beyond the physical

Masterful Mover

Progression of learning

Know what...

By the end of EYFS...

Know what different ways of moving their bodies are, such as running, jumping, and crawling.

Know what it means to move their bodies with agility, balance, and coordination.

Know what different ways of moving their bodies are, such as running, jumping, and crawling.

Know what movements I can make in different activities.

Know what basic fundamental movements can be used to explore space.

Know what basic object control movements are.

By the end of KS1...

Know what fundamentals of movement we are developing:

Locomotion:
Leaping, climbing, bounding, jumping, running, rolling, skipping, hopping and walking

Object Control:
Bouncing, kicking, pushing, pulling, striking, dribbling, trapping, collecting, carrying, throwing and catching

Stability:
Landing, bracing, turning, stretching, rotation, twisting, flexing, tucking, bending and extending

Know what the definitions of agility, balance and coordination are.

Know what a controlled roll is and how to retrieve a rolling object using successful techniques.

Know what basic dance actions are, such as jumps, turns, and gestures.

Know what the basic techniques for jumping and creating shapes with their bodies are.

By the end of LKS2...

Know what the definitions of agility, balance and coordination are and to explain what sporting activities they can be applied to.

Know what effective body positioning and technique look like when reacting to, rolling, and retrieving a ball.

Know what accurate aiming and controlled movement are when performing tasks that involve hitting or reaching a target.

Know what skills are required to effectively strike, react and rally in a game.

Know what the key characteristics of dribbling are and how they can be applied to a range of activities.

Know what the purpose is of changing speed and direction within a game.

Know what the advantages of participating in physical activity are.

Know what different dance actions and techniques are used in individual and paired performances.

Know what the key fundamental movement skills required for competitive invasion-based activities are.

Know what basic skills are required to attack as a team within invasion games.

Know what different types of jumps and shapes are, including basic positions like tuck, pike, and straddle.

Know what effective balance feels like when performing balances.

By the end of UKS2...

Know what symmetrical and asymmetrical body positions are and how to achieve and maintain balance in these positions.

Know what the key principles of an invasion game are.

Know what physical techniques are necessary for accurate aiming, powerful striking, and efficient retrieving in various game situations.

Know what fundamental movement and tactical skills are needed for invasion games, including dodging, marking, and positioning.

Know what the fundamental techniques are needed for success within net/wall-based activities including striking with hands and equipment.

Know what fundamentals of movement can be developed through team activities.

Know what the key components of speed, distance, and strength are in relation to athletics-based events.

Know what fundamental dance techniques are, including posture, alignment, and movement quality.

Know what fundamental skills are used to defend in invasion games.

Know what physical skills are required for success within outdoor adventure activities.

beyond the physical

Masterful Mover

Progression of learning

Know how...

By the end of EYFS...

Know how to use their bodies to move, stay steady on their feet, and control their movements during games.

Know how to use movements to play and explore in different environments, like moving through an obstacle course or playing in an open space.

Know how to move quickly and safely around people and obstacles.

Know how to perform movements safely and effectively, using their body to navigate different physical challenges.

Know how to use movements to explore their environment and evade people or obstacles.

Know how to use their hands, feet and equipment to control objects.

By the end of KS1...

Know how to perform basic movements and exercises that improve agility, balance, and coordination.

Know how to react quickly to a rolling ball, using good body positioning to roll it with accuracy and retrieve it efficiently.

Know how to perform a range of throwing and catching techniques

Know how to dribble in a range of sporting activities.

Know how to play games with maximum effort to allow me to achieve the best I can.

Know how to use a range of throwing and catching skills in different activities.

Know how to use running and turning skills within a game.

Know how to perform actions in a simple dance routine.

Know how to perform the necessary physical skills to compete effectively.

Know how to perform jumps and create various body shapes combining their movements smoothly.

By the end of LKS2...

Know how to use a range of throwing skills in different activities.

Know how to perform a range of exercises and activities that improve agility, balance, and coordination.

Know how to apply a range of throwing and catching skills in different activities.

Know how to perform a controlled roll and retrieve the ball with precision, adjusting their technique based on the distance and speed of the roll.

Know how to apply skills by adjusting their body position, force, and technique to consistently hit a target or control an object with precision.

Know how to strike, react and rally with a range of equipment and techniques.

Know how to perform dribbling and control techniques using hands, feet, and equipment.

