



Vocabulary

Reception	1	2	3	4	5	6
GAMES						
Hit; Roll; Throw; Catch; Target; Bouncing; Kicking; Control; Underarm	Opponent; Control; Rules; Team; Cooperate; Control; Accuracy; Team Work; Catch; Throw; Dribble. Target; Strike; Hit; Pass; Bounce; Kick; Speed; Direction; Shoot; Score		Keep possession; Win back possession; Marking space; Pass/send/receive; Make use of space; Travel with the ball; Points/Goals; Rules; Tactics; Attacking; Defending; Fielding/Batting; Bowl; Over-arm; Pivot; Double-dribble;			Keeping possession; Move into space; Close down; Press; Re-cycle; Passing; Dribbling; Shooting; Space; Support; Marking; 1:1; Attackers/Defenders; Switch; Team play/work; Batting; Fielding; Hitting/Striking; Forehand/Backhand; Serve; Volley; Backswing; Follow-through; Side-on; Wide; Pitch; Leg-side; Offside; Travelling; Offence/Defence
ATHLETICS						
Walk; Jog; Run, hop; Skip; Fast; Slow; Throw; Target; Pass; In pairs	Throw; Target; Overarm; Underarm; High; Low; Skip; Aim; Fast; Slow; Safely; Soft-landing; Step; Bounce; Jump; Leap; Hop; Stride; Direction Repeat; Walking; Jogging; Accelerate; Run; Speed; Baton; Relay; Push; Take off; Landing; Evaluate; Improve; Position		Technique; Sling; Pull; Distance; Sprint; Steady pace; Accuracy; Height; Record; Joints; Rhythm; Leading leg; Measure; Underarm; Overarm; Heart beat; Pulse rate; Jogging; Walk; Hurdles; Landing; Control; Preferred Landing foot; Time; Stamina; Obstacles; Stance; Speed; Relay			Sprint; Pace/Pacing; Stamina; Team; Distance Measure; Height; Target; Rhythm; Obstacles; Leading leg/Trailing leg; Hurdles; Throwing; Speed; Drive-down-through; Fling; Heave; Control; Flight; Precision

GYMNASTICS

See also rolls, jumps, vaults, handstands, travelling and shapes/balances sections below...

Forwards	Sequence	In front	Flow	90 degrees	Seamless	Co-operate
Backwards	place	Speed	Explosive	180 degrees	Transitions	Elements
Sideways	stretch	Slow	Symmetrical	Leaving	Dynamics	Twists
Bench	push	fast	Asymmetrical	Approaching	Combination	Refine
Mat	pull	Wide	Combination	Balance	Contrasting	Aesthetically
Table	hop	Shape	Evaluate	Forwards	Control	Criteria
Roll	skip	Narrow	Improve	Backwards	Mirroring	Extension
Long	step	Long	Stretch	Combine	Matching	Judgement
Slow	spring	Land Over	Refine	Rotation	Accurately	Tension
On	crawl	Jump Off High	Adapt	Against	Refine	Inverted
Off	still	Low Stretch	Pathway	Towards	Evaluate	Judge
Stretched	slowly	Point Balance	Contrasting	Across	Display	Dynamics
Curled	tall	Twisted Curled	Curled	Evaluate	Asymmetry	Combination
Tuck	long	Level Medium	Stretched	Improve	Performance	Canon
Body parts	wide narrow up	Backwards	Suppleness	Height	Create	Counter-tension
Tall	down forwards	Sideways	Strength	Strength	Symmetry	Counter-balance
Small	high low elbows	Forwards	Inverted Jump	Suppleness	Refinements	Criteria
Shape	bottom back	Zig zag	Land Over	Stamina	Assessment	Performance
Hold	around through	Angular Under	Under	Speed	Suppleness	Imaginative
Still	extension roll	Through		Level	Strength	Parallel
Jump	copy pathway	Behind		Wide	Cool down	Creativity
Hop	along jump	Tension Copy		Tucked	Warm up	Flight
Bounce	land balance	Smooth		Straight	Muscles	Timing
Travel	tension curved	Sequence		Twisted	Joints	
Copy	straight zig-zag	Height		Constructive	Explore	
	shape over				Rotation	
	hang grip				Spin	

