



Wentworth Primary School  
Key Skills & Knowledge Progression Map  
'Striving for Excellence'

Physical Education (PE)

EYFS- Taught through EYFS Progression of Knowledge and Skills

|   | Foundation | Year 1   | Year 2   | Year 3  | Year 4  | Year 5   | Year 6   |
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| <u>Fundamental Skills of Movement and Fitness</u> |            | <u>Fundamentals</u><br>Change direction when moving at speed<br>Recognise changes in body when exercising<br>Run at different speeds<br>Select own actions to a task<br>Show hop and jump movements<br>Work co-operatively with others<br>Show balance and co-ordination when static and moving<br><br><u>Fitness</u><br>Recognise changes when exercising<br>Share ideas with others<br>Recognise changes in body when exercising<br>Try best in challenges | <u>Fundamentals</u><br>Begin to provide feedback using key words<br>Begin to jump and turn a skipping rope<br>Describe how body feels during exercise<br>Show balance when changing direction<br>Show hop, skip and jump movements with some balance and control<br>Work co-operatively with a partner and a small group<br>Show balance and co-ordination at different speeds | <u>Fundamentals</u><br>Jump and turn a skipping rope<br>Change direction<br>Identify success<br>Link hopping and jumping<br>Demonstrate balance<br>Understand how body moves at different speeds<br>Recognise importance of warm up | <u>Fitness</u><br>Collect and record scores<br>Use key pints to improve sprinting techniques<br>Share ideas and work with others<br>Show balance when changing direction at speed<br>Show control when improving balance<br>Show determination<br>Understand different areas of fitness | <u>Fitness</u><br>Analyse performance<br>Work with others to manage activities<br>Demonstrate good balance and control when performing<br>Show accuracy and power when throwing for distance<br>Understand different areas of fitness<br>Understand maximum effort and use determination | <u>Bikeability</u><br>Learn to cycle<br>Gain independence, social skills and wellbeing<br><br><u>Fitness</u><br>Change running techniques to adapt to distances<br>Collect, record and analyse scores to identify improvements<br>Work collaboratively to organise, manage and record information<br>Encourage and motivate others<br>Understand different areas of fitness<br>Work towards challenges |

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|                   |  | Recognise importance of warm up  |  |  |   |   |   |
| <u>Dance</u>      |  | <u>Dance</u><br>Begin to use counts<br>Remember, copy and repeat actions<br>Move confidently and safely<br>Use parts of the body in isolation and together<br>Give feedback to others<br>Use a sense of expressive qualities | <u>Dance</u><br>Begin to use feedback using key words<br>Describe how my body feels<br>Show a character and idea through chosen dynamics<br>Use counts to the music<br>Use mirroring and unison<br>Perform with confidence | <u>Dance</u><br>Watch others perform with respect<br>Provide feedback with keywords<br>Repeat, remember and perform a dance phrase<br>Use counts in time with a partner and group<br>Use dynamic and expressive qualities<br>Work with a partner and in small groups<br>Create short dance phrases | <u>Dance</u><br>Choose actions and dynamics to convey a character/ idea<br>Copy and set choreography<br>Provide feedback using appropriate language<br>Use changes in timing and spacing<br>Use counts to keep in time with others and music<br>Use simple movement patterns to structure dances (independently and in a group)<br>Show others respect when performing and working as a group | <u>Dance</u><br>Accurately copy and repeat set choreography<br>Confidently perform different styles of dance using timing<br>Lead short warm-up routines<br>Refine the way I use actions, dynamics, relationships and space<br>Suggests improvements using key terminology<br>Use counts to stay in time with others and the music<br>Use feedback to improve my work | <u>Dance</u><br>Choreograph a dance and work safely using props<br>Lead a small group through a short warm-up routine<br>Perform with confidence, fluency, accuracy and good timing<br>Refine actions, dynamics and relationships to represent ideas, emotions, feelings and characters<br>Use appropriate language to evaluate and refine<br>Use feedback to improve my work<br>Work creatively and imaginatively on my own, partners and in a group |
