



PE Progression of Knowledge and Skills-EYFS, Key Stage 1 & Key Stage 2

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for PE aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Key stage 1

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. 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.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. At Turton and Edgworth, children in Y4 take part in swimming lessons at a local high school swimming pool.



PE Progression of Knowledge and Skills-EYFS, Key Stage 1

Sonar ELG NC	Reception-	Year 1	Year 2	End of Key Stage Expectations (taken from the National Curriculum and EYFS)
Communication		Discuss own performances. Discuss how to improve in different physical activities.	Evaluate own and others' performances. .Identify how to improve in different physical activities.	
Competence	Show good control and co-ordination in large and small movements.	Practise basic movements including running, jumping, throwing and catching. Develop balance and agility.	Master basic movements including running, jumping, throwing and catching. Develop and apply balance, agility and co-ordination.	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 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.
Participation		Participate in team games. Begin to develop simple tactics for attacking and defending.	Participate in team games following simple rules. Develop simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.

Performance	Sing songs, make music and dance and experiment with ways of changing them. Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories.	Perform simple dances.	Perform dances using simple movement patterns.	Perform dances using simple movement patterns.
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PE Progression of Knowledge and Skills- Key Stage 2

Sonar ELG NC	Year 3	Year 4	Year 5	Year 6	End of Key Stage Expectations (taken from the National Curriculum)
Communication	<p>Communicate and compete with each other. Begin to show an understanding of how to improve own and others' performances.</p>	<p>Communicate and compete with each other. Understand how to improve own and others' performances.</p>	<p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel. Evaluate and recognise own and others' success and identify strategies for improvement.</p>	<p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel. Evaluate and recognise own and others' success and identify strategies for improvement.</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Competence	<p>Begin to use running, jumping, throwing and catching in isolation and in combination. Further develop flexibility, strength, control and balance.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Further develop flexibility, strength, technique, control and balance.</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident. Develop mastery of flexibility, strength, technique, control and balance.</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident. Master flexibility, strength, technique, control and balance.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. 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. Develop flexibility,</p>

					<p>strength, technique, control and balance [for example, through athletics and gymnastics].</p> <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].</p>
Participation	<p>Participate in team games understanding the rules.</p> <p>Develop a wider range of tactics for attacking and defending.</p> <p>Participate in outdoor and adventurous activities.</p>	<p>Play competitive games and demonstrate their sense of sportsmanship e.g. fairness and respect.</p> <p>Understand basic principles suitable for attacking and defending.</p> <p>Participate in outdoor and adventurous activities.</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship.</p> <p>Apply principles suitable for attacking and defending.</p> <p>Participate in outdoor and adventurous activities.</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship.</p> <p>Apply range of principles suitable for attacking and defending.</p> <p>Participate in outdoor and adventurous activities.</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
Performance	<p>Perform dances and gymnastic routines on own and with others using movement patterns.</p> <p>Compare performances with previous ones.</p> <p>Begin to demonstrate improvement to achieve personal best.</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns.</p> <p>Compare performances with previous ones.</p> <p>Demonstrate improvement to achieve</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns.</p> <p>Evaluate and compare performances with previous ones.</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns.</p> <p>Evaluate and compare performances with previous ones.</p>	<p>Perform dances using a range of movement patterns.</p> <p>Perform safe self-rescue in different water-based situations.</p>

		personal best.	Demonstrate improvement to achieve personal best.	Demonstrate improvement to achieve personal best.	
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