				Points Twist Turn Safety Refine Away	Turn Shape Landing Take-off Flight	
DANCE						
	Travel; Stillness; Direction; Space; Beginning Middle; End; Feelings; Body parts; Levels; Directions; Pathways; Speed; Rhythm; transitions	Space; Repeat; Dance Phrase; Improvisation Character; Gesture; Repetition; Action and reaction; Pattern; Sequence; smooth			Dance style; Technique; Formation; Pattern; Rhythm Variation; Improvisation; Unison; Canon; Action Reaction; Motif; Phrase; Flow; Fluency; control; pace; timings	



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Sports & Games</u>	<p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p> <p>1c: Perform dances using simple movement patterns.</p>		<p>2a: Use running, jumping, throwing, and catching in isolation and in combination.</p> <p>2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <p>2c: Develop flexibility, strength, technique, control, and balance.</p> <p>2d: Perform dances using a range of movement patterns.</p> <p>2e: Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>			
<u>Swimming & Water Safety</u>	<p><i>All schools must provide swimming instruction either in key stage 1 or key stage 2.</i></p> <p>Pupils should be taught to:</p> <p>1d: Swim competently, confidently, and proficiently over a distance of at least 25 metres.</p> <p>1e: Use a range of strokes effectively.</p> <p>1f: Perform safe self-rescue in different water-based situations</p>					



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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</p> <p>Show understanding and a basic level of control, coordination and consistency when running.</p> <p>Experiment with different jumping techniques, showing control, coordination, and consistency throughout.</p> <p>Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.</p> <p>Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.</p> <p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p>		<p>Apply and develop a broad range of athletic skills in different ways.</p> <p>Show control, coordination and consistency when running, throwing, and jumping.</p> <p>Choose the appropriate running speed to meet the demand of the task.</p> <p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p>			<p>Understand and apply appropriate pace judgement for the running distance to be covered.</p> <p>Run, jump, catch and throw in isolation and combination. Combine and perform skills with control.</p> <p>Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</p> <p>Choose the appropriate speed to run at for the distance to be covered.</p> <p>Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.</p> <p>Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</p>



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<p>Respond imaginatively to a range of stimuli.</p> <p>Move confidently and safely in your own and general space, using changes of speed, level, and direction.</p> <p>Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p> <p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p> <p>Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p> <p>Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.</p> <p>Describe phrases and expressive qualities.</p>		<p>Explore and create characters and narratives in response to a range of stimuli.</p> <p>Perform dances using a range of movement patterns – accurately, fluently, consistently and with control on your own and with a partner.</p> <p>Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer.</p> <p>Combine actions and maintain the quality of performance when performing at the same time as a partner.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</p>		<p>Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.</p> <p>Use basic compositional principles when creating dances – combining movements fluently and effectively.</p> <p>Perform a range of movements accurately with a sense of rhythm, clarity, and confidence.</p> <p>Use imagination to create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</p> <p>Explore, improvise, and combine movement ideas fluently and effectively inspired by a stimulus.</p> <p>Perform movements to an audience with rhythm and confidence.</p>	



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.</p> <p>Become increasingly confident and competent, moving safely using changes of speed, level, and direction.</p> <p>Combine different ways of travelling exploring a range of movements and shapes.</p> <p>Create linked movement phrases with beginning, middle and ends.</p> <p>Perform movement phrases using a range of different body parts/actions.</p> <p>Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.</p> <p>Develop agility, balance, and coordination.</p> <p>Form simple sequences of different actions, using the floor and a variety of apparatus.</p>	<p>Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</p> <p>Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.</p> <p>Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape.</p> <p>Develop flexibility, strength, control, technique, and balance.</p> <p>Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.</p>	<p>Explore, improvise, and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm.</p> <p>Perform movements accurately with a sense of rhythm.</p> <p>Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.</p> <p>Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence.</p> <p>Develop flexibility, strength, control, technique, and balance.</p> <p>Use combinations of dynamics using the space effectively.</p>			

