

# The Canterbury Primary School



## Knowledge and Skills Progression Document PE

Strands of the subject	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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<p>Dance</p>	<ul style="list-style-type: none"> <li>• explore and copy basic body actions and rhythms.</li> <li>• negotiate space confidently, using appropriate strategies.</li> <li>• use their bodies to respond to stories, topics and music.</li> </ul>	<p>Respond imaginatively to a range of stimuli. • Move confidently and safely in your own and general space, using changes of speed, level and direction. • Perform movement phrases using a range of different body actions and body parts – with control and accuracy. • Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p>	<p>Perform a range of actions and simple movement patterns with control and coordination. • Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. • Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. • Work individually and with others.</p>	<p>Explore and create narratives in response to a stimulus. • Show control, accuracy and fluency of movement when performing actions with a partner. • Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer. • Communicate what you want through your dances and perform with control. • Combine actions and maintain the quality of performance when performing at the same time as a partner.</p>	<p>Explore and create characters and narratives in response to a range of stimuli. • Perform dances using a range of movement patterns – accurately, fluently, consistently and with control. • Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction. • Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner</p>	<p>Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. • Use basic compositional principles when creating dances – combining movements fluently and effectively. • Perform a range of movements accurately with a sense of rhythm. • Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities</p>	<p>Move in a way that reflects the music. • Perform dances in both canon and unison, with clarity and confidence. • Explore and practice movement ideas inspired by a stimulus. • Explore, improvise, and combine movement ideas fluently and effectively. • Perform movements to an audience with rhythm and confidence.</p>
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					and in a group. • Work well as part of a team.		
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<p>Invasion games</p>	<p><u>Fun &amp; games</u></p> <ul style="list-style-type: none"> <li>• Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacle</li> <li>• shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</li> <li>• begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li> <li>• moves freely and with pleasure and confidence in a range of skilful ways.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore different ways to use, move and send the ball.</li> <li>• Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control.</li> <li>• Demonstrate a basic underarm throwing action with control and accuracy.</li> <li>• Show control of a ball with basic actions.</li> <li>• Send/pass a ball and successfully catch/stop a ball.</li> <li>• Develop fundamental movement skills, becoming increasingly confident and competent.</li> <li>• Use skills in different ways</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique).</li> <li>• Show good awareness of others when playing games.</li> <li>• Participate in team games.</li> <li>• Pass a ball with control.</li> <li>• Show control when moving, changing speed and direction, both with and without a ball.</li> <li>• Develop fundamental movement skills, becoming increasingly confident and competent.</li> <li>• Perform a variety</li> </ul>	<ul style="list-style-type: none"> <li>• Move with a ball keeping it under close control.</li> <li>• Keep possession of a ball as part of a team.</li> <li>• Receive a ball successfully.</li> <li>• Take up spaces/positions that make it difficult for opponents.</li> <li>• Perform basic skills needed for games with control and accuracy.</li> <li>• Pass/send a ball with increasing accuracy and at different speeds.</li> <li>• Shoot/ score with some success.</li> <li>• Use a range of skills to keep possession of the ball.</li> <li>• Keep the ball under control, passing and receiving with</li> </ul>	<ul style="list-style-type: none"> <li>• Pass in different ways e.g. high, low, fast, slow.</li> <li>• Find and use space in game situations and work well as part of a team.</li> <li>• Explain simple tactics in game situations.</li> <li>• Move the ball keeping it under control whilst changing direction.</li> <li>• Apply basic attacking and defending principles such as finding and using space in game situations.</li> <li>• Pass, shoot and receive a ball with increasing accuracy, control and success.