



PE Progression: Substantive Knowledge

Substantive Concepts	EYFS	Y1	Y2	Y3	Y4	Y5	Y6	KS3
Movement Skills	<p>Jumping</p> <ul style="list-style-type: none"> * explore jumping in a variety of ways * learn to jump efficiently * explore jumping for distance * explore jumping for height * explore hopping in a variety of ways; in different directions, at different speeds and different levels 	<p>Running</p> <ul style="list-style-type: none"> * Explore running * Apply running in games * Explore running at different speeds * Explore running in a team * Consolidate running: Apply running into a competitive game <p>Jumping</p> <ul style="list-style-type: none"> * Recap jumping * Developing jumping * Explore how jumping affects our bodies * Explore skipping * Apply skipping and jumping in games * Apply/use jumping & skipping in a Level 1 competition 	<p>Dodging</p> <ul style="list-style-type: none"> • Explore dodging • Develop dodging • Apply dodging: Explore attacking and defending • Apply dodging in teams <p>Jumping</p> <ul style="list-style-type: none"> • Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations • Develop jumping combinations 					<p>This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.</p> <p>Pupils will develop the ability to:</p> <ul style="list-style-type: none"> • Outwit an opponent • Problem solving, challenges, making and applying decisions • Develop physical and mental capacity • Make informed choices about healthy, active lifestyles • Develop skills/performance and replication of skills, Evaluate and improve.
Invasion Games	<p>Ball Skills: Feet 1</p> <ul style="list-style-type: none"> * Explore & develop dribbling using our feet to move with a ball * learn the meaning of the word control 	<p>Ball Skills Feet 1</p> <ul style="list-style-type: none"> * Recap moving with a ball using our feet * Develop moving the ball using the feet 	<p>Ball Skills Feet</p> <ul style="list-style-type: none"> • Explore moving with a ball using our feet • Develop moving with a ball using our feet 	<p>Game Sense (Invasion)</p> <ul style="list-style-type: none"> • Introduce passing and receiving • Introduce passing and creating space 	<p>Game Sense (Invasion)</p> <ul style="list-style-type: none"> • Develop passing and creating space • Combine passing, moving and shooting 	<p>Game Sense (Invasion)</p> <ul style="list-style-type: none"> • Consolidate dribbling and passing to maintain possession to create scoring 	<p>Game Sense (Invasion)</p> <ul style="list-style-type: none"> • Consolidate attacking: Possession scenarios 	

	<p>* learn why it is important to keep the ball close to them</p> <p>* develop their technique of dribbling the ball</p> <p>* develop pupils' kicking & dribbling</p> <p>Ball Skills: Hands 1</p> <p>* explore different ways of using hands to move with a ball</p> <p>* explore different ways of pushing a ball</p> <p>* explore different ways of rolling a ball</p> <p>* explore different ways of bouncing a ball</p> <p>* Explore bouncing into space</p> <p>* explore different ways of rolling and pushing a ball</p> <p>* Combine rolling, pushing and bouncing</p> <p>Games for Understanding</p> <p>* to understand why it is important to take turns when playing a game</p> <p>* to understand why we need to keep the score during a game</p>	<p>* Apply dribbling with partners, in small groups and in games</p> <p>* Consolidate dribbling individually & in games</p> <p>* Explore kicking (passing)</p> <p>* Apply kicking (passing) to score in modified games</p> <p>Ball Skills: Hands 1</p> <p>* develop bouncing (dribbling)</p> <p>* begin to understand why we need to keep the ball away from a defender</p> <p>* explore different ways of sending (passing) a ball</p> <p>* to learn & understand why we need to be accurate when sending/passing a ball</p> <p>* to learn why and how we aim when sending a ball</p> <p>* explore power & speed when sending a ball</p> <p>* explore different ways of stopping a ball with our hands</p> <p>* to combine sending & receiving skills</p> <p>* begin to learn the importance of</p>	<ul style="list-style-type: none"> • Understand dribbling • Develop dribbling against an opponent <p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> • Develop dribbling/ passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/passing and receiving to score a point • Combine dribbling, passing and receiving to score a point <p>Games For Understanding</p> <ul style="list-style-type: none"> • Attacking /defending as a team • Understanding the transition between defence and attack • Create and apply attacking/ defensive tactics 	<ul