See Appendix 1 for



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><u>Outdoor Adventure & Activity</u></p>	<p>(Not essential to teach at KS1)</p> <p>Move in different directions and a variety of different ways.</p> <p>Introduction to map reading. Be able to use some basic features on a map to select and plan a route.</p> <p>Begin to understand the competitive side of orienteering and take part in a picture orienteering event, following rules, and playing fairly.</p> <p>Begin to plan how to solve problems and problem solve with others.</p> <p>Understand what a compass is used for and be able to use the direction points.</p> <p>Has knowledge of safety rules and procedures for taking part in orienteering events.</p> <p>Participate in competition with others, completing a simple orienteering event.</p>	<p>Recognise where you are on a map.</p> <p>Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.</p> <p>Recognise that activities need thinking through and planning.</p> <p>Move confidently in different ways, developing agility, balance, and co-ordination.</p> <p>Participate in competitive orienteering events, following instructions of the game</p> <p>Develop a basic understanding of map reading/making and apply these skills and techniques in games.</p> <p>Have knowledge of safety rules and procedures for taking part in orienteering event.</p>	<p>Use a map to confidently orientate yourself around – Use previous knowledge to navigate and design a route to the controls.</p> <p>Takes part in orienteering events, such as picture orienteering and control orienteering, with success.</p> <p>Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.</p> <p>Build confidence during team activities and develop communication skills to use to achieve success.</p> <p>Develop map reading and map building skills – Understanding elements and scaling confidently.</p> <p>Use relevant techniques to navigate to and from control points.</p>			



(Invasion Games)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Basketball	<p>Explore different ways to use, move and send the ball.</p> <p>Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.</p> <p>React to situations to make it difficult for opponents – using simple tactics. e.g. Move to defend a goal.</p> <p>Understand how to play in a safe way.</p> <p>Show good awareness of others when playing games.</p> <p>Perform a range of actions with the ball keeping it under control.</p>	<p>Move the ball keeping it under control whilst changing direction.</p> <p>Pass, shoot and receive a ball with increasing accuracy, control, and success. Pass in different ways e.g. high, low, fast, slow.</p> <p>Find and use space in game situations and work well as part of a team.</p> <p>Apply basic attacking and defending principles.</p> <p>Use a range of tactics to keep possession of the ball; and explain simple tactics in game situations.</p> <p>Take up spaces/positions that make it difficult for opponents.</p>	<p>Use different skills to keep possession of the ball.</p> <p>Develop control whilst performing skills at speed.</p> <p>Show good awareness of others in game situations.</p> <p>Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</p> <p>Perform skills (e.g. passing) with accuracy, confidence, and control, and increasing speed.</p> <p>Apply principles for attacking - work effectively as part of a team and keep possession of the ball when faced with opponents.</p> <p>Choose formations that suit the game, and make amendments ensuring everyone has a role to play.</p>			
Football	<p>Explore different ways to use and move with a ball. Show control of a ball with basic actions.</p> <p>Send/ pass a ball and successfully catch/stop a ball.</p>	<p>Move the ball keeping it under control whilst changing direction.</p> <p>Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success.</p>	<p>Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.</p> <p>Apply basic principles for defending – Defend by marking, covering, and tracking opponents as appropriate.</p>			



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	<p>Move fluently, changing direction and speed – with and without a ball. Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Use skills in different ways when playing games.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Perform a variety of skills keeping the ball under control.</p> <p>Participate in team games – showing good awareness of others.</p>	<p>Challenge a player in possession of the ball.</p> <p>Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending.)</p> <p>Employ and explain simple tactics in game situations.</p> <p>Receive a ball under control.</p>	<p>Participate in competitive games, modified where appropriate.</p> <p>Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game.</p> <p>Develop control and confidence whilst performing skills at speed. Change speed and direction to get away from a defender.</p> <p>Keep possession of the ball when faced with opponents.</p> <p>Adapt games and activities making sure everyone has a role to play.</p>
<p>Handball</p>	<p>Move fluently, changing direction and speed easily and avoiding collisions.</p> <p>Begin to understand some rules of the game.</p> <p>Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low).</p> <p>Can shoot successfully at a goal or target.</p> <p>Recognise space in games, using it to your advantage, and playing in a safe way.</p> <p>Decide when and where to run, showing good awareness of others.</p>	<p>Get into good positions to pass and receive the ball. Pass the ball using different techniques.</p> <p>Develop set moves that can be used in attacking play.</p> <p>Showing growing control and consistency during games.</p> <p>Keep and follow the rules of the game.</p> <p>Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.</p> <p>Keep the ball under control, passing and receiving with increasing accuracy.</p>	<p>Develop control whilst performing skills at speed.</p> <p>Understand there are different ways to defend, choose and apply a range of tactics and strategies when defending including how to mark a player and space.</p> <p>Understand there are different ways to attack as a team, choose and apply a range of tactics and strategies when attacking.</p> <p>Combine and perform skills with control, adapting them to meet the needs of the situation.</p> <p>Perform skills, such as passing and shooting with accuracy, control, and confidence.</p> <p>Change speed and direction to get away from a defender.</p>