| <u>Gymnastics</u> |  | <u>Gymnastics</u><br>Link simple actions to create a sequence<br>Move body: tense, stretch, relax and curl<br>Recognise changes in body<br>Remember and repeat actions and shapes  | <u>Gymnastics</u><br>Plan and repeat simple sequences of actions<br>Use directions and levels for interest<br>Plan and repeat simple sequences<br>Use shapes when performing   | <u>Gymnastics</u><br>Adapt sequences to suit different apparatus<br>Choose actions that flow well<br>Complete actions with increasing balance and control<br>Provide feedback using key words  | <u>Gymnastics</u><br>Explain what happens when I exercise and how my body is healthy<br>Plan and perform sequences with a partner, changing level and shape<br>Provide feedback using appropriate language  | <u>Gymnastics</u><br>Create and perform sequences using apparatus individually and with a partner<br>Lead a partner through short warm-up routines<br>Use canon and synchronisation, matching and   | <u>Gymnastics</u><br>Combine and perform actions, shapes, balances with control and fluency<br>Create and perform sequences with compositional devices to improve quality<br>Lead small group warm up routines  |

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|                              |  | <p>Give feedback to others</p> <p>Confident to perform in front of others</p> <p>Perform confidently in front of others</p>   | <p>Work safely with others and apparatus</p> <p>Use key words to provide feedback</p> <p>Perform in front of others</p>   | <p>Use matching and contrasting actions in a partner sequence</p> <p>Use my own ideas for movements</p> <p>Recognise how to improve performances, with support</p> | <p>Safely perform balances individually and with a partner</p> <p>Watch, describe and suggest improvements to others' and my own performance</p> <p>Understand how body tension can improve quality and control of movements</p> | <p>mirroring with a partner and a group</p> <p>Use feedback to improve my work</p> <p>Use set criteria to make simple judgements and suggest improvements</p> <p>Use strength and flexibility to improve quality of performance</p> <p>Work safely when learning a new skill to ensure safety</p>   | <p>Use appropriate language to evaluate and refine my own and others' work</p> <p>Work collaboratively with others to create a sequence</p> <p>Work safely</p> <p>Understand and use counter balance and counter tension with a partner</p>   |
| <u>Yoga and Mindfulness</u>  |  | <p><u>Yoga</u></p> <p>Recognise yoga's impact physically and mentally</p> <p>Remember, repeat actions linking them together</p> <p>Comment on others' flow</p> <p>Show awareness of space when travelling</p> <p>Work with others to create poses</p> | <p><u>Yoga</u></p> <p>Begin to provide feedback using key words</p> <p>Copy, remember and repeat yoga flows</p> <p>Describe how my body feels during exercise</p> <p>Move between poses using breath</p> <p>Use clear shapes when performing</p> <p>Work with others to create controlled, simple flows</p> |  |  | <p><u>Yoga</u></p> <p>Lead others through poses and flows</p> <p>Create a yoga flow individually and with others</p> <p>Move with control between poses demonstrating good balance</p> <p>Provide feedback using key words</p> <p>Improve my work</p> <p>Use my breath to move between poses</p> <p>Show balance, strength and flexibility whilst holding poses</p> | <p><u>Yoga</u></p> <p>Confidently lead others, demonstrating poses and teaching my flow</p> <p>Use feedback to improve quality of work</p> <p>Use my breath to transition between poses</p> <p>Improve flexibility, strength and balance</p> <p>Link poses</p> <p>Recognise my and others' strengths and development areas</p> <p>Understand different areas of fitness</p> |