style="list-style-type: none"> • Introduce scoring and the concept of shooting <p>Football</p> <ul style="list-style-type: none"> • develop dribbling keeping control • Introduce passing and receiving • Combine dribbling & passing to create space • Develop passing, receiving & dribbling <p>Tag Rugby</p> <ul style="list-style-type: none"> • Introduce moving with the ball, passing & receiving • Introduce tagging • Create space when attacking • Develop passing & moving • Combine passing/moving to create attacking opportunities <p>Basketball</p> <ul style="list-style-type: none"> • Introduce dribbling; • Introduce passing & receiving • Combine dribbling & passing to create space • Develop passing, receiving & dribbling • Introduce shooting 	<ul style="list-style-type: none"> • Introduce dribbling: Keeping control • Introduce defending and the concept of marking <p>Handball</p> <ul style="list-style-type: none"> • Develop/ Refine passing and receiving • Develop passing and creating space • Develop passing, moving and shooting • Combine passing and shooting • Introduce defending <p>Basketball</p> <ul style="list-style-type: none"> • Refine dribbling • Refine passing and receiving • Refine passing and dribbling creating space • Refine passing and dribbling creating shooting opportunities • Introduce marking <p>Hockey</p> <ul style="list-style-type: none"> • Develop/ Refine dribbling and passing • Combine passing and dribbling to create shooting opportunities 	<p>opportunities</p> <ul style="list-style-type: none"> • Refine attacking skills • Refine defensive skills: Transition from defence to attack <p>Handball</p> <ul style="list-style-type: none"> • Consolidate passing and receiving • Explore the function of other passes • Develop defending • Develop passing and creating space, introduce officiating • Refine shooting <p>Tag Rugby</p> <ul style="list-style-type: none"> • Refine passing and moving to create attacking opportunities • Explore different passes that can be used to outwit defenders • Refine defending as a team • Create and apply defending tactics. Develop officiating <p>Hockey</p> <ul style="list-style-type: none"> • Develop defending; blocking and tackling 	<ul style="list-style-type: none"> • Consolidate defending: Defensive scenarios • Application of 'powers' into game play to challenge tactical thinking <p>Tag Rugby</p> <ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations • Consolidate attacking and defending in min games <p>Basketball</p> <ul style="list-style-type: none"> • Consolidate keeping possession and officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations 	
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	<ul style="list-style-type: none"> * to understand why we need to follow the rules during a game * explore different ways of avoiding a defender * explore the principle of evasion * explore the role of a defender * combine the above to play games 	<p>keeping possession of the ball</p> <p>Ball Skills: Hands 2</p> <ul style="list-style-type: none"> * to learn the throwing underarm technique * develop accuracy when throwing underarm * explore different ways of stopping a ball using our hands * develop sending (rolling) skills to score a point in games <p>Games for Understanding</p> <ul style="list-style-type: none"> * to understand the basic principles of attack * to apply simple attacking principles into a game situation * to understand the basic principles of defence * to apply simple defending principles in games 		<p>Dodgeball</p> <ul style="list-style-type: none"> • Developing changing direction • Introduce throwing with accuracy • Introduce catching • Develop moving, changing direction at speed 	<ul style="list-style-type: none"> • Develop passing and dribbling to create space for attacking opportunities • Introduce defending; blocking and tackling <p>Tag Rugby</p> <ul style="list-style-type: none"> • Develop passing, moving and creating space • Apply learning in games • Develop / Refine defending in game situations • Combine passing and moving to create an attack and score 	<ul style="list-style-type: none"> • Refine dribbling/passing to create attacking opportunities • Refine attacking skills, passing dribbling and shooting • Refine defending skills developing transition from defence to attack <p>Quidditch</p> <ul style="list-style-type: none"> • Develop the role of the Beater (defender) • Develop the role of the Chaser (attacker) • Refine dodging • Introduce the role of the Keeper 	<p>Dodgeball</p> <ul style="list-style-type: none"> • Consolidate understanding attacking and defending tactics • Transition between attack and defence • Applying the rules: Officiating games • Managing tactics and officiate games <p>Quidditch</p> <ul style="list-style-type: none"> • Refine the role of the Chaser • Refine the role of the Beater • Refine shooting • Refine the role of the Keeper • Introduce the Snitch and the Seekers 	