	<p>Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent.</p> <p>Know how to defend between ball and target.</p>	<p>Choose space/ positions where you can receive a pass or to support a teammate.</p>	
<p><u>Hockey</u></p>	<p>Understand and follow the rules of the game.</p> <p>Pass/send a ball and catch/stop a ball with control and increasing accuracy and consistency.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed – with and without a ball.</p> <p>Explore different ways to use and move with a ball. Perform a range of skills with control of the ball.</p> <p>Choose and use simple tactics to suit different situations in small sided games. React to situations in ways that make it difficult for opponents.</p> <p>Use skills in different ways when playing games.</p> <p>Recognise space in games and use it to your advantage.</p>	<p>Move the ball keeping it under control whilst changing direction.</p> <p>Perform basic skills needed for the games with control and accuracy. Pass, shoot and receive a ball with increasing accuracy, control, and success.</p> <p>Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending.)</p> <p>Explain simple tactics in game situations.</p> <p>Develop control and technique</p>	<p>Choose different formations to suit the needs of the game and choose skills that meet the need of the situation. Adapt games and activities making sure everyone has a role to play.</p> <p>Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique and performing at speed.</p> <p>Apply basic principle for attacking in games – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents.</p> <p>Apply basic principles for defending in games – Defend by marking, covering, and tracking opponents as appropriate.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender.</p>



<p><u>Netball</u></p>	<p>Explore different ways to use, move and send the ball.</p> <p>Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.</p> <p>React to situations to make it difficult for opponents – using simple tactics. e.g. Move to defend a goal.</p> <p>Understand how to play in a safe way.</p> <p>Show good awareness of others when playing games.</p> <p>Perform a range of actions with the ball keeping it under control.</p>	<p>Move to support teammates, getting into good positions to pass, receive, and shoot the ball.</p> <p>Pass the ball using different techniques.</p> <p>Shoot and score with increasing accuracy.</p> <p>Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents.</p> <p>Develop the understanding of the importance of speed when playing invasion games.</p> <p>Pass and receive the ball with control.</p> <p>Select passes that keep possession.</p>	<p>Choose different formations to suit the need of the game.</p> <p>Work effectively as a team.</p> <p>Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</p> <p>Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</p> <p>Increase accuracy and confidence of passing and shooting skills.</p> <p>Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.</p>
<p><u>Tag Rugby</u></p>	<p>Develop control and accuracy when throwing and catching a rugby ball.</p> <p>Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender.</p> <p>Learn how to tag and begin tagging players in game situations.</p> <p>Begin to understand and develop correct technique of passing the ball.</p>	<p>Move in different directions learning to move away from your opponent and keep control of the ball when running.</p> <p>Learn how to pass in rugby, catching successfully and improving skills whilst on the move.</p> <p>Move forward to attack as part of a team – running in a line.</p>	<p>To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.</p> <p>Understand the defensive duties in tag rugby and the process of tagging.</p> <p>Understand the importance of keeping in a line in both attacking and defending plays.</p>