Know how to apply changes in speed and direction to avoid a defender.

Know how to use team games and activities to develop my personal fitness.

Know how to perform actions independently and in a pair which link to a specific theme.

Know how to apply fundamental movement skills effectively to compete both with and against others.

Know how to execute accurate passes, find strategic positions to be in, and maintain control and patience under pressure.

Know how to perform various jumps and create different shapes with their bodies, demonstrating proper technique and control.

Know how to create symmetrical shapes and how to travel between balances.

By the end of UKS2...

Know how to perform a series of controlled movements that transition smoothly between symmetrical and asymmetrical balances while travelling across the floor or apparatus.

Know how to effectively pass and move in invasion games to create scoring opportunities.

Know how to execute appropriate body positioning, grip, and movements to effectively aim, strike, and retrieve during a striking and fielding game.

Know how to execute movement skills with precision and control, using agility, coordination, and spatial awareness.

Know how to execute these techniques effectively, using proper form and coordination.

Know how to track an object to catch, strike or collect effectively.

Know how to participate in activities with a consistent effort, ensuring they do not dominate others, and can take turns with peers.

Know how to perform with and improve different techniques to maximise performance within athletics-based events.

Know how to apply techniques effectively in their dance routines, ensuring their movements are controlled, precise, and expressive.

Know how to execute skills effectively to prevent opponents from scoring.

beyond the physical

Skilful Solver

Progression of learning

Know what...

By the end of EYFS...

Know what focusing and following instructions mean to improve their movement skills.

Know what key features of a game are; such as having rules, a space to play in and using equipment.

Know what challenges they may face while playing a game with others.

Know what problem-solving and spatial awareness involve when navigating space in different ways.

Know what simple strategies are for navigating space and avoiding obstacles during play.

Know what it means to set goals and challenges to try to achieve.

By the end of KS1...

Know what activities require good agility, balance and coordination.

Know what to look for when anticipating the movement of a rolling ball, understanding the direction and speed it will take.

Know what types of throw and catch can be used in different activities.

Know what dribbling techniques can applied to a range of sporting activities.

Know what rules and strategies apply to sending and receiving games.

Know what it means to play fairly in different games.

Know what an effective space is within a game.

Know what actions and movements can be used to match a theme.

Know what rules and scoring systems can be applied to a game.

Know what jumping and shape actions can be created and performed well to match a theme.

By the end of LKS2...

Know what type of throw to select for accuracy, power and distance.

Know what agility, balance and coordination skills are needed in a range of situations.

Know what type of throwing and catching to apply in different situations.

Know what strategies can be used to retrieve a ball efficiently in different scenarios and how to adjust their movements accordingly.

Know what strategies and tactics are for effective target-based activities, such as understanding angles, timing, and coordination.

Know what techniques to use in a range of striking and rallying activities.

Know what strategies and techniques can be used to effectively dribble and control the ball or equipment while avoiding defenders or obstacles.

Know what strategies to use to avoid a defender.

Know what fair play is and when to identify when rules are not being followed.

Know what the process of creating a dance involves and that movement can express a theme or emotion.

Know what strategies and tactics are needed to compete successfully with and against others.

Know what attacking strategies can be applied to simple invasion games.

Know what the principles of body positioning, extension and control are, and how they affect performance.

By the end of UKS2...

Know what the principles of balance are, including centre of gravity and base of support, and how these influence stability.

Know what strategies and tactics are effective for scoring goals/points in invasion games.

Know what factors influence successful aiming, striking, and retrieving in different gameplay scenarios.

Know what the key strategies and rules of invasion games are, including attacking and defending tactics.

Know what strategies and rules are essential for success in net/wall games, including positioning, timing, and shot selection.

Know what factors influence the movement of an object such as force and speed.

Know what the importance of rules are and how these contribute to fair play.

Know what parts of their form or technique can impact performance.

Know what the key elements of pair and group choreography are.

Know what strategies and tactics can be utilised for defensive play in invasion games.

Know what problem-solving strategies and critical thinking skills are necessary for overcoming challenges.

beyond the physical

Skilful Solver

Progression of learning

Know how...

By the end of EYFS...

Know how to listen carefully to instructions and remember what to do to move in the right way during activities.

Know how to take part in activities fairly, following rules and instructions.

Know how to solve simple problems, both independently and with others.

Know how to make decisions about the placement of my hands and feet when crawling and climbing.