Dance	<p>Nursery Rhymes</p> <ul style="list-style-type: none"> • Moving in sequence • Creating our own movements • Creating simple movement sequences • Responding in movement to words and music 	<p>Starry Skies (Twinkl)</p> <ul style="list-style-type: none"> * perform dances using simple movement patterns * dance with an object * use my body and an object to express an idea * move in different ways 	<p>Plants (Twinkl)</p> <ul style="list-style-type: none"> *To perform dances using simple movement patterns * create and perform a dance motif inspired by a stimulus * To develop balance and co-ordination 	<p>Extreme Earth (Twinkl)</p> <ul style="list-style-type: none"> *To perform dances using a range of movement patterns. * improvise and create movements with a partner * create and perform 	<p>Cats</p> <ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting Relationships and interlinking 	<p>Greeks</p> <ul style="list-style-type: none"> • Exploring the Greeks using compositional principles • Extending sequences with a partner using compositional principles 	<p>Carnival</p> <ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a 	

	<ul style="list-style-type: none"> • Exploring contrasting tempos • Exploring character movements 	<ul style="list-style-type: none"> * to make different shapes * dance in different formations <p>The Zoo</p> <ul style="list-style-type: none"> * to respond to stimulus using a range of different, controlled movements * to show expression * to control and coordinate bodies to perform movements * add movements together * to respond to rhythm using a range of controlled movements * to control and coordinate their bodies to perform a motif * perform a sequence with a partner * create and perform a motif 	<p>Toys (Twinkl)</p> <ul style="list-style-type: none"> * To perform dances using simple movement patterns * change the speed, weight and size of my movements * dance in different formations * move in response to stimuli * move to a rhythm * dance a duet * synchronise movement 	<p>imaginative movements to fit with different stimuli</p> <ul style="list-style-type: none"> * develop new actions whilst working in a small group * work with a partner to create and perform a dance to show feelings and emotions * to link actions to create a dance montage <p>Wild Animals</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing character dance into a motif • Develop sequences with a partner in character that show relationships • Extending sequences with a partner in character 	<p>dance moves</p>	<ul style="list-style-type: none"> • Creating movement using improvisation where movement is reactive 	<p>different culture</p> <ul style="list-style-type: none"> • Chorographical elements including still imagery 	
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<p>Gymnastics</p>	<p>High, Over, Under, Over</p> <ul style="list-style-type: none"> • Introduction to high, low, over and under • Introduction to the apparatus • Applying high and low on apparatus 	<p>Wide, Narrow, Curled</p> <p>1. Create 'Wide', 'Narrow' and 'Curled' balances (shapes) on the floor & on apparatus, using a variety of body parts.</p> <p>2. Create 'Wide', 'Narrow' and 'Curled' movements on the floor & on apparatus, using a variety of body parts.</p> <p>Body Parts Explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus.</p> <p>Always Apply Champion Gymnast standards</p>	<p>Linking</p> <ul style="list-style-type: none"> • Developing linking • Linking on apparatus • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance <p>Pathways</p> <ul style="list-style-type: none"> • Explore/develop zigzag pathways/on apparatus • Explore/develop curved pathways/on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance <p>Always Apply Champion Gymnast standards</p>	<p>Symmetry and Asymmetry</p> <ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion 	<p>Bridges</p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<p>Counter Balance & Counter Tension</p> <ul style="list-style-type: none"> • Introduction to Counter Balance • Application of Counter Balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion 	<p>Matching and Mirroring</p> <ul style="list-style-type: none"> • Introduction to matching / mirroring • Application of matching / mirroring learning onto apparatus • Sequence development 	
