



St Mary's Catholic Primary School
Progression of PE
Knowledge Skills and Concepts

	Nursery	Reception	Year 1	Year 2	End of Key Stage 1
Dance	<ul style="list-style-type: none"> • Copy basic body actions and rhythms. • Choose and use travelling actions, shapes and balances • Travel in different pathways using the space around them • Begin to use dynamics and expression with guidance. • Begin to count to music. 	<ul style="list-style-type: none"> • Copy basic body actions and rhythms. • Choose and use travelling actions, shapes and balances • Travel in different pathways using the space around them • Begin to use dynamics and expression with guidance. • Begin to count to music. 	<ul style="list-style-type: none"> • Copy, remember and repeat actions. • Choose actions for an idea. • Use changes of direction, speed and levels with guidance. • Show some sense of dynamic and expressive qualities. • Begin to use counts. 	<ul style="list-style-type: none"> • Copy, remember and repeat a series of actions. • Select from a wider range of actions in relation to a stimulus. • Use pathways, levels, shapes, directions, speeds and timing with guidance. • Use mirroring and unison when completing actions with a partner. • Show a character through actions, dynamics and expression. • Use counts with help to stay in time with the music 	<p>Perform dances using simple movement patterns.</p>



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Fundamental, Movement and Skills	<ul style="list-style-type: none">• Run and stop with some control.• Explore skipping as a travelling action.	<ul style="list-style-type: none">• Run and stop with some control.• Explore skipping as a travelling action.	<ul style="list-style-type: none">• Attempt to run at different speeds showing an awareness of technique	<ul style="list-style-type: none">• Show balance and co-ordination when running at different speeds.• Link running and jumping	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
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Athletics	<ul style="list-style-type: none"> • Jump and hop with bent knees. • Throwing larger balls and beanbags into space. • Balance whilst stationary and on the move. • Change direction at a slow pace. • Explore moving different body parts together. 	<ul style="list-style-type: none"> • Jump and hop with bent knees. • Throwing larger balls and beanbags into space. • Balance whilst stationary and on the move. • Change direction at a slow pace. • Explore moving different body parts together. 	<ul style="list-style-type: none"> • Begin to link running and jumping movements with some control • Jump, leap and hop and choosing which allows them to jump the furthest. • Throw towards a target. • Show some control and balance when travelling at different speeds. • Begin to show balance and co - ordination when changing direction. • Use co -ordination with and without equipment. 	<ul style="list-style-type: none"> • movements with some control and balance. • Show hopping and jumping movements with some balance and control. • Change technique to throw for distance. • Show control and balance when travelling at different speeds. • Demonstrates balance and co - ordination when changing direction. • Perform actions with increased control when co - ordinating their body with and without equipment. 	<p>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>
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<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Striking/Fielding Invasion Net/Wall</h1>	<ul style="list-style-type: none"> • Move a ball with feet. • Throw and roll a variety of beanbags and larger balls to space. • Kick larger balls to space. • Stop a beanbag or large ball sent to them using hands. • Attempt to stop a large ball sent to them using feet. • Hit a ball with hands. • Run and stop when instructed. • Move around showing limited awareness of others. • Make simple decisions in response to a situation. 	<ul style="list-style-type: none"> • Move a ball with feet. • Throw and roll a variety of beanbags and larger balls to space. • Kick larger balls to space. • Stop a beanbag or large ball sent to them using hands. • Attempt to stop a large ball sent to them using feet. • Hit a ball with hands. • Run and stop when instructed. • Move around showing limited awareness of others. • Make simple decisions in response to a situation 	<ul style="list-style-type: none"> • bounce on the move. • Move a ball using different parts of the foot. • Throw and roll towards a target with some varying techniques. • Kick towards a stationary target. • Catch a beanbag and a medium - sized ball. • Attempt to track balls and other equipment sent to them. • Strike a stationary ball using a racket. • Run, stop and change direction with some balance and control. • Recognise space in relation to others. • Begin to use simple tactics with guidance 	<ul style="list-style-type: none"> • Dibble a ball with some success, stopping it when required. • Throw and roll towards a target using varying techniques with some success. • Show balance when kicking towards a target. • Catch an object passed to them, with and without a bounce. • Move to track a ball and stop it using feet with limited success. • Strike a ball using a racket. • Run, stop and change direction with balance and control. • Move to space to help score goals or limit others scoring. • Use simple tactics 	<p>Participate in team games, developing simple tactics for attacking and defending.</p>