| <u>Games and Ball Skills</u> |  | <p><u>Ball Skills</u></p> <p>Begin to catch with two hands</p> <p>Begin to dribble a ball with hands and feet</p>   | <p><u>Sending and Receiving</u></p> <p>Begin to provide feedback</p> <p>Begin to trap and cushion balls</p>   | <p><u>Invasion Games: Netball</u></p> <p>Begin to use simple tactics</p> <p>Learn rules and begin to use them honestly</p>   | <p><u>Invasion Games: Handball</u></p> <p>Self-manage with team-mates and officiate a match applying basic rules</p>   | <p><u>Invasion Games: Netball</u></p> <p>Communicate with my team and move into a space to keep possession/ score</p>   | <p><u>Invasion Games: Rounders</u></p> <p>Strike a bowled ball with increased consistency</p> <p>Use wide skills with control under pressure</p>  |

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|  |  | <p>Begin to understand simple tactics<br/> Roll and throw with some accuracy to a target<br/> Share successes<br/> Track a ball<br/> Work collaboratively</p> <p><u>Invasion Games</u><br/> Begin to dribble a ball with hands and feet<br/> Change direction to move from a defender<br/> Recognise space<br/> Send and receive a ball with hands and feet<br/> Use simple rules fairly<br/> Move to stay when defending<br/> Recognise changes in body when exercising<br/> Understand defending and attacking</p> | <p>Throw and kick accurately to a partner<br/> Catch a ball with and without balance<br/> Roll ball to a target<br/> Track and stop ball using hand and feet<br/> Work collaboratively<br/> Work safely when using equipment</p> <p><u>Invasion Games</u><br/> Describe changes in body when exercising<br/> Dodge and find space<br/> Move with a ball towards a goal<br/> Dribble a ball with hands and feet sometimes<br/> Score and remember points<br/> Know team members<br/> Attempt to send the ball</p> <p><u>Target Games</u><br/> Select appropriate skill<br/> Throw, roll or strike a ball<br/> Work collaboratively<br/> Understand principles of a target game<br/> Use different scoring systems<br/> Understand good technique using key words in feedback</p> | <p>Communicate with team mates<br/> Defend opponents to win the ball<br/> Pass, receive and shoot the ball<br/> Provide feedback<br/> Understand role as an attacker and a defender<br/> Work collaboratively with a group to self-manage games</p> <p><u>Dribbling, Agility Attacking, Defending, Aiming and Shooting</u><br/> Begin to use simple tactics<br/> Learn rules and use these fairly<br/> Dribble, pass and receive ball, shooting with control<br/> Find space<br/> Provide feedback using key words<br/> Track an opponent<br/> Understand role as an attacker and defender<br/> Work collaboratively</p> <p><u>Tennis</u><br/> Learn rules and begin to use fairly<br/> Provide feedback using key words<br/> Return ball to a partner</p> | <p>Delay and prevent the opponents from scoring<br/> Move to a space<br/> Provide feedback using key vocabulary<br/> Throw, catch and shoot with increasing control<br/> Use simple tactics to gain possession<br/> Understand rules of game and use them honestly</p> <p><u>Tennis</u><br/> Communicate with team mates applying tactics<br/> Explain how body changes with exercise<br/> Provide feedback using key vocabulary<br/> Return to position and defend court<br/> Play a continuous game<br/> Use basic racket skills<br/> Share ideas and work with others to manage game</p> <p><u>Netball</u><br/> Defend and know when to win the ball<br/> Explain changes and importance of exercise<br/> Move to space to keep possession and score<br/> Pass, receive and shoot the ball with increasing control</p> | <p>Identify successes and areas to develop<br/> Pass, receive and shoot with some control<br/> Respond under pressure<br/> Know what positions mean<br/> Understand varying skills/ tactics and apply in different situations<br/> Understand and use rules honestly</p> <p><u>Football</u><br/> Communicate with team mates using space to keep possession/ score<br/> Dribble, pass, receive and shoot with some control under pressure<br/> Identify success and areas to develop<br/> Make decisions<br/> Use tracking and intercepting when in defence<br/> Understand and apply tactics<br/> Use rules fairly</p> <p><u>Basketball</u><br/> Communicate with team mates using space to keep possession/ score<br/> Dribble, pass, receive and shoot with some control under pressure</p> | <p>Use rules fairly and consistently<br/> Work collaboratively with