

The Synergy Schools Federation - Knowledge Progression for Physical Education

Games	Dance	Gymnastics	Athletics	Swimming	Life Skills
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	<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”
EYFS	<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 keep trying when I find something difficult. I am able to take turns and share in PE lessons. I am kind to others when working together.</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 gymnastics movements (e.g. tuck, pike, straddle, star, front and back support).</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 keep trying when I find something difficult, listening to feedback from others and putting it in place to try and help. I am able to take turns and share during team games. I understand that winning is not the ultimate goal but trying my best and encouraging others is.</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 curtsey/bow and perform heel-toe steps.</p> <p>I can perform the gymnastics shapes of tuck, pike, straddle, straight, star, front and back support as part of a sequence of movements.</p> <p>I can select to use underarm/overarm throw, depending on the distance required and equipment.</p>

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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 gymnastics movements with control (e.g. tuck, pike, straddle).</p> <p>I can complete running challenges for speed (50m) and stamina (300m).</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 simple hurdle races/ activities. I can take part in relay races (4 x 60m).</p> <p>I am able to adapt when something is not working well and try a new strategy to help me. I do not give up easily and keep trying. I am able to play as part of a team and help encourage and motivate others. I understand the importance of being able to win and lose well and can demonstrate this when prompted.</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 specific dance moves such as the Charleston, Chasse and Strut step.</p> <p>I can perform the gymnastics shapes of tuck, pike and straddle with improved technique and accuracy as part of a sequence of movements. 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>

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Year 5/ 6	<p>I can use the forehand and backhand strokes to hit a ball over the net. I can strike a bowled ball (into space) in a variety of different ways. I can field a ball and throw with improved accuracy. I can bowl to an opponent accurately. I can pass, shoot and control the ball with accuracy and speed (where appropriate).</p> <p>I can perform technical dance moves with expression and control.</p> <p>I can perform gymnastics movements with control and accuracy (e.g. star, dish, arch, front and back support).</p> <p>I can complete running challenges for speed (80m) and stamina (600m).</p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 metres.</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 hurdle races. I can take part in relay races (4 x 150m).</p> <p>I can perform safe self-rescue in different water-based situations.</p> <p>I am able to adapt when something is not working well for my team and provide feedback to try a new strategy or tactic. I encourage my team to keep trying and set a good example. I try to be positive as part of a team, even in defeat. I am able to win and lose well by showing humility and sportsmanship independently.</p>	<p>I can bowl a ball using overarm technique (e.g. ‘figure of 6’). I can begin to use the 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 specific technical dance moves in our chosen theme. E.g. Lotus, Prayer, Back Point Step and Heel Step (Bollywood) or swagger, pose, side step, side step with arm movements, lean, heel dig (street dance).</p> <p>I can perform the gymnastics shapes of star, dish and arch, front and back support with improved technique and accuracy as part of a sequence of movements. 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> <p>I can use a range of strokes effectively (e.g. front crawl, backstroke, breaststroke)</p>