



St Lawrence's Progression in PE Knowledge and Skills



What is PE?

PE (Physical Education) don't forget the E in PE! It is the planned, progressive learning that takes place in school curriculum directed time and which is delivered to all pupils. It is progressive and supports pupils' agility, balance and coordination as well as personal skills, such as resilience, team work and personal best. Our vision for PE is to create a love of being active and these years are pivotal in inspiring healthy lifestyles and understanding how our body works. We also recognise **PSSPA** (Physical education, school sport and physical activity) as a rounded offer and PE forms the basis of this.

Our Aims

- To inspire our children to live healthy and active lifestyles.
- To develop a love for being physically active.
- To understand personal best and being the best you can.
- To understand the importance of being physically active.
- To allow pupils to take part in competitive opportunities.
- To support the holistic development of pupils through PE, sport and physical activity.
- All pupils reaching NC requirements and beyond for swimming; providing skills for life.
- To help children build links within the community to thrive into adulthood.

We will do this through

- Progression from Early Years through to Year 6 with our delivery of 2 PE lessons per weeks and extra-curricular opportunities.
- Engaging lessons that builds upon prior knowledge
- RHE lessons, PE lessons and opportunities in class
- Link with our local Secondary school, SSP and MAT to take part in competitive opportunities.
- Design a curriculum that is reviewed regularly, and meets the needs of ALL pupils.
- Linking with our local secondary school to provide swimming lessons in KS2, regardless of ability.
- Build links with our local community clubs, such as York Knights/City, local rugby, football and dance clubs etc



Nursery

Knowledge and Skills	Technical Games/Gymnastics		Technical Dance		Physical		Social/Personal best	
	<ul style="list-style-type: none"> I can move fast and slow I can change direction when moving I can take turns when sharing equipment I can climb on apparatus 	<ul style="list-style-type: none"> I am interested in playing with sounds, songs and rhymes I can begins to move rhythmically I can move in response to music. I can tap out simple repeated rhythms 	<ul style="list-style-type: none"> I can run safely on my whole foot I am beginning to learn to move in a variety of ways I understand some simple concepts (e.g. big/little) I can follow simple instructions 	<ul style="list-style-type: none"> I seek out others to share experiences I am learning to be aware of danger I can ask adults for help I can listen to rules and boundaries 				
Suggested Coverage	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
	Class Teacher Multiskills	Class Teacher Multiskills	Class Teacher Multiskills	Class Teacher Multiskills	Class Teacher Multiskills	Class Teacher Multiskills	Class Teacher Multiskills	
Vocabulary	Words in bold and written into the intent statements, are words which we will encourage pupils to become more aware of and use within our teaching and planning.							

Reception

Knowledge and Skills	Technical Multiskills/games	Technical Gym/Dance		Physical	Social/Personal Best	
	<ul style="list-style-type: none"> I can catch a large ball I can move a balloon with my hands I can chase or dodge others safely I can experiment catching and kicking a variety of equipment I can accept playing with others 	<ul style="list-style-type: none"> I can explore a variety of ways to move I can go under and over apparatus I can begin to balance in different ways I can start/stop to music or sounds I can respond to music with different movements I can explore ways of moving my body 	<ul style="list-style-type: none"> I can walk and move around safely and confidently I can move fast/slow safely and with obstacles in my way I can balance on one foot I can jump two feet to two feet 	<ul style="list-style-type: none"> I can say how exercise makes me feel I understand that equipment is to be used safely I understand why we need to keep safe in PE I can try and get changed on my own I can follow our school rules during PE 		
Suggested Coverage	Autumn 1 Class Teacher Gymnastics	Autumn 2 Class Teacher Multiskills	Spring 1 Class Teacher Dance	Spring 2 Class Teacher Multiskills	Summer 1 Class Teacher Gymnastics	Summer 2 Class Teacher Multiskills
Vocabulary	Words in bold and written into the intent statements, are words which we will encourage pupils to become more aware of and use within our teaching and planning.					