team mates and others<br/> Recognise strengths and suggest improvements<br/> Apply tactics of batter, bowler and fielder</p> <p><u>Football</u><br/> Create and use space<br/> Dribble, pass, receive and shoot with control under pressure<br/> Select appropriate action and make quick decisions<br/> Use marking, tackling and or interception to defend<br/> Use rules consistently with honesty<br/> Work collaboratively<br/> Recognise strengths and suggest improvements</p> <p><u>Netball</u><br/> Create and use space<br/> Pass, receive and shoot using control when under pressure<br/> Use marking and interception to improve defence<br/> Use rules with consistent honesty<br/> Make quick decisions accurately</p> |
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|  |  |  | <p><u>Striking and Fielding Games</u><br/>         Begin to provide feedback using key words<br/>         Develop underarm and overarm<br/>         Hit a ball using equipment with some consistency<br/>         Track a ball and collect it<br/>         Use simple tactics<br/>         Know how to score<br/>         Understand rules of the game<br/>         Use rules fairly</p> | <p>Use basic racket skills<br/>         Understand the aim<br/>         Understand the benefits of exercise<br/>         Work collaboratively to self-manage games<br/>         Understand the rules honestly</p> | <p>Provide feedback using key words<br/>         Use simple tactics to help score and gain possession<br/>         Share ideas and work with others<br/>         Understand the rules and use them honestly</p> <p><u>Hockey</u><br/>         Delay an opponent and help prevent others from scoring<br/>         Dribble, pass, receive and shoot the ball with increasing control<br/>         Move to space to help keep possession and score<br/>         Provide feedback using key words<br/>         Use simple tactics to help score and possession<br/>         Share ideas and work collaboratively to self-manage games<br/>         Understand rules of the game and use these honestly</p> <p><u>Football</u><br/>         Delay opponent and prevent scoring<br/>         Dribble, pass, receive and shoot with increasing control<br/>         Provide feedback using key words</p> | <p>Identify success and areas to develop<br/>         Use tracking and intercepting in defence<br/>         Understand and use tactics effectively<br/>         Understand and apply the rules with honesty<br/>         Apply different skills for different situations</p> <p><u>Tennis</u><br/>         Develop wider skills and use under pressure<br/>         Identify successes and areas to develop<br/>         Use feedback to improve work<br/>         Work collaboratively<br/>         Use tactics in different situations<br/>         Apply rules of the game honestly most of the time<br/>         Understand and apply skills in different situations</p> <p><u>Cricket</u><br/>         Develop wider fielding skills and use some under pressure<br/>         Identify successes and areas to develop<br/>         Strike a bowled ball with increasing consistency<br/>         Work collaboratively<br/>         Understand need for tactics<br/>         Apply rules honestly</p> | <p>Work collaboratively<br/>         Recognise strength and suggest improvements</p> <p><u>Basketball</u><br/>         Create and use space<br/>         Pass, receive and shoot using control when under pressure<br/>         Use marking and interception to improve defence<br/>         Use rules with consistent honesty<br/>         Make quick decisions accurately<br/>         Work collaboratively<br/>         Recognise strength and suggest improvements<br/>         Use different styles of defence in game situations</p> <p><u>Rugby</u><br/>         Create and use space<br/>         Pass and receive the ball using control when under pressure<br/>         Tag opponents individually and with others<br/>         Use rules with consistent honesty<br/>         Make quick decisions accurately<br/>         Work collaboratively<br/>         Recognise strength and suggest improvements</p> |