</li> <li>• Challenge a player in possession of the ball.</li> <li>• Pass the ball using</li> </ul>	<p>Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed.</p> <ul style="list-style-type: none"> <li>• Work effectively as part of a team and keep possession of the ball when faced with opponents.</li> <li>• Apply basic principle for attacking – Using skills to keep possession of the ball.</li> <li>• Begin to apply defending principles in games;</li> <li>• Communicating well as a team to regain possession of the ball.</li> <li>• Apply basic principles for defending - Defend by marking, covering, and tracking</li> </ul>	<ul style="list-style-type: none"> <li>• Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.</li> <li>• Develop control whilst performing skills at speed.</li> <li>• Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.</li> <li>• Use the defending principles in game situations, including marking, tracking and covering, to gain possession.</li> <li>• Combine and perform skills with control,</li> </ul>
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<ul style="list-style-type: none"> <li>• shows understanding when counting objects to 10 and beginning to count beyond 10.</li> </ul> <p><u>Me &amp; Myself</u></p> <ul style="list-style-type: none"> <li>• Ability to dress themselves with support if necessary.</li> <li>• moves freely and with pleasure and confidence in a range of skilful ways.</li> <li>• Engages in conversation with others.</li> <li>• Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> <li>• Ability to link sounds to letters, naming and sounding the</li> </ul>	<ul style="list-style-type: none"> <li>when playing games.</li> <li>• Recognise space in games and use it to your advantage.</li> <li>• Move fluently, changing direction and speed easily and avoiding collisions.</li> <li>• Show control of the ball with basic actions – including sending a ball/equipment to a target.</li> <li>• Can shoot successfully at a goal or target.</li> <li>• Play in a safe way.</li> <li>• Move to defend a goal.</li> <li>• Throw and catch a ball to themselves and others.</li> <li>• Improve movement skills whilst moving with the ball in two hands. (tag</li> </ul>	<ul style="list-style-type: none"> <li>of skills keeping the ball under control.</li> <li>• 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).</li> <li>• Know and show how to defend between ball and target.</li> <li>• Decide when and where to run, showing good awareness of surroundings.</li> <li>• Pass a ball with control and increasing accuracy and consistency.</li> <li>• Move fluently, changing direction and speed – with and</li> </ul>	<ul style="list-style-type: none"> <li>increasing accuracy.</li> <li>• Choose space/positions where you can receive a pass or to support a teammate.</li> <li>• Develop control and technique both in movements and manipulation.</li> <li>• Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).</li> <li>• Pass and receive the ball with control.</li> <li>• Select passes that keep possession.</li> <li>• Move to support teammates once you have passed the ball and explain how to</li> </ul>	<ul style="list-style-type: none"> <li>different techniques.</li> <li>• Develop set moves that can be used in attacking play.</li> <li>• Show growing control and consistency during games.</li> <li>• Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.</li> <li>• Collaborate with others and use tactics to keep possession.</li> <li>• Get into good positions to pass, receive, and shoot the ball.</li> <li>• Pass the ball using different techniques.</li> <li>• Shoot and score with increasing accuracy.</li> <li>• Use a range of tactics,</li> </ul>	<ul style="list-style-type: none"> <li>opponents as appropriate.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Develop technique of important skills – such as passing.</li> <li>• Keep possession of the ball when faced with opponents.</li> <li>• Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.</li> <li>• Change speed and direction to get away from a defender.</li> <li>• Use a variety of tactics, like use of space and positions to keep the ball.</li> <li>• Use simple tactics in games to achieve</li> </ul>	<ul style="list-style-type: none"> <li>adapting them to meet the needs of the situation.</li> <li>• Choose and apply a range of tactics and strategies when both attacking and defending.</li> <li>• Use different skills to keep possession of a ball as part of a team.</li> <li>• Change speed and direction to get away from a defender.</li> <li>• Choose different formations to suit the needs of the game and choose skills that meet the need of the situation.</li> <li>• Work effectively as a team.</li> <li>• Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</li> <li>• Use</li> </ul>
