

PHYSICAL EDUCATION TREES OF KNOWLEDGE AND SKILLS PROGRESSION

	Year 1			Year 2		
	Autumn 1- FUNDamentals Autumn 2- Dance	Spring 1-Gymnastics Spring 2-Invasion games	Summer 1- Striking + fielding/net + wall Summer 2- Athletics	Autumn 1- FUNDamentals Autumn 2- Dance	Spring 1-Gymnastics Spring 2-Invasion games	Summer 1- Striking + fielding/net + wall Summer 2- Athletics
Knowledge	<p>Know and understand the term 'agility'.</p> <p>Begin to understand how to manoeuvre in a space safely and effectively.</p> <p>Begin to understand the different muscle groups affected by different static stretches.</p>	<p>Know and understand the terms: travel, balance, sequence.</p> <p>Know that it is important to keep safe when we move around in Gymnastics, e.g. by looking ahead, being aware of peers, making good use of space, etc.</p> <p>Begin to understand that games have rules.</p> <p>Know and understand the terms 'underarm' and 'overarm'.</p>	<p>Begin to understand the best place to be during a game.</p> <p>Revisit knowledge that games have rules.</p>	<p>Re-visit knowledge of the term 'agility'.</p> <p>Know how to manoeuvre safely e.g. looking ahead, being aware of peers etc.</p> <p>Know the names of some muscle groups when demonstrating static stretches: such as abdominals, quadruplets, pectorals, biceps.</p> <p>B To know the different elements that make up dance e.g. body, space, time, energy.</p>	<p>Revisit the importance of keeping safe during gymnastics.</p> <p>Know different ways of travelling on variety of body parts.</p> <p>Know Bear walk, Crab walk and Caterpillar walk.</p> <p>Know the best space to be during a game.</p> <p>Know some tactics in a game when attacking and defending.</p> <p>Revisit knowledge of the terms 'underarm' and 'over- arm'.</p>	<p>Know the basic rules in a game such as: standing behind a hit line, running between the bases, being caught out etc.</p> <p>To understand the term "underarm throw"</p>