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<h1>Gymnastics</h1>	<ul style="list-style-type: none">• Create shapes showing a basic level of stillness using different parts of their bodies.• Begin to take weight on different body parts.• Show shapes and actions that stretch their bodies.• Copy and link simple actions together.	<ul style="list-style-type: none">• Create shapes showing a basic level of stillness using different parts of their bodies.• Begin to take weight on different body parts.• Show shapes and actions that stretch their bodies.• Copy and link simple actions together.	<ul style="list-style-type: none">• Perform balances making their body tense, stretched and curled.• Take body weight on hands for short periods of time.• Demonstrate poses and movements that challenge their flexibility.• Remember, repeat and link simple actions together.	<ul style="list-style-type: none">• Perform balances on different body parts with some control and balance.• Take body weight on different body parts, with and without apparatus.• Show increased awareness of extension and flexibility in actions.• Copy, remember, repeat and plan linking simple actions with some control and technique.	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others</p>
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<p>Outdoor Adventure Activities</p>	<ul style="list-style-type: none">• Follow simple instructions.• Share their ideas with others.• Explore activities making own decisions in response to a task.• Make decisions about where to move in space.• Follow a path.• Begin to identify personal success.	<ul style="list-style-type: none">• Follow simple instructions.• Share their ideas with others.• Explore activities making own decisions in response to a task.• Make decisions about where to move in space.• Follow a path.• Begin to identify personal success.	<ul style="list-style-type: none">• Follow instructions.• Begin to work with a partner and a small group.• Understand the rules of the game and suggest ideas to solve simple tasks.• Copy a simple diagram/map.• Identify own and others' success	<ul style="list-style-type: none">• Follow instructions accurately.• Work co-operatively with a partner and a small group, taking turns and listening to each other.• Try different ideas to solve a task.• Follow and create a simple diagram/map.• Understand when a challenge is solved successfully and begin to suggest simple ways to improve.	<p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>
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Vocabulary	Side roll	Side roll	Opponent	Dance
	Climb	Climb	Control	Theme
	Walk	Walk	Rules	Pattern
	Jump	Jump	Team	Movement
	Hop	Hop	Cooperate	Beat
	Stop on command	Stop on command	Control	Sequence
	Sprint	Sprint	Accuracy	Mirror
	Run	Run	Team Work	Jump
	Skip	Skip	Throw	Hop
	Gallop	Gallop	Catch	Stop on command
			Roll	Sprint
		Target	Run	
		Kick	Skip	
		Accuracy	Gallop	
		Aim	Opponent	
		Dribble	Control	
		Balance	Rules	
		Strike	Team	
		Obstacle	Cooperate	
		Hit	Control	
		Pass	Accuracy	
		Single balance	Team Work	
		Apparatus	Throw	
			Catch	
			Roll	
			Target	
			Kick	
			Accuracy	
			Aim	
			Dribble	
			Balance	





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				Strike Obstacle Hit Pass Single balance Apparatus	
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St Mary's Catholic Primary School Progression of PE Knowledge Skills and Concepts

	Year 3	Year 4	Year 5	Year 6	End of Key Stage 2
Dance	<ul style="list-style-type: none"> • Copy remember and perform a dance phrase. • Create short dance phrases that communicate an idea. • Use canon, unison and formation to represent an idea. • Match dynamic and expressive qualities to a range of ideas. • Use counts to keep in time with a partner and group. 	<ul style="list-style-type: none"> • Copy, remember and adapt set choreography. • Choreograph considering structure individually, with a partner and in a group. • Use action and reaction to represent an idea. • Change dynamics to express changes in character or narrative. • Use counts when choreographing short phrases. 	<ul style="list-style-type: none"> • Accurately copy and repeat set choreography indifferent styles of dance showing a good sense of timing. • Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus. • Confidently perform choosing appropriate dynamics to represent an idea. • Use counts accurately when choreographing to perform in time with others and the music. 	<ul style="list-style-type: none"> • Perform dances confidently and fluently with accuracy and good timing. • Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to theme. • Improvise and combine dynamics demonstrating an awareness of the impact on performance. • Use counts when choreographing and performing to improve the quality of work. 	<p>Perform dances using a range of movement patterns</p>



