



Progression and Core Knowledge in PE

The Big Ideas in PE

- To succeed and excel in sport and other physically demanding activities.
- To engage in activities that build character and embed values such as fairness and respect through competition and co-operation.
- To lead active and healthy lives.

National Curriculum Objectives for KS1

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

	EYFS	Y1	Y2
Dance	Move energetically, such as running, jumping, dancing, hopping and skipping. Demonstrate strength, balance and co-ordination when playing. Perform songs, rhymes and poems, and when appropriate, will try to move in time with music. Work and play co-operatively and take turns with others.	Perform own dance moves. Begin to move in time to music Perform dance moves showing some levels Perform travelling movements	Change rhythm, speed, level and direction in dance Make a sequence by linking sections together Move in time to the music, showing some expression Perform in a small group to others
Gymnastics	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as jumping and climbing. Demonstrate strength, balance and co-ordination when playing. Work and play co-operatively and take turns with others.	Perform a log and tuck roll Travel along different pathways, using high / low levels Make wide and narrow shapes with the body Travel on different parts of the body, using apparatus Demonstrate different jumps Devise a sequence of movements	Perform an arch, dish and tuck roll with good body tension Move, showing contrasting dynamics working with a partner Collaboratively create a pathway and move safely along it Perform balances and jumps on apparatus

Invasion Games	Work and play co-operatively and take turns with others. Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Demonstrate strength, balance and co-ordination when playing.	Throw a ball to another child simulating a pass Control a ball moving through the air to receive it Travel in different directions with a ball to dribble (hands or feet) React with their body to intercept a ball in order to intercept or defend Shoot a ball at a moving object	Pass a ball to a non-moving object or child Control a ball on the ground with feet to receive it Dribble a ball at different speeds and change direction Within the rules, steal a ball from another player, using feet Shoot the ball at a stationary object
Ball skills		Accurately throw a ball underarm with a bounce to another child Catch a ball from a bounce Return a ball with a bounce to another child Intercept a moving ball from the floor with 2 hands whilst they are moving towards it Perform a controlled roll from a moving position Bowl under arm towards a target	Hit a ball with hands accurately along the floor to another child Return a ball accurately hitting with hands along the floor (without stopping the ball) Accurately throw a ball overarm with a bounce to another child Intercept a moving ball from the floor with 1 hand whilst they are stationary Perform a stationary under arm throw with accuracy Strike a bouncing ball towards a target Bowl under arm with accuracy most of the time
Athletics		Demonstrate the difference between running, jogging and walking Jump for distance and height Throw different sized objects for distance and height Take turns quickly in a team race	Run demonstrating acceleration and deceleration Jump using arms and legs to give body swing Throw an object with accuracy Take turns swapping object in a team race

		Take part effectively in an athletics event	Compete (trying to win) in an athletics event
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What's next in PE?

These are the strands for KS2 Physical education

National Curriculum Subject Content						
KS2 Strands						
Gymnastics	Competitive Games	Athletics	Dance	Outdoor & Adventurous Activity	Swimming	Evaluate
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastic]	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	Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastic]	Perform dances using a range of movement patterns	Take part in outdoor and adventurous activity challenges both individually and within a team	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best