



Knowledge Progression Map: PE

	Nursery	Reception	Year 1	Year 2
Health and Fitness	Know that we can make healthy or unhealthy choices. Know that it is important to eat well and get plenty of sleep.	Understand the importance of keeping healthy. Know how the body feels different when exercising.	Know the importance of staying hydrated. Understand that we need to warm up and cool down our bodies before and after exercise.	Know what they need to stay healthy.
Running and Jumping	Know how to run, skip and jump correctly.	Understand how to land safely after jumping.	Know the difference between running, jumping, skipping, hopping and walking.	Know to bend their knees before jumping. Know that the leg muscles are used when performing a jumping action. Know that there are different types of jumps.
Bat and Ball Skills	Know that some equipment is designed for throwing, catching, kicking and rolling.	Know that some equipment is designed for hitting or striking objects.	Know that a ball can be passed by throwing, kicking, rolling or bouncing. Know that hands and feet can be used to pass a ball. Understand that they need to make a cradle with their hands and watch the ball carefully to catch accurately.	Know that to throw or kick accurately, they need to look at a target and aim. Know skills for playing striking and fielding games. Know how to position the body to strike a ball. Know how to dribble and how to pass a ball in different ways. Know some examples of target games, such as bocchia, golf, croquet and dodgeball.
Gymnastics	Know the importance of taking turns and concentrating carefully when using apparatus.	Know that we can travel in different ways and at different speeds.	Know how to lift and carry apparatus safely. Know different types of rolls (log roll, curled side roll and teddy bear roll). Know different types of jumps (straight, tuck, half turn, cat spring and jumping jack). Know some basic shapes (pike, tuck, star and straddle).	Know different types of rolls (rocking forward roll and crouched forward roll) Know how to do a cat spring into a straddle. Know a range of standing and kneeling balances.
Dance	Know that a dance is performed to music.	Know that dance movements can be fast or slow. Know that several dance moves put together is called a routine.	Know that dance can be thought of as a narrative. Know that movements can be sequenced to create a dance. Know that movements can be linked to a particular type of music. Know some choreographic devices such as unison, canon and mirroring.	Know how dance can be used to communicate ideas, through movement, gesture and expression.

	Year 3	Year 4	Year 5	Year 6
Health and Fitness	Understand the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Know why it is important to warm up and cool down.	Know why exercise is good for our health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Know some safety principles when preparing for and during exercise.	Know how to carry out an effective warm up. Understand why exercise is good for health, fitness and mental well-being Know ways to become healthier. Understand what circuit training involves.
Invasion Games	Know the fundamental principles of invasion games, such as keeping possession and teamwork. Know what they and their team needs to do to keep possession in simple invasion games. Know about some of the rules and skills of blocking and catching in dodgeball. Know about the different areas and boundary lines on a dodgeball court. Know the job of the defender in a game of football.	Understand the job and some of the skills needed to be a goalkeeper. Know the correct grip while holding a rugby ball in order to pass it effectively. Know many of the rules of tag ruby and follow them in a game. Know how to intercept a pass in tag rugby.	Understand many of the rules of basketball and follow them in a game. Know the rules for pivoting in basketball. Know how to man-to-man mark and what to do when an opposition player is in possession of the ball.	Know many of the rules of High 5 Netball and follow them in a game. Know how to perform a chest pass and shoulder pass. Understand the importance of pivoting in netball. Know how to mark an opposition player, whether they have possession of the ball or not.
Net and Wall Games	Know different examples of net and wall games and know what these types of games involve. Understand the importance of good footwork, movement and positioning in net and wall games, including the ready position. Know how to hit a ball using forehand and backhand techniques, using the correct grip.	Know how to use a forehand and backhand grip on a badminton racket. Know the importance of the ready position in a game of badminton.	Know how to grip and hold a tennis racket correctly when hitting a forehand groundstroke. Know the advantages and disadvantages of both backhand groundstroke techniques. Know how to adjust technique for direction and distance. Understand the rules of tennis and the tennis scoring system in a mini-game.	Know how to perform an underarm serve, dig shot, set shot and spike. Understand the difference in rules between a sitting and standing volleyball game.
Striking and Fielding Games	Know that striking and fielding games include cricket, rounders, French cricket and Danish longball.	Know many of the rules of Kwik Cricket. Know a range of batting, bowling and fielding techniques.	Know how to hold and swing a rounders bat correctly. Know the correct technique for bowling a rounders ball. Know many of the rules for a rounders game.	Understand the active role of a fielder and know how to ‘attack the ball’.
Gymnastics	Know how to do a forward roll from standing and a tucked backward roll. Know different types of jumps (straddle, pike, straight jump half-turn and cat leap). Know how to do a handstand and cartwheel. Know a range of matching and contrasting partner balances. Know what symmetry means in gymnastics.	Know how to do a straddle forward roll and a backward roll to straddle. Know how to do a straight jump full-turn and a cat leap half-turn. Know how to lunge into handstands and cartwheels. Know a range of 1, 2, 3 and 4-point balances.	Know how to do a pike forward roll. Know how to do a stag jump and split leap. Know how to lunge into a round-off. Know some part body weight partner balances.	Know how to do a dive forward roll, a pike backward roll and a backward roll to standing pike, Know how to do a cat leap full-turn and a hurdle step. Know how to do a hurdle step into a cartwheel and into a round-off.
Dance	Know some interpretative dance skills. Know some dance vocabulary, such as movement phrase, sequence, representation and inspiration.	Understand a range of dance techniques such as unison, canon and repetition.	Know how movements can be used to express a mood in a dance. Know how to transition between actions within a dance.	Understand the characteristics and elements of different dance styles over time. Understand the evolution of dance over time, as well as the social importance of dance and its cultural impact.
Outdoor and Adventurous Activities	Know that the fundamentals of OAA include teamwork, problem-solving and understanding maps. Know how to orientate a map. Know the meaning of some common map symbols.	Understand at least two different features of a map. Identify a control marker, control point and control card and understand what they are.	Know what orienteering is and why agility and endurance are important for this sport. Understand what a compass is and how it works. Know the eight directions on a compass. Know and understand the different features of a map, including the scale.	Understand what perseverance is and how it is an important life skill. Understand how to give verbal communication effectively. Know different methods to communicate non-verbally. Understand what a strategy is and the steps needed to make and carry out one effectively.

Athletics	Understand the importance of having a good arm and leg action for sprinting.	Know what different parts of their body should be doing when sprinting	Know about a variety of athletic events and techniques.	Understand what an effective springing technique involves.
	Understand the terms lead leg and trail leg.	Know the down sweep technique for passing and receiving a relay baton.	Know the techniques required for a sprint start.	Know an effective technique for the overhead heave throw.
		Know how to perform a pull throw.		