

St Columb Minor Academy PE Disciplinary knowledge progression EYFS/KS1/KS2

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Concept 1 - Health Skills						
<p>Observe the effects of activity on their bodies.</p> <p>Know that exercise is good for you (healthy lifestyle)</p>	<p>Identify the heart as a muscle that grows stronger with exercise, play and physical activity.</p>	<p>Identify physical activities that contribute to fitness.</p> <p>Recognise the “good health balance” of nutrition and physical activity.</p>	<p>Recognise that strength and suppleness are important parts of fitness.</p> <p>Develop calming techniques and self-regulate emotions with an adult.</p>	<p>Examines the health benefits of participating in physical activity.</p> <p>Develop calming techniques and self-regulate emotions with an adult.</p>	<p>Understand fully why exercise is good for fitness, health and wellbeing.</p> <p>Develop calming techniques and self-regulate emotions.</p>	<p>Understand fully why exercise is good for fitness, health and wellbeing.</p> <p>Identify activities that help develop stamina or power and suggest how some can be used in other types of activities.</p>
Concept 2 – Personal Skills						
<p>Join in games with others</p> <p>Take turns</p> <p>Stay within boundaries of games</p> <p>Understand that if they don't play fairly others won't enjoy the activity</p> <p>Understand that joining in activities gives them</p>	<p>Develop confidence and resilience</p> <p>Describe the differences in the way their body works and feels when playing different games</p> <p>Complete fairly showing good sportsmanship.</p>	<p>Work and compete individually and with others.</p> <p>Develop competence.</p> <p>Develop confidence.</p> <p>Know playing games is good for them and describe what it feels like.</p> <p>Know running, jumping and throwing is good for them and describe what it feels like.</p> <p>Compete fairly showing good sportsmanship.</p>	<p>Begin to understand the importance of warming up.</p> <p>Identify that playing extended games improves their stamina.</p> <p>Compete fairly showing good sportsmanship individually and with others.</p> <p>Develop competence and confidence.</p> <p>Recognise when their</p>	<p>Work and compete individually and with others.</p> <p>Develop confidence.</p> <p>Develop competence.</p> <p>Understand how strength, stamina and speed can be improved by playing games.</p> <p>Compete in small sided games fairly showing good sportsmanship.</p> <p>Recognise when their body is warmer</p>	<p>Work and compete individually and with others.</p> <p>Develop competence.</p> <p>Develop confidence.</p> <p>Compete in small sided games fairly showing good sportsmanship.</p> <p>Recognise that strength and supplement are important parts of fitness. Recognise when their body is warmer or cooler and</p>	<p>Work and compete individually and with others.</p> <p>Develop competence.</p> <p>Develop confidence.</p> <p>Compete in small sided games fairly showing good sportsmanship.</p> <p>Compete in a range of team events.</p> <p>Get change to and from PE kit independently in 2 minutes.</p>

a good feeling			body is warmer or cooler and when their heart beats faster and slower. Get changed from PE kit independently in 3 minutes.	or cooler and when their heart beats faster and slower. Recognise that strength and suppleness is an important part of fitness. Get changed to and from PE kit independently in 3 minutes.	when their heart beats faster and slower. Get changed to and from PE kit independently in 3 minutes.	
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Concept 3 – Physical Skills