<p>OAA</p>		<p>Team Building</p> <ul style="list-style-type: none"> * Introducing teamwork * Introducing the idea of building trust * Exploring & developing communication & cooperation 	<p>Team Building</p> <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust, cooperation * developing communication • Explore simple strategies • Problem solving: 	<p>Tactics & Communication</p> <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team 		<p>Tactics & Communication</p> <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and 	<p>Leadership</p> <ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space , Task, Equipment and People 	

			<p>Consolidate teamwork</p> <ul style="list-style-type: none"> • Create defending and attacking tactics as a team <p>Problem Solving</p> <ul style="list-style-type: none"> * explore what makes an effective team * explore the importance of communication in teams * to look at what makes an effective team with the focus on collaboration and communication 			<p>attacking tactics as a team</p> <p>Problem Solving</p> <ul style="list-style-type: none"> • Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges 		
Health Related Exercise			<p>Health & Wellbeing</p> <ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: Explore balancing on apparatus • Introduce and explore coordination through dribbling and kicking 			<p>Health Related Exercise</p> <ul style="list-style-type: none"> • Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness 	<p>Health Related Exercise</p> <ul style="list-style-type: none"> • Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness 	
Net/wall games	<p>Rackets, Bats and Balls</p> <ul style="list-style-type: none"> * Explore pushing (dribbling) a ball with a racket * Explore hitting and develop pushing a ball (with a racket) towards a target * Explore hitting a ball (with a racket) * Explore power and accuracy 	<p>Rackets, Bats and Balls</p> <ul style="list-style-type: none"> • Develop pushing (dribbling) a ball with a racket: Introducing control • Explore hitting and develop pushing a ball (with a racket) towards a target • Explore hitting a ball (with a racket) with accuracy and power 	<p>Rackets, Bats and Balls</p> <ul style="list-style-type: none"> • Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent • Introduce hitting (sending/striking) a ball into a space: Where and why? • Striking the ball (with a bat) into space with intent 	<p>Tennis</p> <ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game • Introduce the forehand 	<p>Tennis</p> <ul style="list-style-type: none"> • Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game situations • Applying the forehand and backhand creating space to win a point 	<p>Tennis</p> <ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve • Doubles, understanding and applying tactics to win a point 	<p>Tennis</p> <ul style="list-style-type: none"> • Game application • Game application, mixed ability doubles, round robin games 	

Strike/field games					Cricket <ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping & returning the ball • Develop retrieving & returning the ball • Striking the ball at different angles and speeds 	Cricket <ul style="list-style-type: none"> • Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring 	Cricket <ul style="list-style-type: none"> • Consolidate batting, fielding and bowling • Create, understand and apply attacking and defensive tactics in game 	
Athletics				Athletics <ul style="list-style-type: none"> • Explore running for speed • Explore acceleration • develop relays: Running for speed in a team • Throwing: accuracy v distance • Standing Long Jump 	Athletics <ul style="list-style-type: none"> • Develop running at speed • Exploring stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump 	Athletics <ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introduce hurdles 	Athletics <ul style="list-style-type: none"> • Running for speed competition • Running for distance competition • Throwing competition • Jumping competition • Evaluate & assess performance 	
Swimming				Swimming <ul style="list-style-type: none"> * Perform safe self-rescue in different water based situations * Swim competently, confidently and proficiently over a 	Swimming <ul style="list-style-type: none"> * Perform safe self-rescue in different water based situations * 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.	distance of at least 25 metres * Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.			
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