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<p>letters of the alphabet.</p> <p><u>Working with Others.</u></p> <ul style="list-style-type: none"> <li>• Can play in a group</li> <li>• Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li> <li>• Keeps play going by responding to what others are saying or doing.</li> <li>• Runs Skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> </ul>	<p>rugby) • Play simple games understanding the rules of the game. • Learn how to tag. (tag rugby)</p>	<p>without a ball. • Choose and use simple tactics to suit different situations in small sided games. • React to situations in ways that make it difficult for opponents. • Develop control and accuracy when throwing and catching a ball. • Successfully beat a defender. • Begin tagging players in game situations. (tag rugby)</p>	<p>keep possession. • Know how to tag another player. (tag rugby) • Develop attacking and defending skills within tag rugby. • To be able to pass the ball backwards to a teammate. (tag rugby)</p>	<p>including finding and using space, to keep possession of the ball to shoot/score. • Move in different directions learning to move away from your opponent and keep control of the ball when running. • Learn how to pass, catching successfully and improving skills whilst on the move. • Move forward to attack as part of a team – running in a line. (tag rugby) • To work as part of a team when defending, keeping in a line, and spreading out. (tag rugby) • Successfully score. • Develop physical</p>	<p>success as a team. • Apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. • Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space. • Increase accuracy and confidence of passing and shooting skills. • Increase accuracy and control when passing and catching whilst moving at speed. • Participate in competitive games, following the rules and playing fair. • Continue to</p>	<p>the defending principles in game situations, including marking, tracking, and covering, to gain possession. • Incorporate the rules of the game into small sided games such as passing backwards in tag rugby. • To pass and catch the ball whilst running at different speeds. • Keep control of the ball when running and passing, ensuring passing is accurate. • Carefully consider the best way to score and win the game, remembering to find and use space when running. •</p>
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					characteristics needed for the game, e.g. speed, fitness, agility	improve different ways to pass – fast, slow, high, low.	Successfully remove tags in accordance with the rules. (tag rugby)
Athletics	<p><u>Movement Development</u></p> <ul style="list-style-type: none"> <li>• Travels with confidence and skill in a range of movements when using equipment.</li> <li>• Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</li> <li>• moves freely and with pleasure and confidence in a range of skilful ways.</li> <li>• Runs skilfully and negotiates spaces successfully,</li> </ul>	<ul style="list-style-type: none"> <li>• Show good teamwork and sportsmanship when taking part in competitive throwing.</li> <li>• Develop the overarm throw technique, throwing accurately towards a target.</li> <li>• Practice the underarm throw technique, aiming towards a target showing increased control.</li> <li>• Show a basic level of control, coordination and consistency when running.</li> <li>• Explore and practice a variety of movements including</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</li> <li>• Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.</li> <li>• Begin to show control, coordination, and consistency when running at speed.</li> <li>• Develop a range of jumping techniques.</li> <li>• Develop the</li> </ul>	<ul style="list-style-type: none"> <li>• Apply and develop a broad range of athletic skills in different ways.</li> <li>• Show control, coordination and consistency when running, throwing, and jumping.</li> <li>• Choose the appropriate running speed to meet the demand of the task.</li> <li>• Enjoy competing with others</li> </ul>	<ul style="list-style-type: none"> <li>• Combine basic jump actions to form a jump combination, using a controlled jumping technique.</li> <li>• Perform a throwing technique with control, coordination, and consistency.</li> <li>• Perform competitively with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.</li> <li>• Communicate, collaborate, and compete with others. Working effectively as part of a team.</li> <li>• Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</li> <li>• Work effectively as part of a team.</li> <li>• Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests</li> </ul>

	adjusting speed or direction to avoid obstacles	running, jumping, and throwing techniques. • Experiment with different jumping techniques, showing control, coordination, and consistency throughout.	underarm and pull throw technique				