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Fundamental, Movement and Skills	<ul style="list-style-type: none">• Show balance, co-ordination and technique when running at different speeds, stopping with control.	<ul style="list-style-type: none">• Demonstrate how and when to speed up and slow down when running.	<ul style="list-style-type: none">• Run at the appropriate speed over longer distances or for longer periods of time.	<ul style="list-style-type: none">• Demonstrate a controlled running technique using the appropriate speed over longer distances or for period of time	use running, jumping, throwing and catching in isolation and in combination
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St Mary's Catholic Primary School Progression of PE Knowledge Skills and Concepts

Athletics	<ul style="list-style-type: none"> • Link running, hopping and jumping actions using different take offs and landing. • Jump for distance and height with an awareness of technique. • Throw a variety of objects, changing action for accuracy and distance. • Demonstrate balance when performing other fundamental skills. • Show balance when changing direction in combination with other skills. • Can co -ordinate their bodies with increased consistency in a variety of activities 	<ul style="list-style-type: none"> • Link hopping and jumping actions with some control. • Jump for distance and height showing balance and control. • Throw with some accuracy and power towards a target area. • Demonstrate good balance when performing other fundamental skills. • Show balance when changing direction at speed in combination with other skills. • Begin to co - ordinate their body at speed in response to a task 	<ul style="list-style-type: none"> • Show control at take -off and landing in more complex jumping activities. • Perform a range of more complex jumps showing some technique. • Show accuracy and power when throwing for distance. • Demonstrate good balance and control when performing other fundamental skills. • Demonstrate improved body posture and speed when changing direction. Can co -ordinate a range of body parts at increased speed. 	<ul style="list-style-type: none"> • Link running, jumping and hopping actions with greater control and co - ordination. • Perform jumps for height and distance using good technique. • Show accuracy and good technique when throwing for distance. • Show fluency and control when travelling, landing, stopping and changing direction. • Change direction with a fluent action and can transition smoothly between varying speeds. • Can co -ordinate a range of body parts with a fluent action at a speed appropriate to the challenge 	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
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<p align="center">Games</p> <p align="center">Striking/Fielding Invasion Net/Wall</p>	<ul style="list-style-type: none"> • Dribble the ball with one hand with some control in game situations. • Dribble a ball with feet with some control in game situations. • Use a variety of throwing techniques in game situations. • Kick towards a partner in game situations. • Catch a ball passed to them using one and two hands with some success. • Receive a ball sent to them using different parts of the foot. • Strike a ball with varying techniques. • Change direction with increasing speed in game situations. • Use space with some success in game situations. 	<ul style="list-style-type: none"> • Link dribbling the ball with other actions with increasing control. • Change direction when dribbling with feet with some control in game situations. • Use a variety of throwing techniques with increasing success in game situations. • Kick with increasing success in game situations. • Catch a ball passed to them using one and two hands with increasing success. • Receive a ball using different parts of the foot under pressure. • Strike a ball using varying techniques with increasing accuracy. 	<ul style="list-style-type: none"> • Use dribbling to change the direction of play with some control under pressure. • Dribble with feet with some control under increasing pressure. • Use a variety of throwing techniques with some control under increasing pressure. • Catch and intercept a ball using one and two hands with some success in game situations. • Receive a ball using different parts of the foot under pressure with increasing control. • Strike a ball using a wider range of skills. Apply these with some success under pressure • Use a variety of techniques to 	<ul style="list-style-type: none"> • Use dribbling to change the direction of play with control under pressure. • Use a variety of dribbling techniques to maintain possession under pressure. • Use a variety of throwing techniques including fake passes to outwit an opponent. • Select and apply the appropriate kicking technique with control. • Catch and intercept a ball using one and two hands with increasing success in game situations. • Receive a ball with consideration to the next move. • Strike a ball using a wider range of skills to outwit an opponent. Apply these with 	<p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
					<p align="right"><i>The Christus Catholic Trust</i></p> <p align="right"><small>Working in partnership for the benefit of the children and communities we serve.</small></p>