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	<p>Develop understanding of tag rugby and participate in small games.</p> <p>Use simple tactics in game situations, such as deciding when to pass and when to run.</p> <p>Understand who the attackers and who the defenders are.</p>	<p>To work as part of a team when defending, keeping in a line, and spreading out.</p> <p>Develop attacking and defending skills within tag rugby, successfully scoring tries, tagging opponents, and passing the ball backwards to a teammate.</p> <p>To begin to understand and follow the rules of tag rugby.</p> <p>Improve decision making skills and choose the right skills that meet the needs of the situation.</p>	<p>Use tactics in games to achieve success as a team.</p> <p>Participate in competitive games, understand the rules of the game, and participate in full games playing fairly.</p> <p>Use simple tactics in games to achieve success as a team.</p> <p>Carefully consider the best way to score a try and win the game, remembering to find and use space when running.</p>
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(Net & Wall Games)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><u>Badminton</u></p>	<p>Move fluently, changing direction and speed.</p> <p>Watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear.</p> <p>Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot, including an accurate forehand serve.</p> <p>Can hit the shuttle, when in the air, varying height, speed, and direction into space and to a partner.</p> <p>Understand what a rally is and how to continue one in pairs.</p> <p>Use different skills and movements, including aiming into space to try win games.</p>		<p>Continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift.</p> <p>Can hit the shuttle, when in the air, varying height, speed, and direction into space to beat an opponent.</p> <p>Use different skills to try and win games.</p> <p>Understand the different types of rallies, participating in both.</p> <p>Work together to keep a rally going, returning the shuttle to a partner.</p> <p>With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control.</p> <p>Can move around the court with purpose, demonstrating a fast-paced chase movement in isolation and in games.</p> <p>Show a good stance and structure when throwing and hitting the shuttle</p>		<p>Experiment with the racket using different skills. Play shots at different heights, direction, and speed, and improve hitting the shuttle whilst moving.</p> <p>Improve consistency of shots, noticing longer rallies and directing shots to help win competitions.</p> <p>Show good technique and accuracy of the forehand, backhand, and overhead clear.</p> <p>Be continuous within a rally and regularly play consistent shots.</p> <p>Demonstrate skills learnt during the unit when competing against others, including serving, returning a serve, and shot accuracy when moving at a quick pace.</p> <p>Understand tactics in badminton, such as aiming into space to beat an opponent, and tactical serves to deceive opponents. Use these tactics to try win games.</p> <p>Demonstrate fast paced movements, including the chase step and lunge whilst increasing shuttle accuracy.</p> <p>Able to hit a shuttle with good stance and grip on both forehand and backhand side.</p>	



<p><u>Tennis</u></p>	<p>Engage in cooperative and competitive physical activities (both against self and against others).</p> <p>Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. (Then add a tennis racket.)</p> <p>Perform a range actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow.</p> <p>Understand the concept of moving to get in line with a ball to receive it.</p> <p>Choose and use skills and simple tactics to suit different situations.</p> <p>Understand and follow the rules of the game.</p> <p>Move fluently, changing direction and speed – showing good awareness of others.</p> <p>Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions.</p>	<p>Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing, and stopping the ball. Perform a basic forehand action with control and accuracy.</p> <p>Throw/Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.</p> <p>Begin to apply basic movements in a range of activities and in combination.</p> <p>Apply basic principles for attacking including finding and using space in game situations.</p> <p>Keep a rally going using a range of shots.</p> <p>Compete with others – Keeping and following the rules of the game.</p>	<p>Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.</p> <p>Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area.</p> <p>Participate in competitive games, modified where appropriate</p> <p>Adopt a good ready position and show good position on court.</p> <p>Use good footwork that allows the ball to be hit with good technique.</p> <p>Apply the principles of attacking.</p> <p>Identify spaces and understand the tactic of hitting into gaps.</p>
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Volleyball

Send a ball in different ways e.g. throwing, pushing, rolling.

Master basic throwing technique. Throw / Hit a ball in different ways e.g. high, low, fast, slow.

Perform a range of catching and gathering skills with control and understand the concept of moving to get in line with a ball to receive it.

Understand and follow the rules of the game, showing good awareness of others when playing games.

Develop simple tactics for attacking. Gain an understanding that hitting the ball into space helps them score points.

Understand, follow, and apply skills and tactics in simple games.

Show control of a ball with basic actions and explore different ways to use and move with a ball.

Choose and perform the basic skills needed for the games with control and accuracy.

Throw/send the ball using a variety of techniques.

Send a ball into space at different speeds and heights to make it difficult for the opponent.

Take up space / positions that make it difficult for the opponents. Intercept and stop the ball consistently.

Employ simple tactics in games situations and explain why they have used the tactics.

Apply basic principles suitable for attacking and defending.

Adopt a good 'ready position' to move and catch a ball.

Adopt a good ready position on court and show good awareness of others in game situations.

Apply basic principles suitable for defending. Show good position on court.

Apply basic principles suitable for attacking. Identify spaces and understand the tactic of hitting into gaps.

Use good footwork that allows the ball to be hit with good technique.

Participate in competitive games, modified, and adapted where appropriate.

Direct the ball towards the opponent's court or target area.