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|                  |  |  |   |   | <p>Use simple tactics to help score<br/>Work collaboratively<br/>Understand rules and use honestly</p> <p><u>Cricket</u><br/>Bowl with some accuracy<br/>Learn rules of the game and begin to use these honestly<br/>Communicate with teammates<br/>Persevere with new skills<br/>Provide feedback using key terminology<br/>Strike a bowled ball after a bounce<br/>Use overarm and underarm throwing and catching with increasing accuracy<br/>Work collaboratively</p> | Use different skills in different situations  |   |
| <u>Athletics</u> |  |  | <p><u>Athletics</u><br/>Describe how body feels during exercise<br/>Identify good technique<br/>Jump and land with control<br/>Use overarm throws for distance<br/>Work with others, taking turns and sharing ideas<br/>Show balance and co-ordination when running at different speeds</p> | <p><u>Athletics</u><br/>Develop jumping for distance<br/>Identify successes<br/>Take part in relay effectively<br/>Throw a variety of objects, changing for accuracy and distance<br/>Use different take offs and landings<br/>Use key points to improve sprinting technique<br/>Work with a partner and in a small group</p> | <p><u>Athletics</u><br/>Demonstrate difference in sprinting and jogging techniques<br/>Explain importance of warm ups<br/>Identify successes and next steps<br/>Jump for distance with balance and control<br/>Throw with accuracy and power to a target<br/>Show determination to improve</p>  | <p><u>Athletics</u><br/>Choose best pace for a running event<br/>Identify good athletic performance<br/>Perform a range of jumps showing some technique<br/>Show control at take-off and landing<br/>Take on the role of coach, official and timer when working<br/>Use feedback to improve sprinting</p> | <p><u>Athletics</u><br/>Compete using fair-play, honesty and rules<br/>Help others to improve their technique<br/>Identify own strengths and others' strengths suggesting ways to improve<br/>Perform jumps for distance using good technique<br/>Select and apply best pace when running</p> |

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|                                  |  |  |   | Be determined to achieve a personal best  | Support and encourage others  | Use perseverance to achieve my personal best<br>Show accuracy and power when throwing for distance  | Show accuracy and good technique when throwing<br>Understand different types of fitness<br>Use strategies and perseverance to achieve personal bests   |
| <u>Swimming and Water Safety</u> |  | Know a pool rule<br>Float on my front and back<br>Move and submerge confidently in water<br>Swim over 10m with a buoyancy aid<br>Know and demonstrate what to do if fall into water    | Begin to use arms and legs together to move<br>Float and glide on my front and back<br>Roll from my front to back<br>Swim 10m unaided<br>Know pool rules and explain importance | Swim competently, confidently and proficiently over at least 25m<br>Use a range of strokes effectively (front crawl, back stroke and breaststroke)<br>Perform safe self-rescue                    | Swim competently, confidently and proficiently over at least 25m<br>Use a range of strokes effectively (front crawl, back stroke and breaststroke)<br>Perform safe self-rescue  | Swim competently, confidently and proficiently over at least 25m<br>Use a range of strokes effectively (front crawl, back stroke and breaststroke)<br>Perform safe self-rescue              | Swim competently, confidently and proficiently over at least 25m<br>Use a range of strokes effectively (front crawl, back stroke and breaststroke)<br>Perform safe self-rescue   |
| <u>Team Building</u>             |  | <u>Team Building</u><br>Communicate simple instructions<br>Follow instructions<br>Follow path and lead others<br>Listen to others<br>Suggest ideas<br>Understand the rules of the game | <u>Team Building</u><br>Follow instructions carefully<br>Work collaboratively with a partner<br>Show honesty<br>Understand how to use, follow and create a simple map           | <u>Orienteering</u><br>Develop map reading skills<br>Follow and give instructions<br>Listen to others<br>Plan and attempt strategies<br>Reflect on success and challenges<br>Work collaboratively | <u>Orienteering</u><br>Follow and give instructions accurately<br>Confidently communicate ideas and listen to others<br>Identify key symbols and use around a grid<br>Plan and apply strategies<br>Reflect on problem solving<br>Work collaboratively | <u>Orienteering</u><br>Share job roles and support group<br>Orientate the map effectively to navigate<br>Use critical thinking<br>Work effectively with a group to agree on a team strategy | <u>Orienteering</u><br>Be inclusive, share job roles and lead as needed<br>Orientate the map confidently and effectively to navigate<br>Use critical thinking to solve challenges<br>Work effectively with a group<br>Reflect and alter methods to improve with increased accuracy |
