



# DOG KENNEL HILL PRIMARY SCHOOL

## Physical Education Progression of Knowledge and Skills Map

KNOWLEDGE/SKILL	Year 1/2	Year 3/4	Year 5/6
<b>FOOTBALL ATTACK AND DEFENCE</b>	<ul style="list-style-type: none"> <li>• To practice basic movements including running, jumping, throwing and catching.</li> <li>▪ To experience opportunities to improve agility, balance and coordination.</li> <li>▪ Use and apply simple strategies for invasion games.</li> <li>▪ Can send a ball using feet and can receive a ball using feet.</li> <li>▪ Recall and link combinations of skills, e.g. dribbling and passing.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Able to show basic control skills including sending and receiving the ball.</li> <li>▪ To send the ball with some accuracy to maintain possession and build attacking play.</li> <li>▪ To implement the basic rules of football.</li> <li>▪ Introduce some defensive skills.</li> </ul>	<ul style="list-style-type: none"> <li>▪ To play effectively in a variety of positions and formations on the pitch.</li> <li>▪ Become more skilful when performing movements at speed.</li> <li>▪ Choose and implement a range of strategies to attack and defend.</li> </ul>
<b>DANCE</b>	<b>Year 1/2</b>	<b>Year 3/4</b>	<b>Year 5/6</b>



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	<ul style="list-style-type: none"> <li>▪ Respond to a range of stimuli and types of music.</li> <li>▪ Explore space, direction, levels and speeds.</li> <li>▪ Experiment creating actions and performing movements with different body parts.</li> <li>▪ Work as part of a group to create and perform short movement sequences to music.□</li> </ul>	<ul style="list-style-type: none"> <li>▪ Practise different sections of a dance aiming to put together a performance.</li> <li>▪ Perform using facial expressions.</li> <li>▪ Building basic creative choreography skills in travelling, dynamics and partner work.</li> <li>▪ Develop a dance to perform as a group with a set starting position.</li> </ul> <p>Developing choreography and devising skills in relation to a theme.</p>	<ul style="list-style-type: none"> <li>▪ Perform different styles of dance fluently and clearly.</li> <li>▪ Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression.</li> <li>▪ Talk about different styles of dance with understanding, using appropriate language &amp; terminology.</li> <li>▪ Showing tension through pattern and formation.</li> </ul>
<b>GYMNASTICS</b>	<b>Year 1/2</b>	<b>Year 3/4</b>	<b>Year 5/6</b>
	<ul style="list-style-type: none"> <li>▪ Identify and use simple gymnastics actions and shapes.</li> <li>▪ Begin to carry basic apparatus such as mats and benches.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Modify actions independently using different pathways, directions and shapes.</li> <li>▪ Develop body management over a range of floor exercises.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Create longer and more complex sequences and adapt performances.</li> <li>▪ Take the lead in a group when preparing a sequence.</li> </ul>



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	<ul style="list-style-type: none"> <li>▪ To introduce turn, twist, spin, rock and roll and link these into movement patterns.</li> <li>▪ To perform longer movement phrases and link with confidence.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Attempt to bring explosive moves into floor work through jumps and leaps.</li> <li>▪ To become increasingly competent and confident to perform skills more consistently.</li> <li>▪ Refine taking weight on small and large body parts, for example, hand and shoulder.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Perform more complex actions, shapes and balances with consistency.</li> <li>▪ Demonstrate accuracy, consistency, and clarity of movement.</li> <li>▪ Have worked independently and in small groups to make up own sequences.</li> <li>▪ To begin to use music in sequences.</li> </ul>
<b>BASKETBALL - NET AND WALL GAMES</b>	<b>Year 1/2</b>	<b>Year 3/4</b>	<b>Year 5/6</b>
	<ul style="list-style-type: none"> <li>▪ Hit the ball in a variety of ways Track, intercept, stop and catch balls and small equipment consistently.</li> <li>▪ Describe some basic rules, simple tactics and the way to score.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Throw and catch with control when under limited pressure to keep possession and score goals.</li> <li>▪ Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Perform skills with greater speed, fluency and accuracy in invasion, striking and net games.</li> <li>▪ Understand, choose and apply a range of tactics and strategies for defence and attack.</li> </ul>



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	<ul style="list-style-type: none"> <li>▪ Show good awareness of space and the actions of others.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Use simple rules fairly and extend them to devise their own games.</li> <li>▪ Identify that playing extended games improves their stamina.</li> </ul>	
<b>ATHLETICS</b>	<b>Year 1/2</b>	<b>Year 3/4</b>	<b>Year 5/6</b>
	<ul style="list-style-type: none"> <li>▪ Pupils will begin to link running and jumping.</li> <li>▪ To learn and refine a range of running which includes varying pathways and speeds.</li> <li>▪ Develop throwing techniques to send objects over long distances.</li> <li>▪ Develop power, agility, coordination and balance over a variety of activities.</li> <li>▪ Experience and improve on jumping</li> </ul>	<ul style="list-style-type: none"> <li>▪ Demonstrate agility and speed.</li> <li>▪ Jump for height and distance with control and balance.</li> <li>▪ Throw with speed and power and apply appropriate force.</li> <li>▪ Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sustain pace over short and longer distances such as running 100m and running for 2 minutes.</li> <li>▪ Able to run as part of a relay team working at their maximum speed.</li> <li>▪ Perform a range of jumps and throws demonstrating increasing power and accuracy.</li> <li>▪ Apply strength and flexibility to a broad range of throwing, running and jumping activities.</li> </ul>



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CRICKET	Year 1/2	Year 3/4	Year 5/6
INVASION GAMES	Year 1/2	Year 3/4	Year 5/6

for distance and height.