Skills	<p>Practise and develop the skill of standing on one leg for a timed period.</p> <p>Move around a given space in a variety of ways.</p> <p>Begin to use co-ordination to keep control of an object.</p> <p>Begin to demonstrate balance and core strength.</p> <p>Begin to throw and catch a ball against a wall.</p> <p>Begin to use agility to change direction quickly.</p> <p>Jump side to side and forward and back.</p> <p>Begin to combine agility, balance and coordination to enhance performance.</p> <p>Begin to create their own travelling actions.</p> <p>Create still shapes.</p>	<p>Begin to explore new methods of travelling, jumping and hopping.</p> <p>Begin to demonstrate travelling and stopping with control.</p> <p>Travel over and around small equipment.</p> <p>Explore different ways of travelling on hands and feet.</p> <p>Travel over and under equipment in a variety of ways.</p> <p>Begin to learn basic shapes to hold.</p> <p>Begin to travel and hold shapes on a variety of equipment.</p> <p>Explore taking weight on hands and begin to take weight on hands whilst traveling around equipment</p> <p>Begin to link two and three actions together to form a sequence.</p>	<p>Move and stop safely.</p> <p>Throw underarm.</p> <p>Catch more consistently.</p> <p>Strike with a bat or racket.</p> <p>Send an object with increasing accuracy.</p> <p>Send an object towards a given target.</p> <p>Begin to use previously taught skills in a competitive setting.</p> <p>Move by running and jumping with control and care.</p> <p>To explore throwing and catching using a range of techniques.</p> <p>Begin to walk and run with good posture and balance.</p> <p>Move quickly to a base in response to voice command.</p>	<p>Confidently stand on one leg (both left and right) for a timed period.</p> <p>Confidently move around a given space in a variety of ways in a fluid fashion.</p> <p>Use co-ordination to keep control of an object in a variety of ways.</p> <p>Demonstrate balance, core strength and an understanding of special awareness when manoeuvring with an object.</p> <p>Demonstrate good co-ordination when throwing and catching a ball in a solo action. (e.g. rebounding from a wall)</p> <p>Demonstrate agility either when changing direction quickly, in a game or when instructed.</p> <p>Confidently jump side to side and forward and back.</p> <p>Confidently combine agility, balance and</p>	<p>Confidently move over and around equipment.</p> <p>Confidently travel with increased control.</p> <p>Confidently demonstrate a variety of shapes with increased control.</p> <p>Link 2 or 3 shapes together to form a sequence.</p> <p>Travel and hold shapes on and around equipment.</p> <p>Explore rocking and rolling on different body parts.</p> <p>Explore rocking and rolling around and over equipment.</p> <p>Explore linking a roll with a shape.</p> <p>Explore creating point balances.</p> <p>Explore creating bridge shapes.</p>	<p>Send and receive a variety of objects e.g. ball, beanbag, quoit.</p> <p>Use hand eye co-ordination to control a ball.</p> <p>Confidently send an object, with accuracy, towards a target.</p> <p>Confidently use previously taught skills in a game setting.</p> <p>Decide the best space to be in during a game.</p> <p>Master basic throwing and catching.</p> <p>Master basic running and jumping.</p> <p>Walk and run with good posture and balance.</p> <p>Move quickly to a base in response to voice command</p> <p>Increase ability to jump (increasing distances).</p>
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	<p>Link actions together following and responding to music.</p> <p>Begin to explore slow and fast paced actions.</p> <p>Begin to link actions together to form a dance.</p> <p>Explore swaying, rocking, rolling actions</p> <p>Begin to explore the use of different heights in movements.</p> <p>Create a class performance collaboratively.</p> <p>Perform to the class either solo or part of a group.</p>	<p>Begin to perform sequences over and around equipment.</p> <p>Link three actions together with a starting and end position.</p> <p>Demonstrate (solo or part of a group) a sequence.</p> <p>Begin to travel with increased control.</p> <p>Begin to control a ball using two hands.</p> <p>Begin to move with increasing speed while in control of a ball.</p> <p>Send an object towards a target.</p> <p>Begin to experiment with a variety of throws, e.g. overarm, underarm, chest pass.</p> <p>Send a ball to a partner with increasing accuracy.</p> <p>Receive a ball from a partner with increasing accuracy.</p>	<p>Begin to increase ability to jump a distance.</p> <p>Jump from side to side focusing on co-ordination.</p> <p>Begin to throw with accuracy.</p> <p>Throw at a raised target with increasing accuracy.</p>	<p>coordination in a competition setting.</p> <p>Revisit creating still shapes.</p> <p>Revisit linking travels and shapes together.</p> <p>Explore traveling using different dynamics e.g. happy, sad, fast, slow, high and low.</p> <p>Revisit swaying, rocking and rolling actions.</p> <p>Continue to explore the different use of heights in movements.</p> <p>Confidently link actions together to form a dance to music.</p> <p>Perform to the class as part of a group.</p>	<p>Revisit taking weight on hands and begin to take weight on hands whilst traveling around equipment.</p> <p>Link actions as a pair on and over equipment.</p> <p>Confidently link 3 actions together with a clear starting and end position.</p> <p>Travel with control.</p> <p>Confidently control a ball using two hands.</p> <p>To confidently move with speed when in control of a ball.</p> <p>Confidently send an object with increased accuracy.</p> <p>Successfully use different types of throws e.g. over arm, under arm. Bounce pass, chest pass.</p> <p>Confidently send a ball to a partner in a controlled manor.</p>	<p>Link multiple step/jump combinations.</p> <p>Jump quickly from side to side showing co-ordination and balance.</p> <p>Throw with speed and agility.</p> <p>Throw in an underarm action accurately at a target.</p> <p>Throw accurately at raised targets.</p>
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		Begin to use the skills learnt in a competitive setting.			Confidently receive a ball from a partner. Use these skills in a game or competitive setting. Follow rules in a game.	
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