Gymnastics	<p><u>Ball skills</u></p> <ul style="list-style-type: none"> <li>• shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</li> <li>• Can play in a group, extending and elaborating play ideas within the group.</li> <li>• Begins to accept the needs of others and can take turns and share, sometimes with</li> </ul>	<ul style="list-style-type: none"> <li>• Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.</li> <li>• Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction.</li> <li>• Combine different ways of travelling exploring a range of movements</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a range of actions with control and confidence.</li> <li>• Explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination.</li> <li>• Form simple sequences of different actions, using the floor and a variety of apparatus.</li> <li>• Develop fundamental movement skills, combining</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</li> <li>• 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.</li> <li>• Create gymnastic sequences that meet a theme or set of conditions, showing a clear,</li> </ul>	<ul style="list-style-type: none"> <li>• Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.</li> <li>• Show control, accuracy and fluency of movement when performing actions on your own and with a partner.</li> <li>• Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.</li> </ul>	<p>Perform movements accurately with a sense of rhythm.</p> <ul style="list-style-type: none"> <li>• Explore, improvise, and combine movement ideas fluently and effectively.</li> <li>• Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.</li> <li>• Develop flexibility,</li> </ul>	<ul style="list-style-type: none"> <li>• Explore, improvise, and combine movement ideas fluently and effectively. Use skills in different ways, performing confidently, with clarity and a sense of rhythm.</li> <li>• Combine and perform gymnastic actions, shapes, and balances more fluently and effectively.</li> <li>• Use combinations of dynamics using the space</li> </ul>



	<p>the support of others.</p> <ul style="list-style-type: none"> <li>Shows increasing control when throwing and catching a large ball.</li> </ul>	<p>and shapes.</p> <ul style="list-style-type: none"> <li>Create linked movement phrases with beginning, middle and ends.</li> <li>Perform movement phrases using a range of different body actions and body parts.</li> <li>Develop agility, balance, and coordination.</li> </ul>	<p>travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.</p> <ul style="list-style-type: none"> <li>Continue to develop agility, balance, and coordination.</li> </ul>	<p>beginning, middle and end.</p> <ul style="list-style-type: none"> <li>Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.</li> <li>Develop flexibility, strength, control, technique, and balance</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>Collaborate with others.</li> </ul>	<p>strength, control, technique, and balance</p>	<p>effectively.</p> <ul style="list-style-type: none"> <li>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.</li> </ul>
<p>Striking &amp; fielding (Cricket &amp; Rounders)</p>		<ul style="list-style-type: none"> <li>Move fluently, changing direction and speed.</li> <li>Show basic control of the ball, including when striking a ball.</li> <li>Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</li> </ul>	<ul style="list-style-type: none"> <li>Show good awareness of others when playing games.</li> <li>Develop fundamental movement skills, becoming increasingly confident and competent.</li> <li>Perform a range of actions with control including catching, gathering, and hitting a ball with</li> </ul>	<ul style="list-style-type: none"> <li>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</li> <li>Throw a ball increasing distances.</li> <li>Catch a ball with increasing consistency.</li> <li>Hit a ball with correct</li> </ul>	<ul style="list-style-type: none"> <li>Show control, coordination and consistency when throwing and catching a ball.</li> <li>Hit a ball with increasing control from a tee and progress to without a tee.</li> <li>Take up spaces/positions that make it difficult for the opposition.</li> <li>Hit a ball with increasing</li> </ul>	<ul style="list-style-type: none"> <li>Show good awareness of others in game situations.</li> <li>Adapt games and activities making sure everyone has a role to play.</li> <li>Develop control and technique whilst performing skills at speed.</li> <li>Hit the ball with purpose, varying speed height and direction, as well</li> </ul>	<ul style="list-style-type: none"> <li>Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.</li> <li>Bowl using an overarm technique, beginning to vary speed and length of delivery.</li> <li>Use skills and tactics to outwit opponents when fielding, bowling,</li> </ul>