| <u>Key Vocabulary</u>            |  | Balance, stillness, shapes, travel, levels, direction, control, sequence, stretch, posture, breathing, focus, strength,  | Balance, control, coordination, agility, strength, flexibility, posture, stretch, breathing, focus, stillness, travel, roll,  | Control, accuracy, power, direction, speed, coordination, balance, fluency, technique, timing, footwork, tracking,  | Control, accuracy, power, technique, coordination, balance, agility, speed, stamina, endurance, footwork, timing,   | Control, precision, fluency, coordination, balance, flexibility, strength, power, endurance, stamina, speed, agility,   | Technique, control, precision, coordination, balance, agility, speed, stamina, endurance, power, strength,   |

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|  |  | <p>relaxation, rhythm, beat, turn, jump, expression, active, energy, stamina, speed, agility, coordination, warm-up, cool-down, roll, throw, catch, bounce, aim, target, grip, accuracy, space, pass, receive, teamwork, attack, defend, cooperate, share, listen, communicate, problem-solve, trust, float, kick, paddle, bubbles, confidence, safety</p> | <p>jump, turn, shapes, sequence, rhythm, beat, expression, pattern, throw, catch, bounce, aim, target, accuracy, pass, receive, space, marking, dodging, attacking, defending, teamwork, cooperation, communication, trust, problem-solving, speed, stamina, sprint, jog, relay, jump, distance, strike, hit, field, stop, retrieve, float, kick, breathing, stroke, glide</p> | <p>interception, space, marking, evasion, dribble, pass, receive, strike, send, aim, shoot, rally, serve, return, grip, stance, agility, sprint, pace, distance, endurance, jump, throw, flight, rotation, extension, sequence, transition, rhythm, expression, formation, teamwork, communication, strategy, map, route, navigate, orientate, checkpoint, float, kick, breath, stroke, glide</p> | <p>tracking, interception, marking, space, movement, evasion, pass, receive, dribble, shield, tackle, shoot, strike, serve, rally, return, grip, stance, follow-through, sprint, pace, distance, jump, throw, flight, rotation, extension, sequence, transition, flexibility, strength, conditioning, effort, improvement, teamwork, communication, strategy, tactics, navigate, orientate, route, checkpoint, map-reading, float, breath, stroke, glide</p> | <p>technique, timing, extension, rotation, sequence, transition, expression, rhythm, formation, posture, breathing, focus, alignment, flow, conditioning, resilience, evaluation, improvement, strategy, tactics, communication, teamwork, positioning, marking, interception, movement, support, possession, dribble, pass, receive, shoot, strike, serve, rally, return, grip, stance, follow-through, sprint, pace, distance, jump, throw, flight, fielding, retrieve, bowl, navigate, orientate, route, checkpoint, map-reading, float, breath, stroke, glide</p> | <p>resilience, consistency, accuracy, fluency, timing, decision-making, tactics, strategy, positioning, movement, support, marking, interception, possession, dribble, pass, receive, tackle, shield, shoot, strike, serve, return, rally, footwork, spacing, transition, formation, communication, leadership, teamwork, evaluation, improvement, sprint, pace, distance, jump, throw, flight, rotation, extension, flexibility, conditioning, safety, survival, float, breath, stroke, glide, rescue, hazard, signalling, helmet, braking, steering, route, navigate, orientate, checkpoint, map-reading, choreography, rhythm, expression, sequence</p> |
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