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(Target Games)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Dodgeball</u>	<p>Develop catching and striking skills.</p> <p>Move a ball in different ways.</p> <p>Pass, send and/or roll a ball with some accuracy.</p> <p>Develop ball handling skills.</p> <p>Develop fundamental movement skills</p> <p>Develop decision making strategies</p> <p>Employ simple tactics in competitive games.</p>		<p>Improve consistency when catching a variety of different shots.</p> <p>Show control when moving at speed.</p> <p>Understand how finding space can help in game situations.</p> <p>Move the ball in different ways – with increasing control and accuracy – whilst moving.</p> <p>Practise and improve the underarm throw and side shot throw.</p> <p>Use a range of tactics to try win games.</p> <p>Get into good positions to both receive and throw the ball.</p> <p>Develop the skills needed for games including ball handling, striking, dodging, and catching.</p>		<p>Understand the importance of quick reactions in dodgeball.</p> <p>Apply appropriate skills with control in game situations.</p> <p>Demonstrate a variety of different throwing techniques, with good accuracy, pace, and consistency.</p> <p>Successfully catch a ball at different heights.</p> <p>Take part in competitive games, working together as a team and playing fairly.</p> <p>Discuss and apply strategies and tactics needed to win dodgeball games.</p> <p>Move quickly, and use different ways to dodge – jump, skip, jockey, gallop.</p>	
<u>Golf</u>	<p>Explore different ways of moving, with and without a ball, developing movement and coordination.</p> <p>Explore different ways of moving a golf ball, and/other size ball.</p>		<p>Explore the skills required to play golf successfully.</p> <p>Develop and apply the chipping technique to competitive games.</p>		<p>Develop an accurate putting technique, chipping for height technique, and driving for distance technique.</p> <p>Determine how much speed and power is required wy.</p>	



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	<p>Push/ roll and putt a ball towards a target with control.</p> <p>Perform basic skills needed for games with control and accuracy.</p> <p>Develop technique when using the golf putter, becoming increasingly accurate.</p> <p>Use skills learnt to participate and compete in rolling and putting games.</p>	<p>Develop, explore, and demonstrate the ability to 'putt' accurately and effectively.</p> <p>Understand the importance of accuracy when chipping.</p> <p>Demonstrate good teamwork skills.</p>	<p>When working to a target.</p> <p>Become familiar with golf phrases and the concept of golf.</p> <p>Compete with others in modified golf games, applying techniques learnt.</p> <p>Increase accuracy and distance when practicing the driving technique and participate in driving games.</p> <p>Show control and control to make accurate shots.</p>
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(Striking & Fielding Games)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Cricket</p>	<p>Understand and follow simple rules for games and compete in physical activities both against self and against others.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed,</p> <p>Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.</p> <p>Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</p> <p>Apply skills and tactics in simple games, including recognizing space and using it to your advantage.</p> <p>React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</p> <p>Show good awareness of others when playing games.</p>	<p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</p> <p>Intercept and stop the ball consistently.</p> <p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.</p> <p>Show control, coordination and consistency when throwing and catching a ball.</p>	<p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</p> <p>Intercept and stop the ball consistently.</p> <p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.</p> <p>Show control, coordination and consistency when throwing and catching a ball.</p>	<p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</p> <p>Intercept and stop the ball consistently.</p> <p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.</p> <p>Show control, coordination and consistency when throwing and catching a ball.</p>	<p>Bowl using an overarm technique, beginning to vary speed and length of delivery.</p> <p>Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</p> <p>Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds.</p> <p>Work as part of a team that covers the areas to make it hard for the batter to score runs.</p> <p>Show good awareness of others in game situations.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Preform skills at speed.</p>	<p>Bowl using an overarm technique, beginning to vary speed and length of delivery.</p> <p>Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</p> <p>Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds.</p> <p>Work as part of a team that covers the areas to make it hard for the batter to score runs.</p> <p>Show good awareness of others in game situations.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Preform skills at speed.</p>



Rounders

Understand and follow simple rules for games and compete in physical activities both against self and against others.

Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed,

Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.

Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.

Apply skills and tactics in simple games, including recognizing space and using it to your advantage.

React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.

Show good awareness of others when playing games.

Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.

Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.

Intercept and stop the ball consistently.

Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.

Communicate, collaborate, and compete with others, following the rules of the game.

Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.

Show control, coordination and consistency when throwing and catching a ball.

Bowl using an overarm technique, beginning to vary speed and length of delivery.

Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.

Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds.

Work as part of a team that covers the areas to make it hard for the batter to score runs.

Show good awareness of others in game situations.

Participate in competitive games, modified where appropriate.

Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Perform skills at speed.