KS1								
Year 1								
Technical Games		Technical Gym/Dance	Physical		Social/Personal Best			
Knowledge and Skills	<ul style="list-style-type: none"> I understand and can apply underarm techniques I can explore ways to strike a ball I can use my body to move and stop safely during play I can demonstrate throwing & catching principles I can start to throw in games or challenges 		<ul style="list-style-type: none"> I can make my body curled, tense stretched and relaxed I can control my body when travelling and balancing I can perform dances using simple movement patterns to music I can copy dance moves I can perform a basic sequence I understand how to land a jump safely I can use my body to attempt a pencil or egg roll safely 		<ul style="list-style-type: none"> I can walk, jog and run safely I can hop in isolation and on the move I can jump safely and controlled I can climb apparatus safely 		<ul style="list-style-type: none"> I behave appropriately in PE I can start to understand PB (personal best) I work well with others/pairs I can pick out good movers in PE and explain why I can get changed independently I can understand and accept challenge against others I can problem solve through OAA and forest school activities. 	
	Suggested Coverage	<p style="text-align: center;">Autumn 1</p> <p style="text-align: center;">Total Sports Invasion Games</p> <p style="text-align: center;">Class Teacher Multiskills</p>		<p style="text-align: center;">Autumn 2</p> <p style="text-align: center;">Total Sports Gymnastics</p> <p style="text-align: center;">Class Teacher Gymnastics Apparatus</p>		<p style="text-align: center;">Spring 1</p> <p style="text-align: center;">Class Teacher Forest School/OAA</p> <p style="text-align: center;">Class Teacher Gymnastics/Dance Floor</p>	<p style="text-align: center;">Spring 2</p> <p style="text-align: center;">Class Teacher Forest School/OAA</p> <p style="text-align: center;">Class Teacher Net & Wall</p>	<p style="text-align: center;">Summer 1</p> <p style="text-align: center;">Total Sports Multiskills</p> <p style="text-align: center;">Class Teacher Striking & Fielding</p>
Vocabulary		<p style="text-align: center;">Words in bold and written into the intent statements, are words which we will encourage pupils to become more aware of and use within our teaching and planning.</p>						

Year 2

	Technical Games	Technical Gym/Dance	Physical	Social/Personal Best		
Knowledge and skills	<ul style="list-style-type: none"> I can recognise overarm and underarm technique and apply I can throw and catch a variety of equipment I can throw towards a target in isolation mostly accurate I can apply striking, throwing or rolling in a game I can begin to understand games and basic tactics/rules 	<ul style="list-style-type: none"> I can recognise and perform a variety of jumps- tuck, star and straight. I can recognise and perform a variety of rolls- egg, pencil and forward. I can demonstrate balance in a variety of situations- levels I can follow a sequence or a set of instructions to move I can perform basic dance sequences 	<ul style="list-style-type: none"> I can travel safely in different directions; using a variety of body parts I can recognise moving fast and slow I can hop on the spot and on the move I can jump and land safely from a variety of heights I can climb the wall bars safely 	<ul style="list-style-type: none"> I can behave appropriately in PE I can understand winning and losing in PE without getting upset I can start to understand PB (personal best) I understand why we wear PE kits I can describe and comment on performance I can problem solve through OAA and forest school activities. 		
Suggested Coverage	<p style="text-align: center;">Total Sports Invasion Games</p> <p style="text-align: center;">Class Teacher Multiskills</p>	<p style="text-align: center;">Autumn 2</p> <p style="text-align: center;">Total Sports Gymnastics</p> <p style="text-align: center;">Class Teacher Gymnastics Apparatus</p>	<p style="text-align: center;">Spring 1</p> <p style="text-align: center;">Class Teacher Forest School/OAA</p> <p style="text-align: center;">Class Teacher Gymnastics/Dance Floor</p>	<p style="text-align: center;">Spring 2</p> <p style="text-align: center;">Class Teacher Forest School/OAA</p> <p style="text-align: center;">Class Teacher Net & Wall</p>	<p style="text-align: center;">Summer 1</p> <p style="text-align: center;">Total Sports Multiskills</p> <p style="text-align: center;">Class Teacher Striking & Fielding</p>	<p style="text-align: center;">Summer 2</p> <p style="text-align: center;">Total Sports Invasion Games</p> <p style="text-align: center;">Class Teacher Athletics</p>
Vocabulary	<p>Words in bold and written into the intent statements, are words which we will encourage pupils to become more aware of and use within our teaching and planning.</p>					

