

The Synergy Schools Federation - Knowledge Progression for Physical Education

Games	Dance	Gymnastics	Athletics	Swimming	Life Skills	OAA
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	<u>Factual Knowledge</u> <i>“The basic elements students must know to be acquainted with a discipline or solve problems in it”</i>	<u>Conceptual Knowledge</u> <i>“The interrelationships among the basic elements within a larger structure that enable them to function together”</i>	<u>Procedural Knowledge</u> <i>“How to do something, methods of inquiry, and criteria for using skills, algorithms, techniques, and methods”</i>
EYFS	<p>I know how to walk using different body parts, in different directions with different levels and at different speeds.</p> <p>I know that I know how to move my body in a variety of ways.</p> <p>I know how to move a ball with control</p> <p>I know how to hit a ball with a racket/ bat.</p> <p>I know how to throw, catch and kick objects in different ways.</p> <p>I know how to perform simple dance moves.</p> <p>I know how to explore high, low, over and under.</p> <p>I know how to explore using apparatus.</p> <p>I know how to listen to other ideas.</p> <p>I know how to run as fast as I can.</p> <p>I know how to jump in different directions and with different speeds.</p> <p>I know how to jump for distance and height.</p> <p>I know how to explore hopping in different directions, speeds and levels.</p>	<p>I know how to walk following a route and listening to instructions.</p> <p>I know how to apply my understanding of walking into a game situation.</p> <p>I know how to move my feet to help catch, kick, hit or throw a ball.</p> <p>I know how to follow simple rules and take part in games.</p> <p>I know how to work with a partner to control a ball.</p> <p>I know how to choose the best movements to show my ideas.</p> <p>I know how to respond to words and music using my body and/or props.</p> <p>I know how to travel with control and coordination and copy and repeat basic sequences.</p> <p>I know how to take part in running/ jumping games.</p> <p>I know to keep trying when I find something difficult.</p> <p>I know how to take turns, share and follow the rules in PE.</p> <p>I know that that having fun, being kind to others and enjoying PE are the most important things.</p>	<p>I know how to dribble a ball using my hands and/or feet.</p> <p>I know how to explore specific movements such as creeping, tiptoeing and hiding.</p> <p>I know how to use good gymnastics technique (working silently, pointing fingers and toes and be still when making shapes).</p> <p>When throwing, I know to use underarm when aiming and overarm for distance.</p> <p>I know how to apply basic jumping technique.</p>

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Year 1	<p>I know how to travel in different ways showing clear transitions between movements.</p> <p>I know how to run on the balls of my feet, concentrating on coordination.</p> <p>I know how to explore static balancing and understand the concept of bases.</p> <p>I know how to perform balances using different parts of the body.</p> <p>I know how to hit a ball using a racket/bat or aim at an object with some success.</p> <p>I know how to throw, catch and kick a variety of balls in different ways.</p> <p>I know how to perform simple dance moves with control and coordination.</p> <p>I know how to explore the difference between moving and balancing in a wide, narrow and curled way.</p> <p>I know how to use good running techniques when sprinting (e.g. open hands, running on balls of feet).</p>	<p>I know how to combine coordination drills using upper and lower body movements.</p> <p>I know how to use my throwing, hitting and kicking skills during a game.</p> <p>I know how to decide where to stand to make the game difficult for the opposing team.</p> <p>I know how to follow rules in order to take part in games.</p> <p>I know how to perform a dance, linking 2+ actions together to make a sequence and communicate mood or feelings.</p> <p>I know how to transition between wide, narrow and curled movements.</p> <p>I know how to use more than one piece of apparatus at the same time to create movements and balances.</p> <p>I know how to use a run up to help jump/throw as far/high as I can.</p> <p>When something is difficult, I listen to feedback and try again.</p> <p>I take turns, share and follow the rules during team games.</p> <p>I know that it is nice to win sometimes but it is not the most important goal.</p>	<p>I know how to develop various techniques of controlling a ball (dribbling, changing direction)</p> <p>I know how to develop gestures, move in time and dance to beats of 4 and 8 with support.</p> <p>I know how to perform wide, narrow and curled movements using good gymnastics technique.</p>