Know how to navigate through space, making decisions about which way to move to avoid people or obstacles.

Know how to choose tasks or equipment which could add challenge to an activity.

By the end of KS1...

Know how to improve their skills within agility, balance and coordination activities.

Know how to think ahead and plan their actions to successfully roll the ball to a target and retrieve it by considering distance and speed.

Know how to adjust their throwing and catching techniques depending on the equipment they use.

Know how to use dribbling skills to avoid obstacles and defenders.

Know how to decide the best way to send or return a ball in different situations.

Know how to make changes to the type of throw used dependent on the activity and equipment.

Know how to decide the best way to send or return a ball in different situations.

Know how to play fairly and take turns in games.

Know how movement skills can be used to find effective space.

Know how to link actions together to make a dance flow smoothly.

Know how to apply problem-solving skills when playing competitively.

Know how to link a series of jumps or shape actions to create small sequences of movement.

By the end of LKS2...

Know how to make changes to the type of throw I use dependent on the activity and equipment.

Know how to transfer the skills they have learnt in isolation to games-based activities.

Know how to decide which techniques work best for me and why.

Know how to analyse the situation and choose the best approach to retrieve the ball, thinking ahead to plan their movements and actions.

Know how to decide which techniques work best for me and why.

Know how to plan their actions, combining different skills and techniques to achieve success in target-based games.

Know how to anticipate and react quickly to a moving ball during a game.

Know how to select the appropriate techniques depending on the activity.

Know how to apply effective strategies to avoid a defender within a game.

Know how to implement characteristics of fair play in game situations.

Know how to use their and others' bodies to perform actions and movements linked to a theme or emotion.

Know how to think strategically during competitive activities, using tactics to outwit opponents.

Know how to apply strategies to make smart decisions during gameplay, such as when to pass and where to move.

Know how to plan and sequence movements to create a routine that incorporates jumps and shapes.

Know how to analyse their own performance in order to improve.

By the end of UKS2...

Know how to analyse and refine their techniques by applying these principles to improve their performance in creating and maintaining balanced positions during movement sequences.

Know how to analyse team performance in order to improve.

Know how to apply strategic thinking when deciding where to aim, when to strike, and how to retrieve based on the game's context.

Know how to apply strategies effectively, making quick decisions and adjusting tactics based on the dynamics of the game.

Know how to apply strategies in game situations, making quick decisions to outmanoeuvre opponents and win games.

Know how to move efficiently to be able to catch or intercept an object.

Know how follow basic rules and strategies that promote fair play and participation.

Know how to analyse movements and make adjustments to improve their performance.

Know how to use elements creatively to develop a cohesive and engaging dance piece that reflects a given theme or inspiration.

Know how to implement key strategies, analysing game situations to make informed decisions that benefit their team.

Know how to use these strategies to analyse situations, plan their approach, and solve problems efficiently.

beyond the physical

Confident Connector

Progression of learning

Know what...

By the end of EYFS...

Know what it feels like to try new movements and keep practicing, even when it's a little tricky.

Know what to say and do to help others enjoy activities in PE.

Know what they can do to cooperate with others in different activities.

I know what they and other people may feel like when trying new or difficult activities.

Know what it feels like to participate in group activities, sharing space and working with others.

Know what sharing, taking turns, and cooperating with others in physical activities are.

By the end of KS1...

Know what the benefits of developing agility, balance, and coordination are and how these skills contribute to their success in various sports and daily activities.

Know what it feels like to participate confidently and stay focused while in a game or activity.

Know what the importance of being able to throw and catch is and how this can be used in cooperative games.

Know what the importance of resilience is when trying new skills.

Know what the importance of helping others is.

Know what the role of patience and persistence is when learning new skills in sending and receiving.

Know what characteristics make a good friend and team-mate.

Know what the characteristics of a simple invasion game are.

Know what I can do to support others in performing at their best.

Know what values contribute to healthy competition.

Know what ways they can cooperate with others to enjoy shared success.

By the end of LKS2...

Know what the importance of collaboration is.

Know what it feels like to stay motivated and persistent, even when the tasks are difficult or require repeated attempts.

Know what the importance of resilience is to allow them to achieve their personal best.

Know what the importance of sharing thoughts and feelings is.

Know what the importance of perseverance is when practising target-based activities.

Know what attitudes and behaviours are important to be successful in striking and rallying games.