**CRICKET**

**Year 1/2**

- Pupils will have used a variety of balls, beanbags, bats and markers.
- Develop sending and receiving skills to benefit fielding as a team.
- Distinguish between the roles of batters and fielders.
- To developing hitting skills with a variety of bats.
- Practice feeding/bowling skills

**Year 3/4**

- To be able to adhere to some of the basic rules of cricket.
- To use basic skills with more consistency including striking a bowled ball.
- To develop the range of Cricket skills they can apply in a competitive context.

**Year 5/6**

- Collaborate with a team to choose, use and adapt rules in games.
- Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance.
- Apply with consistency standard cricket rules in a variety of different styles of games.
- Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.

**INVASION GAMES**

**Year 1/2**

**Year 3/4**

**Year 5/6**



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<b>HOCKEY</b>	<ul style="list-style-type: none"> <li>▪ Explore different ways of using a ball.</li> <li>▪ Explore ways to send a ball or other equipment.</li> <li>▪ To begin to participate in team games.</li> <li>▪ Develop simple attacking and defending techniques.</li> <li>▪ Pass and receive a ball in different ways with increased control.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Handle a rugby ball with confidence.</li> <li>▪ Evade attackers using footwork and body control.</li> <li>▪ Use basic game principles of tag rugby and play within simpler rules.</li> <li>▪ Implement rules and develop tactics in competitive situations.</li> <li>▪ To increase speed and build endurance during gameplay.</li> </ul>	<ul style="list-style-type: none"> <li>▪ To combine basic tag rugby skills such as catching and quickly passing in one movement.</li> <li>▪ To be able to select and implement appropriate skills in a game situation.</li> <li>▪ To increase the power of passes so the ball can be moved quickly over greater distance.</li> <li>▪ Choose and implement a range of strategies and tactics to attack and defend.</li> <li>▪ Observe, analyse and recognise good individual and team performances.</li> </ul>
	<b>Year 1/2</b>	<b>Year 3/4</b>	<b>Year 5/6</b>



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	N/A	<ul style="list-style-type: none"> <li>▪ To be able to consistently perform basic hockey skills such as dribbling and push pass.</li> <li>▪ To implement the basic rules of hockey.</li> <li>▪ To develop tactics and apply them in competitive situations.</li> <li>▪ To increase speed and endurance during gameplay.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Combine basic hockey skills such as dribbling and push pass.</li> <li>▪ Select and apply skills in a game situation confidently.</li> <li>▪ To increase power and strength of passes, moving the ball over longer distances.</li> <li>▪ To choose and implement a range of strategies and tactics to attack and defend.</li> </ul>
<b>TENNIS</b>	<b>Year 1/2</b>	<b>Year 3/4</b>	<b>Year 5/6</b>
	N/A	<ul style="list-style-type: none"> <li>▪ Play games using throwing and catching skills.</li> <li>▪ Vary strength, length and direction of throw.</li> <li>▪ Understand where to stand when receiving.</li> <li>▪ Understand attack and defence tactics.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hit the ball in the court away from opponent, how to outwit them using speed height and direction of ball.</li> <li>▪ Know where to stand when attacking and defending.</li> </ul>



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ROUNDERS	Year 1/2	Year 3/4	Year 5/6
KS1 OAA	Year 1/2	Year 3/4	Year 5/6
	N/A	<ul style="list-style-type: none"> <li>▪ To be able to play simple rounders games.</li> <li>▪ To apply some rules to games.</li> <li>▪ To develop and use simple rounders skills.</li> <li>▪ Identify different positions in rounders and the roles of those positions.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Understand practices to help with precision and consistency and speed</li> <li>▪ Collaborate with a team to choose, use and adapt rules in games.</li> <li>▪ Recognise how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance.</li> <li>▪ Apply rounders rules consistently in conditioned games.</li> <li>▪ Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</li> </ul>



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	<ul style="list-style-type: none"> <li>▪ To begin to work with others to solve problems.</li> <li>▪ To begin to lead others and be led.</li> </ul> <p>To begin to plan and refine strategies to solve problems</p>	N/A	N/A
<b>MULTI SKILLS KS1</b>	<b>Year 1/2</b>	<b>Year 3/4</b>	<b>Year 5/6</b>
	<ul style="list-style-type: none"> <li>▪ To begin to develop special awareness</li> <li>▪ To begin to develop movement with a ball</li> <li>▪ To begin to develop sending and receiving skills through throwing and catching.</li> </ul>	N/A	N/A