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	Use simple tactics individually and within a team.	<ul style="list-style-type: none">• Change direction to lose an opponent with some success.• Create and use space with some success in game situations	change direction to lose an opponent. <ul style="list-style-type: none">• Create and use space for self and others with some success.	increasing control under pressure. <ul style="list-style-type: none">• Confidently change direction to success fully	
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Gymnastics	<ul style="list-style-type: none"> • Complete balances with increasing stability, control and technique. • Demonstrate some strength and control when taking weight on different body parts for longer periods of time. • Demonstrate increased flexibility and extension in their actions. • Choose actions that flow well into one another both on and off apparatus. 	<ul style="list-style-type: none"> • Use body tension to perform balances both individually and with a partner. • Demonstrate increasing strength, control and technique when taking own and others weight. • Demonstrate increased flexibility and extension in more challenging actions. • Plan and perform sequences showing control and technique with and without a partner. 	<ul style="list-style-type: none"> • Show increasing control and balance when moving from one balance to another. • Use strength to improve the quality of an action and the range of actions available. • Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them. • Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner. 	<ul style="list-style-type: none"> • Combine and perform more complex balances with control, technique and fluency. • Demonstrate more complex actions with a good level of strength and technique. • Confidently transition from one action to another showing appropriate control and extension for the complexity of the action. • Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills. 	<p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>
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<p>Outdoor Adventure Activities</p>	<ul style="list-style-type: none">• Follow instructions from a peer and give simple instructions.• Work collaboratively with a partner and a small group, listening to and accepting others' ideas.• Plan and attempt to apply strategies to solve problems.• Orientate and follow a diagram/map.• Reflect on when and why challenges are solved successfully and use others' success to help them to improve	<ul style="list-style-type: none">• Accurately follow instructions given by a peer and give clear and usable instructions to a peer.• Confidently communicate ideas and listen to others before deciding on the best approach.• Plan and apply strategies to solve problems.• Identify key symbols on a map and use a key to help navigate around a grid.• Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.	<ul style="list-style-type: none">• Use clear communication when working in a group and taking on different roles.• Begin to lead others, providing clear instructions.• Plan and apply strategies with others to more complex challenges.• Orientate a map confidently using it to navigate around a course.• Explain why a particular strategy worked and alter methods to improve.	<ul style="list-style-type: none">• Communicate with others clearly and effectively when under pressure.• Confident to lead others and show consideration of including all within a group.• Confident to lead others and show consideration of including all within a group.• Confidently and efficiently orientate a map, identifying key features to navigate around a course.• Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>
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Swimming	<p>Beginners Submerge and regain feet in the water.</p> <ul style="list-style-type: none">• Breathe in sync with an isolated kicking action from poolside.• Use arms and legs together to move effectively across a short distance in the water.• Glide on front and back over short distances.• Float on front and back for short periods of time.• Confidently roll from front to back and then regain a standing position. <p>Developers Confidently and consistently retrieve an object from the floor with the same breath.</p> <ul style="list-style-type: none">• Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.• Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.• Combine gliding and floating on front and back over an increased distance.• Float on front and back using different shapes with increased control.• Comfortably demonstrate sculling head first, feet first and treading water. <p>Intermediate</p> <ul style="list-style-type: none">• Confidently combine skills to retrieve an object from greater depth.• Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.• Confidently demonstrate good technique in a wider range of strokes over increased distances.• Combine gliding and transitioning in to an appropriate stroke with good control.• Confidently link a variety of floating actions together demonstrating good technique and control.• Select and apply the appropriate survival technique to the situation	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.</p>
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Vocabulary	Forward roll Backward Roll Control Coordination Precision Control Fluency Over Arm Throw Under Arm Throw Chest pass Volley Pivot Bounce Consistency Dynamics Speed Direction Level Coordination Precision Control Fluency Dribble	Over Arm Throw Under Arm Throw Chest pass Volley Pivot Bounce Consistency Dynamics Speed Direction Level Coordination Precision Control Fluency Dribble	Participation Tactics Attack Defend Defence Competitive Competition Compete Mark	Create Perform Expressive dance phase Expression Contrast Consistency Dynamics Speed Direction Level Coordination Precision Control Fluency Evaluate Improve Develop Transition Compose Compare Adapt Refine Symmetry	
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