<p>Play on their own and with others, keeping themselves safe by finding free space</p> <p>Become a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. move forward, sideways and backwards at different</p>	<p>Develop fundamental skills (including running, jumping, throwing and catching).</p> <p>Improve running technique and run for longer distances.</p> <p>Perform a run and jump sequence.</p> <p>Develop an under and over arm throwing action.</p> <p>Maintains stillness on different bases of support with different body shapes.</p> <p>Develop basic strength and flexibility.</p>	<p>Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching).</p> <p>Show good awareness of space and the action of others,</p> <p>Compete in small sided games fairly showing good sportsmanship.</p> <p>Develop basic strength and flexibility.</p> <p>Run with a good technique at different speeds.</p> <p>Perform a two footed jump.</p>	<p>Master fundamental movement skills with a good level of consistency when moving and standing still (specifically master basic movements including running, jumping, throwing and catching).</p> <p>Throw and catch with control when under limited pressure to keep possession and score goals.</p> <p>Show awareness of opponents and</p>	<p>Throw and catch with control when under limited pressure to keep possession and score goals.</p> <p>Change pace, length and direction to outwit their opponent.</p> <p>Show some control when using a range of basic running, jumping and throwing actions with some accuracy and power to target the area.</p> <p>Perform a range of gymnastic actions with increased</p>	<p>Use a large range of sending, receiving and travelling techniques in games, with varied control.</p> <p>Demonstrate a range of throwing actions using modified equipment with some accuracy and control.</p> <p>Understand and demonstrate the difference between sprinting and distance running.</p> <p>Show control in take-off activities.</p>	<p>Use a large range of sending, receiving and travelling techniques in games, with varied control.</p> <p>Perform skills with greater speed, fluency and accuracy in invasion, striking and net games.</p> <p>Choose the best pace for a running event, in order to sustain running and improve their personal target.</p> <p>Show control and power in take-off and landing activities.</p>
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<p>speeds with increasing control</p> <p>Begin to join actions together e.g. throw then move</p>	<p>Perform basic actions using changes in speed and direction, including travelling, rolling, jumping, climbing and stay still when required.</p> <p>Link and repeat basic actions to copy and perform a movement phrase with a beginning, middle and end.</p>	<p>Show a good throwing technique and extend accuracy and distance.</p> <p>Perform basic gymnastic actions with control and coordination.</p>	<p>teammates during games.</p> <p>Select running speed for appropriate activity.</p> <p>Make up and repeat a short sequence of linked jumps.</p> <p>Adapt a gymnastic sequence to include different levels, speeds and directions.</p> <p>Develop gymnastic techniques and transitions.</p>	<p>consistency and fluency.</p> <p>Perform a range of jumps showing contrasting actions on the floor and apparatus.</p> <p>Combine actions and show clarity of shape in longer sequences, alone or with a partner.</p> <p>Perform dances using a range of movement patterns.</p>	<p>Work cooperatively to put strategies and solutions into action.</p> <p>Develop and refine problem-solving skills when working in groups and on their own.</p> <p>Perform dances using a range of movement patterns.</p> <p>Perform combinations of gymnastics actions with different levels, speeds and directions.</p>	<p>Show accuracy and good technique when throwing for distance.</p> <p>Find appropriate solutions to problems and challenges.</p> <p>Perform dances using a range of movement patterns.</p> <p>Work with a partner or small group to practise and refine a sequence.</p>
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Concept 4 – Thinking Skills

<p>Watch and copy others who are doing well</p> <p>Choose the best equipment to enable them to play or move well</p> <p>Make simple decisions of where and when to</p>	<p>Develop simple tactics for attacking and defending and ways to score.</p> <p>Describe some basic rules.</p> <p>Show good awareness of space and the actions of others.</p> <p>Watch describe and comment on what they have seen.</p>	<p>Show good awareness of space and the actions of others during games.</p> <p>Use a variety of simple tactics in small sided games.</p> <p>Describe some basic rules.</p> <p>Begin to watch others and focus on specific actions to improve own skills.</p>	<p>Show good awareness of space and the actions of others.</p> <p>Use simple rules fairly and extend them to devise their own games.</p> <p>Recognise good performances in themselves and others and use what they have learned to improve their own work.</p>	<p>Describe their own and others' performance, making simple judgements about the quality of performances and suggesting ways they could be improved.</p> <p>Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach</p>	<p>Know and apply the basic strategic and tactical principles of some games and adapt them to different situations.</p> <p>Show good awareness of space and the actions of others.</p> <p>Appreciate that rules need to be consistent and fair, using this</p>	<p>Understand and choose a range of tactics and strategies for defence and attack.</p> <p>With help, devise warm up and cool down activities and justify their choices.</p> <p>Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others.</p>
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<p>move to receive or defend a ball</p> <p>Choose how to make it difficult for others to beat them</p>	<p>Develop ways to score.</p>	<p>Handle apparatus safely and recognise risks involved.</p>	<p>Take part in relay activities remembering when to run and what to do.</p> <p>Handle apparatus safely and recognise risks involved.</p>	<p>them to others.</p> <p>Work in cooperative groups to use different techniques, speed and effort to meet challenges.</p> <p>Handle apparatus safely and recognise risks involved.</p>	<p>knowledge to create rules and teach them to others.</p> <p>Identify good performances and suggest ideas for practices that will improve their play.</p> <p>Work in cooperatives groups to use different techniques, speeds and effort to meet challenges.</p> <p>Evaluate a sequence and suggest improvements to speed, direction and level, applying some basic criteria.</p>	<p>Develop their ability to evaluate their own and others' work, and to suggest ways to improve it using appropriate terminology.</p> <p>Predict how different activities will affect heart rate, temperature and performance.</p>
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