<p style="text-align: center;">Year 2</p>	<p>I know how to travel in different directions with control and fluency. I know how to run on the balls of my feet, concentrating on coordination and speed. I know how to hit a ball using a racket/bat or aim at an object with increased accuracy and success. I know how to use my throwing, catching and kicking skills to pass, shoot and begin to bowl with some accuracy and success.</p> <p>I know how to perform simple dance moves with improved control and coordination.</p> <p>I know what flow is.</p> <p>I know how to practice and improve my sprint using good running techniques. I know how to explore running as part of a team (e.g. relay races)</p>	<p>I know how to combine coordination drills using upper and lower body movements with increased speed. I know how to maintain balance when changing direction. I know how to extend travelling in different ways to copying a partner and change speed and direction I know how to apply my understanding of static balances and bases when under pressure e.g. a game activity. I know how to follow the rules of a game but also think of good ideas to improve my/ my team's performance</p> <p>I know how to perform a dance, linking 3+ actions together to make a sequence and communicate mood or feelings.</p> <p>I know how to link movements and balances together, on the floor and on apparatus.</p> <p>I know how to take part in team running games</p> <p>When something is difficult, I think about trying it a different way and keep going. I take turns, share and follow the rules of a game both in PE and on the playground. I understand that winning is not the ultimate goal but trying my best and enjoying PE is.</p>	<p>When dribbling I know how to keep the ball close to my feet/ hands and in control</p> <p>I know how to dance to beats of 4 and 8 with improved timing. I know how to curtsey/bow and perform heel-toe steps.</p> <p>I know how to apply flow to my movements (moving form one action to another without stopping)</p> <p>I know how to select to use underarm/overarm throw, depending on the distance required and equipment.</p>
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Year 3	<p>I know how to use hand-eye coordination to keep control of an object. I know how to play a rally with a partner using a racket. I know how to strike and field a ball with control. I know how to bowl to an object/opponent with some accuracy. I know how to explore and develop different ways to pass, shoot and control the ball.</p> <p>I know how to explore and develop technical dance moves.</p> <p>I know what symmetry and asymmetry means</p> <p>I know how to complete running challenges for speed (60m) using appropriate technique I know how to complete running challenges for stamina (400m) using appropriate technique.</p>	<p>I know how to change my centre of balance to different parts of the body. I know how to use ABC techniques to keep control of a ball in a competitive situation. Following the rules of the game, I know how to reflect on what went well and what I could do better next time to improve my/ my team’s success.</p> <p>I know how to perform a dance and improvise with ideas, refining 2+ technical moves into a clear sequence to express a mood or feeling.</p> <p>I know how to execute balances and movements in both symmetrical and asymmetrical ways.</p> <p>I know how to take part in simple hurdle races/ activities. I know how to take part in relay races (4 x 60m).</p> <p>When something is difficult, I talk about it with my partner, and we try out our ideas. I play as part of a team, following the rules and encouraging my teammates. I understand the importance of being able to win and lose well.</p>	<p>When dribbling I know how to begin to use my body to shield the ball from opponents I know how to begin to develop overarm bowling technique. I know how to use the forehand stroke with some accuracy.</p> <p>I know how to follow a count and tempo while dancing. I know how to perform specific movements to convey a style of dance (e.g. African)</p> <p>I know how to use good gymnastics technique (moving in silence, extend fingers and toes, hold balances for at least four seconds)</p> <p>I know how to show consistent technique when performing a range of jumps e.g. long jump and speed bounce. I know how to demonstrate a range of throwing techniques, including overarm, underarm and push from my chest (medicine ball).</p>

Year 4	<p>I know how to practise coordination and moving with others. I know how to strike and field a ball with improved accuracy. I know how to bowl to an object/opponent with improved accuracy.</p> <p>I know how to use technical dance moves with improved confidence.</p> <p>I know what a bridge balance is.</p> <p>I know how to improve my running for speed (60m) using appropriate technique I know how to improve my running for stamina (400m) using appropriate technique and apply tactics.</p> <p>I know how to orient a map.</p>	<p>I know how to demonstrate agility by being able to twist, turn and change direction in a game. I know how to decide tactically on the best position to be in for a game. Following the rules of the game, I know how to choose appropriate tactics to improve my team's defence/ attack I know how to play a rally with a partner in a game situation. I know how to explore and develop different ways to pass, shoot and control the ball in game situations.</p> <p>I know how to perform a dance and improvise with ideas, using 3+ technical moves into a clear sequence to express a mood or feeling.</p> <p>I know how to create sequences combining movements and bridge balances in pairs, applying flow and using creativity. I know how to observe and make improvements to my own and others performances.</p> <p>I know how to improve my hurdle technique. I know how to use tactics to help my relay team perform to the best of their ability.</p> <p>I know how to use a map to find locations of a familiar site. I know how to take part in outdoor adventure activities.</p> <p>When something is difficult, I talk about it with my team, and we try a different way. I play well as part of a team. I encourage my teammates, even in defeat. I understand the importance of being able to win and lose well and can demonstrate this when reminded.</p>	<p>When dribbling I know how to improve the use of my less dominant foot/ hand. I know how to use the forehand stroke with improved accuracy I know how to begin to use the back hand stroke I know how to overarm bowl with improved accuracy.</p> <p>I know how to keep count and tempo while dancing. I know how to pivot. I know how to perform specific dance moves such as the Charleston, Chasse and Strut step.</p> <p>I know how to create a bridge balance with a partner using different levels and different connection points.</p> <p>I know how to show consistent technique when performing a range of jumps e.g. long jump, triple jump and speed bounce. I know how to demonstrate a range of throwing techniques, including overarm, underarm and push from my chest (medicine ball) and neck/head (shot put).</p>
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Year 5	<p>I know how to use hand-eye coordination to pass and receive a ball successfully.</p> <p>I know how to use the forehand stroke to hit a ball over the net.</p> <p>I know how to strike a bowled ball into space.</p> <p>I know how to field a ball and throw with improved accuracy.</p> <p>I know how to bowl to an opponent accurately.</p> <p>I know how to pass, shoot and control the ball with accuracy.</p> <p>I know how to perform technical dance moves with expression and control.</p> <p>I know what counter balance and counter tension means and the difference between them.</p> <p>I know how to include a change of speed in my movements.</p> <p>I know how to complete running challenges for speed (80m) using appropriate technique</p> <p>I know how to complete running challenges for stamina (600m) using appropriate technique.</p>	<p>I know how to apply the key skills I have developed to help my team’s performance in both attack and defence within a game situation.</p> <p>I know how to create and compose my own dance, adapting technical moves into a sequence (4+ movements) and perform it expressively with control.</p> <p>I know how to create a sequence by accurately combining movements and balances with flow and accurate timings within the counter balance and counter tension theme.</p> <p>I know how to take part in hurdle races (80m) and apply good technique.</p> <p>I know how to take part in relay races (4 x 100m) and apply good technique.</p> <p>I know how to use a map to find locations of an unfamiliar site.</p> <p>I know how to help problem solve to overcome challenges within outdoor adventure activities.</p> <p>I am able to adapt when something is not working well and try a new strategy. I do not give up easily and show good resilience.</p> <p>I show good leadership by playing fairly, encouraging others, and helping those who might be struggling. I do not shout at my team if they make a mistake.</p> <p>I understand that being a humble winner and a good sport in defeat are important life skills that develop through PE.</p>	<p>I know how to begin to bowl a ball using overarm technique (e.g. ‘figure of 6’).</p> <p>I know how to attempt to use the back spin stroke.</p> <p>I know how to play a volley.</p> <p>I know how to control a ball with both feet and shield it (where appropriate) from defenders.</p> <p>I know how to perform specific technical dance moves in our chosen theme. E.g. Lotus, Prayer, Back Point Step and Heel Step (Bollywood).</p> <p>I know how to create and execute counter balances and counter tension balances with a partner using a variety of levels and connection points.</p> <p>I know how to use good gymnastics technique (fluidity in movements, use of canon and/ or unison)</p> <p>I know how to show good technique and fluency of movement when performing long jump and speed bounce.</p> <p>I know how to show accuracy and good technique when throwing javelin, cricket ball and shot.</p> <p>I know how to improve my technique of exchanging the baton in a relay race.</p>

