



Physical Education – A Progression of Knowledge & Skills				
Year group	term	topic	skills	knowledge
YN	aut	Me & My Family	Unit Composite: To explore simple ways to move and balance.	
			Gross Motor Skills To be able to continue to develop my movement, balancing, riding (scooters, trikes and bikes) and ball skills. To be able to skip, hop, stand on one leg and hold a pose for a game like musical statues. To be able to use large-muscle movements to wave flags and streamers, paint and make marks. To be able to choose the right resources to carry out my own plan. For example, choosing a ball to roll into a space and follow.	
			Fine Motor Skills To use one-handed tools and equipment, for example, bouncing/rolling a ball with one or two hands. To use a comfortable grip with good control when holding an object; bat, ball.	
			Communication and Language To describe and use a wider range of vocabulary.	
			Vocabulary balance, ball, bat, carry, control, grip, hold, hop, movement, roll, rolling, skip, space, speed, stand, pose, wave	
	spr	Me & My World	Unit Composite: To start working in small groups to achieve a goal	
			Physical Development Gross Motor Skills To start taking part in some group activities which I make up myself, or in teams. To increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. To be able to collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. Rolling a ball to	





			<p>a partner.</p> <p>To be able to match my developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Fine Motor Skills</p> <p>To use one-handed tools and equipment, for example, making throws at a target, rolling to a partner.</p> <p>To show a preference for a dominant hand.</p> <p>Understanding the World</p> <p>Explore how things work. (use of different equipment)</p>	
			<p>Communication and Language</p> <p>To describe and use a wider range of vocabulary.</p> <p>To understand a question or instruction that has two parts, such as "find a space and jump on the spot".</p> <p>Vocabulary</p> <p>control, crawl, explore, equipment, grip, instructions, jump, movement, partner, pattern, rolling, run, space, spot, teams, walk,</p>	
sum		Me Growing Up	<p>Unit Composite:</p> <p>ELG: To safely use and explore a variety of equipment.</p>	
			<p>Gross Motor Skills</p> <p>To be able to collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks/ light pe equipment.</p> <p>To increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Fine Motor Skills</p> <p>To use a comfortable grip with good control when holding a ball.</p> <p>To show a preference for a dominant hand.</p>	
			<p>Communication and Language</p> <p>To describe and use a wider range of vocabulary.</p> <p>To understand a question or instruction that has two parts (such as "find a space and jump on the spot").</p> <p>Vocabulary</p> <p>ball, grip, hold, hands, equipment, holding, jump, movement, pattern, space, travel</p>	





Year group	term	topic	skills	knowledge
	aut	Me & My Family	<p>Unit Composite: To develop overall body-strength, balance, coordination and agility.</p> <p>Gross Motor Skills To revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Fine Motor Skills To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	
				<p>Communication and Language To learn new vocabulary. To understand how to listen carefully and why listening is important. To be able to use new vocabulary in different contexts.</p> <p>Vocabulary climbing, crawling, fast, hopping, jumping, skipping, slow, running, walking</p>
YR	spr	Me & My World	<p>Unit Composite: To develop overall body-strength, balance, coordination and agility.</p> <p>Gross Motor Skills To revise and refine the fundamental movement skills I have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing To progress fundamental movements towards a more fluent style of moving, with developing control and grace. To be able to combine different movements with ease and fluency. To develop overall body-strength, balance, coordination and agility. To further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Fine Motor Skills To develop my small motor skills so that I can use a range of equipment competently, safely and confidently.</p>	





		<p>Communication and Language To understand how to listen carefully and why listening is important. To learn new vocabulary.</p> <p>Vocabulary agility, aiming, balance, batting, body-strength, catch, coordination, crawl, hop, instructions, jump, kicking, movement, throw, kick, passing, pat, push, run, skip, throwing,</p>	
sum	Me Growing Up	<p>Unit Composite: ELG</p>	
		<p>Gross Motor Skills To progress fundamental movements towards a more fluent style of moving, with developing control and grace. To develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Fine Motor Skills To develop my small motor skills so that they can use a range of equipment competently, safely and confidently.</p> <p>ELG To be able to participate in small group, class and one-to-one discussions, offering my own ideas, using recently introduced vocabulary. To manage my own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	
		<p>Communication and Language To understand how to listen carefully and why listening is important. To learn new vocabulary. To know and talk about the different factors that support my overall health and wellbeing: - regular physical activity - healthy eating .</p> <p>Vocabulary climb, balance, hang, through, over, under</p>	





Year group	term	topic	skills	knowledge
Y1	aut	Once Upon a Time	Unit Composite: Ball skills - To move a range of balls with control and coordination	
			Ball skills (invasion,striking/fielding, net-wall) To send a ball with two hands/two feet To send a ball towards my partner/target with hands/feet To catch/control a ball with two hands/feet To bounce a ball with two hands To bounce a ball with one hand (right and left) To perform a bounce pass To balance a tennis ball on a racket To move a tennis ball with a racket To bounce/throw a tennis ball to myself To strike a tennis ball with a racket	Ball skills (invasion,striking/fielding, net-wall) To know how many hands to use with different size balls To know what part of my foot to kick a ball with To know how to hold a tennis racket
			Vocabulary Catch, foot, football, handball, instep, kick, pass, throw	
	spr	Animal Kingdom	Unit Composite: Cycling - To ride a bike	
			Cycling To balance at speed To brake safety To negotiate obstacles safely To push off and launch effectively To pedal with control	Cycling To know how to check a bike is safe to ride
			Vocabulary forward roll, teddy bear roll, broad jump, turn jump, sequence, springboard, skip, bench, mat	
sum	We Love London	Unit Composite: Gymnastics - To explore a range of ways to move and balance Swimming - To kick 5m (front and back)		
		Gymnastics To jump over a skipping rope To skip To explore a range of ways to roll To explore a range of ways to balance To explore a range of ways to jump To explore a range of ways to travel To link a sequence a movements To run and jump off a springboard Swimming To kick 5m (front and back)	Gymnastics Swimming To know how to enter the pool safely	
		Vocabulary racket, glide, push, bounce, balance, pool		