KS2						
Year 3						
	Technical Games	Technical Gym/Dance	Physical		Social/Personal Best	
Knowledge and Skills	<ul style="list-style-type: none"> I can apply underarm and overarm effectively I can pass and catch/control with a partner or whilst using another target I can move (dribble) and stop a ball safely and under control with my hands/feet or equipment I can use a racket/bat and ball with some accuracy I can start to discuss and recognise tactics 	<ul style="list-style-type: none"> Adapt sequences to suit different types of apparatus Use a stimulus to translate ideas into a movement Compare and contrast sequences to improve performance Understand how music impacts performance Continue to explore a variety of different rolls jump (forward, pencil, egg rolls and star, tuck and 1/2 turn jump) 	<ul style="list-style-type: none"> Exercise without giving up most of the time Perform a variety of jumps from various heights with a controlled landing Move for a set amount of time showing stamina Travel safely in different directions at various speeds Explore a number of ways to climb safely 	<ul style="list-style-type: none"> I can behave appropriately in PE I can choose an appropriate partner to work with I can get changed and organise myself independently I can suggest ways in which I can improve my performance I can use equipment respectfully and safely I can problem solve through OAA and forest school activities. 		
Suggested Coverage	<p>Autumn 1</p> <p>Total Sports</p> <p>Invasion– Introduction to KS2 team games and enjoyment of being physically active.</p> <p>Class Teacher</p> <p>Gymnastics</p>	<p>Autumn 2</p> <p>Total Sports</p> <p>Multi skills</p> <p>Class Teacher-</p> <p>Invasion games</p>	<p>Spring 1</p> <p>Total Sports</p> <p>Invasion</p> <p>Class teacher</p> <p>Gymnastics/Dance</p>	<p>Spring 2</p> <p>Total Sports</p> <p>Net and wall</p> <p>Class teacher</p> <p>Orienteering</p>	<p>Summer 1</p> <p>Class teacher</p> <p>Athletics</p> <p>Class teacher</p> <p>OAA/Forest Schools</p>	<p>Summer 2</p> <p>Class teacher</p> <p>Strike & Fielding</p> <p>Class teacher</p> <p>In-house competitions*</p>
Vocabulary	Words in bold and written into the intent statements, are words which we will encourage pupils to become more aware of and use within our teaching and planning.					

Year 4						
Knowledge and Skills	Technical Games	Technical Gym and Dance		Physical		Social/Personal Best
	<ul style="list-style-type: none"> Can apply throwing and catching techniques whilst moving and in isolation Can control a ball in a game situation Can begin to recognise attacking and defending Can use a racket/bat and ball accurately Can talk about and apply tactics to be put into a variety of games 	<ul style="list-style-type: none"> Can work with partners to create, repeat and improve a sequence in unison Can create a variety of shapes Can use appropriate PE vocabulary in gym and dance lessons Can apply knowledge of rolls and jumps learned in Y3; also balance and travel in a controlled, safe manner Can use movements to communicate or express an idea 			<ul style="list-style-type: none"> I can pace myself in order to take full part in various sessions Jog and sprint for set distances hold own body weight in various positions Demonstrate agility Demonstrate good, safe balance both in isolation and moving 	
Suggested Coverage	Autumn 1 Total Sports Invasion games Class Teacher Swimming	Autumn 2 Total Sports Multi skills Class Teacher Swimming	Spring 1 Total Sports Gym/Dance Class Teacher Swimming	Spring 2 Total Sports Net & Wall Class Teacher Swimming	Summer 1 Class teacher OAA/Forest Schools Class Teacher Swimming	Summer 2 Class teacher Strike & Fielding Class teacher Swimming In-house competitions & Athletics*
	Vocabulary	Words in bold and written into the intent statements, are words which we will encourage pupils to become more aware of and use within our teaching and planning.				

Year 6

	Technical Games	Technical Gym/Dance	Physical	Social/Personal Best		
Knowledge and Skills	<ul style="list-style-type: none"> • Able to throw and catch in isolation and combination • Can apply the correct technique during striking games • Can pass, shoot and dribble effectively unopposed and sometimes opposed • Can use attacking and defending when required in a game • Can choose appropriate vocabulary to evaluate performance 	<ul style="list-style-type: none"> • Can plan and create an individual, paired or group routine • Can perform consistently to different audiences • Can develop sequences in a specific style and link them to timings • Can analyse, modify and refine own routine and critique that of others • Can choose appropriate PE vocabulary to evaluate and support others 	<ul style="list-style-type: none"> • Can exercise demonstrating stamina • Can show agility at a variety of speeds and directions • Can exercise for sustained periods of time • I can jump and throw for distance • Can meet NC swimming objectives 	<ul style="list-style-type: none"> • Can understand the importance of each member of the team • Can take on a leadership role • Can understand how to collaborate well • Can accept challenge and PB • Can feedback positively and constructively to peers • Can make tactical suggestions to improve performance • I can problem solve through OAA and forest school activities. 		
Suggested Coverage	<p>Class teacher OAA/Forest Schools</p> <p>Class teacher Gymnastics</p>	<p>Class teacher OAA/Forest Schools</p> <p>Class teacher Gymnastics/Dance</p>	<p>Total Sports Invasion Games</p> <p>Class teacher Net & Wall</p>	<p>Total Sports Net and wall</p> <p>Class teacher Invasion games</p>	<p>Total Sports Athletics</p> <p>Class teacher Games Net and wall</p>	<p>Total Sports Fielding and Striking</p> <p>Class teacher Athletics</p>
Vocabulary	<p>Words in bold and written into the intent statements, are words which we will encourage pupils to become more aware of and use within our teaching and planning.</p>					