<p style="text-align: center;">Year 6</p>	<p>I know how to pass and carry a ball using balance and coordination I know how to use the forehand and backhand strokes to hit a ball over the net. I know how to strike a bowled ball (into space) in a variety of different ways. I know how to bowl to an opponent, making it hard for them to strike the ball. I know how to pass, shoot and control the ball with accuracy and speed (where appropriate).</p> <p>I know how to perform technical dance moves with improved expression and control.</p> <p>I know what matching movements mean (pupils perform exactly the same movements at the same time). I know what mirroring means (pupils perform their movements creating a mirror image of each other).</p> <p>I know how to improve my running for speed (80m) using appropriate technique I know how to improve my running for stamina (600m) using appropriate technique and apply tactics.</p> <p>I know how to swim competently, confidently and proficiently over a distance of at least 25 metres.</p>	<p>I know how to field a ball and throw accurately to help my team in a game situation. I know how to change and/or adapt tactics within the game to help improve my team's performance in attack and defence.</p> <p>I know how to create and compose my own dance, adapting technical moves into a sequence (5+ movements) and perform it expressively with control.</p> <p>I know how to create a sequence of movements, bringing together a combination of both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.</p> <p>I know how to improve my hurdle technique (80m). I know how to use tactics to help my relay team perform to the best of their ability (4 x 100m).</p> <p>I know how to perform safe self-rescue in different water-based situations.</p> <p>I know how to use a map to find locations of an unfamiliar and urban site and apply my knowledge of keeping safe.</p> <p>I am able to adapt when something is not working well for my team and provide feedback to try a new strategy or tactic. I encourage my team to keep trying and set a good example. I show good leadership by playing fairly, encouraging others and helping those who might be struggling. I do not shout at my team if they make a mistake. If I feel the game is unfair I will try and make positive changes. I am able to independently demonstrate both humility in victory and good sportsmanship in defeat. I reflect positively on the things we did well rather than anything that didn't go well.</p>	<p>I know how to begin to use the back spin stroke I know how to attempt a top spin stroke. I know how to play a volley with accuracy I know how to overarm bowl (e.g. 'figure of 6') with improved accuracy I know how to control a ball with both feet and shield it using different techniques (e.g. a roll back, Cruyff turn)</p> <p>I know how to perform specific technical dance moves in our chosen theme. E.g. swagger, pose, side step, side step with arm movements, lean, heel dig (street dance).</p> <p>I know how to perform with accurate timings and fluidity.</p> <p>I know how to show good technique and fluency of movement when performing long & triple jump and speed bounce. I know how to show accuracy and good technique when throwing javelin, cricket ball, discus and shot. I know how to show good baton exchange technique as part of a relay team</p> <p>I know how to use a range of strokes effectively (e.g. front crawl, backstroke, breaststroke)</p>
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