		<p>Understand and follow simple rules for games and compete in physical activities both against self and against others. • Apply skills and tactics in simple games, including recognizing space and using it to your advantage</p>	<p>increasing accuracy. • Throw/hit a ball in different ways e.g. high, low, fast, slow</p>	<p>technique. • Intercept and stop the ball consistently. • Employ simple tactics, particularly when fielding to make it harder for the batter. • Work well as part of a team, particularly when fielding to make it harder for the batter</p>	<p>control, accurately towards a target. • Communicate, collaborate, and compete with others, following the rules of the game. • Chose fielding skills which make it difficult for your opponent</p>	<p>as thinking of tactics needed to score more runs. • Work as part of a team, communicating well with others. • Begin to bowl at different speeds.</p>	<p>and batting. • Work as part of a team that covers the areas to make it hard for the batter to score runs. • Use tactics that involve bowlers and fielders working together. • Perform skills with accuracy, confidence, and control. • Participate in competitive games, modified where appropriate. • Retrieve, intercept, and stop a ball when fielding.</p>
<p>Target games (Golf &amp; Dodgeball)</p>		<p>• Show control of a ball with basic actions. • Develop and practise ball handling skills. • Move the ball in different ways,</p>	<p>• Develop movement skills relevant to games i.e. dodging. (dodgeball) • Develop catching and striking</p>	<p>• Improve consistency when catching a ball at different heights. • Show control when moving at speed. • Move the ball</p>	<p>• Get in good positions to throw and receive the ball. • Send a ball with accuracy, control, and consistency,</p>	<p>• Participate in games fairly, following the rules. • Show good teamwork. • Apply appropriate skills and tactics in</p>	<p>• Successfully catch a ball at different heights. • Demonstrate a variety of different throwing techniques with</p>

		<p>practising throwing using overarm and underarm techniques. • Roll a ball with some accuracy. • Recognise what is successful. • Develop fundamental movement skills, becoming increasing confident. • Explore different ways of moving, with and without a ball, developing movement and coordination. • Show increasing control when pushing, patting, throwing, and catching a ball. • Send objects towards a target with increasing accuracy. • Begin to apply the basic putting</p>	<p>skills. • Pass/send a ball, with increasing control, at different speeds – fast/slow. • Engage in competitive physical games, employing simple tactics. (dodgeball) • Develop problem solving and decision-making strategies. • Explore different ways of moving, changing speed and direction fluently. • Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. • Use skills learnt to participate and compete in</p>	<p>in different ways, with increasing accuracy and control. • Use a range of skills and tactics to win games. • Begin to develop the chipping technique, consistently lifting the ball from the floor. (golf) • Apply putting skills into game situations. (golf) • Show control and control to make accurate shots. • Demonstrate good teamwork skills.</p>	<p>whilst moving at different speeds. • Practice and improve the underarm throw and side shot throw. (dodgeball) • Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills. (dodgeball) • Explore the skills required to play golf successfully. (golf) • Continue to develop and apply the chipping technique to competitive games. (golf) • Develop and demonstrate the ability to ‘putt’ accurately and effectively. (golf) • Demonstrate</p>	<p>game situations. • Move quickly (dodge) with good control. (dodgeball) • Improve control when moving at speed. (dodgeball) • Increase accuracy and consistency of throws, including a side shot throw, towards a moving target. (dodgeball) • Apply both the putting and chipping techniques to competitive games. (golf) • Show control and control to make accurate shots. • Begin to develop the driving technique. (golf) • Increase accuracy and distance when</p>	<p>good accuracy, pace, and consistency. (dodgeball) • Take part in competitive games, playing fairly and working cooperatively as part of a team. • Use different ways to dodge the ball (jump, gallop, jockey.) (dodgeball) • Use appropriate tactics in games and discuss and apply strategies needed to win. • Develop an accurate putting technique, chipping for height technique, and driving for distance technique. (golf) • Determine how much speed and power is</p>
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		technique into games. (golf) • Compete against others in modified golf games. (golf)	rolling and putting games. (golf) • Develop technique when using the golf putter, becoming increasingly accurate		good teamwork and communication skills	practicing the driving technique and participate in driving games. (golf)	required when working to a target. • Compete with other in modified games
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**End Points**

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6