and coordination.</p> <p>I can perform some of the movements from Key Steps Gymnastics 1.</p> <p>I can sprint over short distances and begin to pace myself over longer distances.</p>	<p>I can use my throwing, hitting and kicking skills during a game. I can decide where to stand to make the game difficult for the opposing team. I can follow rules in order to take part in games.</p> <p>I can perform a dance, linking 2+ actions together to make a sequence and communicate mood or feelings.</p> <p>I can plan sequences of movements which are controlled, showing contrasts such as small/tall and balance on different points of my body.</p> <p>I can use a run up to help jump/throw as far/high as I can.</p>	<p>I can begin to develop overarm bowling technique. I can develop various techniques of controlling a ball (dribbling, changing direction)</p> <p>I can develop gestures, move in time and dance to beats of 4 and 8. I can curtsy/bow and perform heel-toe steps.</p> <p>I can perform the gymnastics shapes of tuck, pike, straddle, straight, star, front and back support.</p> <p>I can select to use underarm/overarm throw, depending on the distance required and equipment.</p>

Year 3/4	<p>I can play a rally with a partner using a racket. I can strike and field a ball with control. I can bowl to an object/opponent with some accuracy. I can explore and develop different ways to pass, shoot and control the ball.</p> <p>I can explore and develop technical dance moves.</p> <p>I can perform some of the movements from Key Steps Gymnastics 2 with control.</p> <p>I can complete running challenges for speed (50m) and stamina (300m).</p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 metres.</p>	<p>I can decide tactically on the best position to be in for a game. Following the rules of the game, I can choose appropriate tactics to cause problems for the opposition team and/or gain possession of the ball.</p> <p>I can perform a dance and improvise with ideas, refining some technical moves into a clear sequence to express a mood or feeling.</p> <p>I can perform balanced and controlled sequences which include changes in speed and level, using 'canon' and 'unison'.</p> <p>I can take part in hurdle races/ activities. I can take part in relay races (4 x 60m).</p> <p>I can perform safe self-rescue in different water-based situations.</p>	<p>I can overarm bowl with improved accuracy. I can use the forehand and backhand strokes. I can control a ball and change direction with improved skill and confidence.</p> <p>I can keep count and tempo while dancing. I can pivot. I can perform the Charleston, Chasse and Strut step.</p> <p>I can perform the gymnastics shapes of tuck, pike and straddle with improved technique and accuracy I can perform different counterbalances.. I can attempt an on/off vault with some success.</p> <p>I can show consistent technique when performing a range of jumps e.g. long jump, triple jump and speed bounce. I can demonstrate a range of throwing techniques, including overarm, underarm and push from my chest (medicine ball) and neck/head (shot put).</p> <p>I can use a range of strokes effectively (e.g. front crawl, backstroke, breaststroke)</p>
Year 5/6	<p>I can use the forehand and backhand strokes with a racket. I can strike a bowled ball (into space) in a variety of different ways. I can bowl to an opponent accurately. I can pass, shoot and control the ball with accuracy.</p> <p>I can perform technical dance moves with expression and control.</p> <p>I can perform some of the movements from Key Steps Gymnastics 3 with control and accuracy.</p> <p>I can complete running challenges for speed (80m) and stamina (600m).</p>	<p>Following the rules of the game, I can use the most appropriate tactics when attacking and defending. I can change and/or adapt tactics within the game to help improve my team's performance in attack and defence.</p> <p>I can create and compose my own dance, adapting technical moves into a sequence and perform it expressively with control.</p> <p>I can make complex sequences and combine actions, shapes and balances. My movements are clear, controlled and consistent.</p> <p>I can take part in relay races (4 x 150m).</p>	<p>I can use the forehand, backhand and top spin strokes. I can bowl a ball using overarm technique (e.g. 'figure of 6'). I can use the forehand, backhand, back spin and top spin strokes. I can control a ball with confidence and shield it (where appropriate) from defenders. I can play a volley.</p> <p>I can perform Bollywood dance steps of Lotus, Prayer, Back Point Step and Heel Step. I can perform streetdance moves of swagger, pose, side step, side step with arm movements, lean, heel dig.</p> <p>I can perform the gymnastics shapes of star, dish and arch, front and back support with improved technique and accuracy I can perform counterbalances with increased technical difficulty. I can perform a vault.</p> <p>I can show good technique and fluency of movement when performing long/triple jump and speed bounce. I can show accuracy and good technique when throwing javelin, cricket ball, discus and shot. I can improve my technique of exchanging the baton in a relay race.</p>