Know what strategies can be used to adapt activities to ensure a suitable level of challenge.

Know what being ambitious looks like within our activities.

Know what fair play looks like and model these behaviours.

Know what it means to work collaboratively to create and perform a dance.

Know what the importance is of sportsmanship and handling both winning and losing gracefully.

Know what characteristics are needed within a team to be successful within games.

Know what it means to self and peer assess and look for improvements in creative performance.

Know what it means to display a positive attitude when working with others.

By the end of UKS2...

Know what it means to approach gymnastics with focus and determination, recognizing the importance of perseverance and concentration in achieving complex movements.

Know what it means to be an effective team-mate in a game.

Know what the impact of teamwork, communication, and sportsmanship is on personal and team performance during striking and fielding activities.

Know what I need to demonstrate to be a confident and competent team member within invasion games.

Know what is required to create and compete in fair competitions against others in a range of activities.

Know what the role of confidence is when tracking and catching objects.

Know what emotional responses and social interactions contribute to a positive and supportive environment.

Know what the importance of setting personal goals, staying motivated, and supporting peers in achieving their targets is.

Know what it means to perform with expression, conveying a narrative or emotion through dance.

Know what effective communication can be used to support others within games.

Know what constitutes effective communication, collaboration and leadership.

beyond the physical

Confident Connector

Progression of learning

Know how...

By the end of EYFS...

Know how to stay positive and keep trying, encouraging themselves and their friends during activities.

Know how to play and explore with classmates, sharing ideas and helping others during activities.

Know how to show kindness and cooperation, sharing objects with others and taking turns.

I know how to express my ideas and feelings and those of other people.

Know how to express their feelings and encourage peers, showing cooperation, and enjoyment during activities.

Know how to encourage their friends, share equipment, and take turns during activities.

By the end of KS1...

Know how to demonstrate perseverance when faced with challenging agility, balance, and coordination tasks.

Know how to manage their emotions, staying positive and encouraging others, even if they make a mistake during the activity.

Know how to collaborate with others, offering constructive feedback and encouraging a positive, supportive environment.

Know how to share my ideas and thoughts with others in my class.

Know how to share ideas to adapt the games we play.

Know how to work cooperatively with others when sending, receiving, and returning an object.

Know how to express their feelings about fairness in a respectful way.

Know how to set up and play a simple invasion game.

Know how to share and perform different ideas to create a simple dance routine.

Know how to manage emotions during both winning and losing scenarios.

Know how to encourage and motivate themselves and their peers to achieve success.

By the end of LKS2...

Know how to share ideas to help others improve.

Know how to encourage themselves and their peers to show resilience and a positive attitude throughout the activity.

Know how to model resilience to help others achieve their personal best.

Know how to explain their thinking to others.

Know how to encourage themselves and their peers, maintaining focus even when tasks are challenging or require multiple attempts to succeed.

Know how to maintain focus and attention during a range of games.

Know how to maintain focus, confidence, and sportsmanship while practicing and applying dribbling and control skills in individual and group activities.

Know how to adapt games to provide suitable levels of challenge.

Know how to respond to setbacks and decisions I may not agree with.

Know how to inspire and support their peers throughout the creative and performance process.

Know how to demonstrate good sportsmanship by showing respect to opponents and maintaining a positive attitude.

Know how to show positive behaviours through being patient with themselves and others.

Know how to express themselves creatively through their movements and show perseverance in refining their skills.

Know how to demonstrate supportive behaviour including giving and receiving feedback on performances.

By the end of UKS2...

Know how to stay motivated and maintain a positive mindset, encouraging themselves and their peers through challenging tasks, such as mastering difficult balances or transitions.

Know how to work effectively as part of a team to achieve common goals.

Know how to maintain focus, motivation, and a positive attitude when aiming, striking, and retrieving, especially in challenging situations.

Know how to communicate, cooperate and show a determination to succeed for others within team games.

Know how to compete fairly and respectfully against others using a range of agreed upon scoring systems.

Know how to effectively set up my own working space to provide an adequate level of challenge.

Know how to manage their emotions and interactions to support fair play, sharing, and courage in accepting challenges.

Know how to encourage themselves and others, showing resilience and a positive attitude to achieving personal bests.

Know how to channel their emotions to enhance the overall performance experience and connect with the audience.

Know how to support others within games through different forms of communication.

Know how to collaborate with and lead others effectively and efficiently in problem solving challenges.