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(PE Life Skills)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Health, Fitness & Wellbeing</u>	<p>Understand why being active and playing games is good for you.</p> <p>Describe why running and playing games is good for you.</p>		<p>Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter.</p> <p>Develop the understanding of the importance of speed and stamina when playing invasion games.</p> <p>Improve physical fitness.</p>		<p>Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle.</p> <p>Develop physical fitness and be able to describe its importance in orienteering.</p> <p>Know how handball helps your fitness and health.</p> <p>Recognise exercise and activities that help strength, speed, and stamina.</p> <p>Develop physical characteristics needed for the game, e.g. speed, fitness, agility.</p>	
<u>Body Awareness</u>	<p>Understand and describe changes to your heartrate when playing a game.</p> <p>Describe what it feels like to breathe quickly during exercise.</p>		<p>Communicate what you want through your dances.</p> <p>Describe how their bodies feel when exercising.</p> <p>Understand the link between heartrate and breathing when exercising.</p>		<p>Move in a way that reflects the music.</p> <p>Understand how the muscles work, e.g. work by getting shorter, relax by getting longer.</p> <p>Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</p>	
<u>Warm-up & Cool-down</u>	<p>Begin to understand the importance of preparing safely and carefully for exercise – warming up/down.</p>		<p>Devise suitable warm-up activities for the upcoming activities.</p>		<p>Create short warm up routines that follow basic principles e.g. raises body temperature, mobilise joints muscles.</p> <p>Suggest ideas for warming up and explain your choices.</p>	



			Know what makes a good warm down e.g. it calms the body, prevents stiffness, settles the mind.
Safety	Demonstrate an appreciation of safety when using apparatus and equipment. Follow instructions to complete a task. Understand how to play in a safe way.	Demonstrate an appreciation of safety when lifting, moving, and placing apparatus and equipment. Play games in a safe and fair manner.	Coordinate lifting and moving apparatus in a safe and sensible way.
Evaluation	Watch and describe a performance accurately and recognise what is successful. Evaluate successful and unsuccessful techniques. Describe what you have done or seen others do. Identify what skills you need to practice.	Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance. Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance. Describe and evaluate the effectiveness and quality of work. Identify what you need to practice to improve your performance.	Compare your performance with previous ones and demonstrate improvement to achieve your personal best. Watch and evaluate the success of games and good performance and explain why a performance is good. Identify what they have done well and adapt plans for future challenges. Recognise and evaluate performances providing constructive feedback.
Feedback	Use peer feedback to improve their own performance and recognise good quality in others.	Identify and evaluate parts of your own game and others, providing feedback. Recognise players who play well in games and give reasons why.	Identify strengths and weaknesses of your own and other performances and explain your reasoning. Engage in constructive feedback.



Skills, Knowledge & Vocabulary Progression PE Years 1 -6 2021-2

	Recognise what is successful, listen to others, and copy actions and ideas to improve your skills.		Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback. Give feedback to individual, team and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics.
<u>Peer-coaching</u>	Describe to others how to hold and grip the racket on forehand shots.	Identify and describe the skills needed to improve your game and show this to others. Be able to describe the correct technique to others.	Share, discuss and apply techniques with others. Understand how to improve in different physical activities and sport and discuss with others.
<u>Measuring & Improving</u>	Copy actions and ideas and use the information to improve their skills. Identify good technique and justify why it is good. Use actions and ideas they have seen to improve their own skills.	Where appropriate, independently measure performance and set targets to improve.	Develop an understanding of how to improve in different physical activities and sports.
<u>Leadership & Teamwork</u>	Work individually and with others. Show good teamwork and sportsmanship when taking part in competitive throwing.	Enjoy competing and performing with others. Communicate, collaborate, and compete with others, following the rules of the game.	Work effectively as part of a team, recognising success. Share ideas in small groups, working together to create a routine incorporating different elements.



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	<p>Work well in big groups, sharing, taking turns, and cooperating with others.</p> <p>Understand how communication can help to solve problems with others.</p>	<p>Work as a team to plan and decide what approach to use to meet the challenge set.</p> <p>Communicate effectively with other people and discuss plans to achieve success.</p>	<p>Communicate, collaborate, and compete with others.</p> <p>Adapt games and activities making sure everyone has a role to play.</p> <p>Work within a team, leading, trusting others, and valuing each other.</p>
<p><u>Reciprocal Teaching</u></p>			<p>Engage in reciprocal teaching, taking turns to teach each other a new skill or tactic.</p>