Year group	term	topic	skills	knowledge
Y2	aut	Fire! Fire!	Unit Composite: Cycling - To ride a bike	
			Cycling To balance at speed To brake safety To negotiate obstacles safely To push off and launch effectively To pedal with control	Cycling To know how to check a bike is safe to ride
			Vocabulary balance, break, cycle, pedal	
	spr	Our Wonderful World of Nature	Unit Composite: Gymnastics - To perform a key step 1 floor and vault	
			Gymnastics To jump over a skipping rope To skip To perform a forward roll To perform a back support To perform an arabesque To perform a broad jump To perform a half turn jump To link a sequence of moments To run and jump off a springboard	Gymnastics
			Vocabulary forward roll, broad jump, turn jump, sequence, springboard, skip, bench, mat	
	sum	Proud of Poplar	Unit Composite: Striking and fielding - To play an adapted game of kickball Invasion - To play an adapted game of handball	
			striking and fielding (kickball) To kick a ball that is moving To effectively fiend in kickball to bowl in kickball Invasion (handball/football) To catch/control a ball with two hands To perform a bounce pass To perform a chest pass To perform and overhead pass to apply simple attacking and defending tactics in a game of handball Swimming To swim 5m (front and back)	striking and fielding (kickball) To know the rules of kickball Invasion (handball) To know the rules of handball
			Vocabulary kickball, tennis, fielding, striking	





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Y3/4	aut	Blast Off!	Unit Composite: Gymnastics - To perform a key step: 2 floor and vault	
			Gymnastics To perform a back bridge To perform a shoulder stand To perform a backwards roll To perform a cartwheel To perform a knees on vault To perform a squat on vault	Gymnastics To know why it is important to warm up
			Vocabulary back bridge, shoulder stand, backwards roll, cartwheel, vault, squat, round off, handstand, bow arrow, target, notch	
	spr	Invaders and Settlers	Unit Composite: Invasion - To play an adapted game of netball/football	
			Invasion (netball/football) To pass to my teammates who are in space To move to a space to receive a pass To defend an opponent To shoot a ball	Invasion (netball/football) To know the rules for netball/football
			Vocabulary space, offence, defence, receive, javelin, hurdles, triple	
	sum	Rainforest Explorers	Unit Composite: Striking and fielding - To play an adapted game of rounders Net-wall - To play an adapted game of tennis Outdoor and adventure - To take part in outdoor and adventurous activities (residential) Swimming - To swim 10m (front and back)	
			Striking & fielding (rounders) To strike a ball with a bat To run between bases To bowl a ball in rounders To effectively field in rounders Net-wall (tennis) To start in the ready position To move to a position ready to receive the ball to catch the ball with 1 hand and one racket in the correct position To perform a forehand serve in tennis To perform a forehand in tennis Swimming To swim 10m (front and back crawl)	Striking & fielding (rounders) To know the rules for rounders Net-wall (tennis) To know the rules of tennis
			Vocabulary rounders, bat, racket, bowl	





Year group	term	topic	skills	knowledge
Y5/6	aut	Meet the Greeks!	Unit Composite: Invasion - To play an adapted game of Hi 5 netball Invasion - To play an adapted game of basketball	
			Invasion (netball) To stay in the correct space for all positions in a game of netball To mark the correct opposition To apply basic tactics in small sided games Invasion (basketball) To bounce a ball and change direction using both hands To create a space for myself To pivot	Invasion (netball) To know the rules for Hi 5 netball Invasion (basketball) To know the rules of basketball
			Vocabulary netball, pivot, mark, tactics, goal attack, goal shooter, centre, goal defence, goal attack, double dribble, travel	
	spr	Spy Kids	Unit Composite: Tag rugby - To play an adapted game of tag rugby Hockey - To play an adapted game of hockey	
			Invasion (hockey) To control a ball with a hockey stick To pass a ball using a hockey stick To dribble a ball using a hockey stick Invasion (tag rugby) To tag an opponent To pass a rugby ball to a teammate To run and pass to a teammate	Invasion (hockey) To know the rules for hockey Invasion (tag rugby) To know the rules in tag rugby
			Vocabulary serve, badminton, overhead clear, drop shot, overhead smash, manipulate, floor routine,	
			Unit Composite: Striking and fielding - To play an adapted game of cricket Net-wall - To play an adapted game of badminton Swimming - To swim 25m using a range of strokes Outdoor and adventure - To take part in outdoor and adventurous activities (residential)	

sum Eco-Warriors





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			<p>Striking & fielding (cricket) To bowl underarm in cricket To field effectively in cricket To bat and run effectively in cricket</p> <p>Net-wall (badminton) To perform a serve To perform an overhead shot To perform a backhand To perform a forehand To use various shots to manipulate my opponent</p> <p>Swimming To swim 25m using a range of strokes</p>	<p>Striking & fielding (cricket) To know the rules of cricket</p> <p>Net-wall (badminton) To know the rules of badminton To know how to hold a racket</p>
			<p>Vocabulary bowl, overarm, cricket, drive shot, long barrier, self-rescue, tag, rugby</p>	

