



PE Progression: Disciplinary Knowledge

Disciplinary Concepts	EYFS	Y1	Y2	Y3	Y4	Y5	Y6	KS3
Fundamental Movement Skills	<p>Jumping</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games 	<p>Running</p> <p>Jumping</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games 						<p>Disciplinary Knowledge (Skills) This is the action taken within a particular topic in order to gain substantive knowledge. Examples: Students to practise/rehearse skills in isolation in small groups</p> <ul style="list-style-type: none"> • Demonstrations by students of good practice • Students to perform in competitive situations • Students to evaluate each other's performance • Teacher led mini plenaries • Students to demonstrate application of rules • Students to perform in different roles: performer, official, coach
Invasion Games	<p>Ball Skills: Feet 1</p> <p>Ball Skills: Hands 1</p> <p>Games for Understanding</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations 	<p>Ball Skills: Feet 1</p> <p>Ball Skills: Hands 1</p> <p>Ball Skills: Hands 2</p> <p>Games for Understanding</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations 	<p>Invasion Games</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, 	<p>Invasion Games</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, 	<p>Invasion Games</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, 	<p>Invasion Games</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, 	<p>Invasion Games</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, 	

	<ul style="list-style-type: none"> * Questions in mini plenaries * Discussions with learning partners * Observe demonstrations * Practise & rehearse individually and/or collaboratively * Performing & evaluating 	<ul style="list-style-type: none"> * Questions in mini plenaries * Discussions with learning partners * Observe demonstrations * Practise & rehearse individually and/or collaboratively * Performing & evaluating 	<ul style="list-style-type: none"> * Questions in mini plenaries * Discussions with learning partners * Observe demonstrations * Practise & rehearse individually and/or collaboratively * Performing & evaluating 	<ul style="list-style-type: none"> * Questions in mini plenaries * Discussions with learning partners * Observe demonstrations * Practise & rehearse individually and/or collaboratively * Performing & evaluating 	<ul style="list-style-type: none"> * Questions in mini plenaries * Discussions with learning partners * Observe demonstrations * Practise & rehearse individually and/or collaboratively * Performing & evaluating 	<ul style="list-style-type: none"> * Questions in mini plenaries * Discussions with learning partners * Observe demonstrations * Practise & rehearse individually and/or collaboratively * Performing & evaluating 	<ul style="list-style-type: none"> * Questions in mini plenaries * Discussions with learning partners * Observe demonstrations * Practise & rehearse individually and/or collaboratively * Performing & evaluating 	
OAA		<p>Team Building</p> <ul style="list-style-type: none"> * Introduce & develop teamwork through tasks & games * explore & develop communication & cooperation through games, tasks & activities • Explore simple strategies for problem solving through tasks, games & activities 	<p>Team Building</p> <ul style="list-style-type: none"> * Develop & refine teamwork through tasks & games * develop & refine communication & cooperation through games, tasks & activities • develop & refine simple strategies for problem solving through tasks, games & activities 	<p>OAA</p> <ul style="list-style-type: none"> * Explore, develop and refine teamwork through tasks & games * Explore, develop & refine communication skills through tasks & games * collaborate with others in problem solving activities * discuss, evaluate and adapt tactics in tasks & games 	<p>OAA</p> <ul style="list-style-type: none"> * Explore, develop and refine teamwork through tasks & games * Explore, develop & refine communication skills through tasks & games * collaborate with others in problem solving activities * discuss, evaluate and adapt tactics in tasks & games 	<p>OAA</p> <ul style="list-style-type: none"> * Explore, develop and refine teamwork through tasks & games * Explore, develop & refine communication skills through tasks & games * collaborate with others in problem solving activities * discuss, evaluate and adapt tactics in tasks & games 	<p>OAA</p> <ul style="list-style-type: none"> * Explore, develop and refine teamwork through tasks & games * Explore, develop & refine communication skills through tasks & games * collaborate with others in problem solving activities * discuss, evaluate and adapt tactics in tasks & games 	
Health Related Exercise			<p>Health & Wellbeing</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, 			<p>Health Related Exercise</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through 	<p>Health Related Exercise</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through 	

			<p>conditioned and/or modified games</p> <ul style="list-style-type: none"> * Begin to solve problems in games * Begin to apply tactics * Evaluate/Assess 			<p>exploration, drills, conditioned and/or modified games</p> <ul style="list-style-type: none"> * Begin to solve problems in games * Begin to apply tactics * Evaluate/Assess 	<p>exploration, drills, conditioned and/or modified games</p> <ul style="list-style-type: none"> * Begin to solve problems in games * Begin to apply tactics * Evaluate/Assess 	
Net/wall games			<p>Net/Wall</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to apply tactics * Evaluate/Assess 	<p>Net/Wall</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess 	<p>Net/Wall</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ develop/refine/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess & provide feedback 	<p>Net/Wall</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ develop/refine/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess & provide feedback 	<p>Net/Wall</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations * Apply/ develop/refine/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess & provide feedback 	
Strike/field games			<p>Strike/Field</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations 	<p>Strike/Field</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations 	<p>Strike/Field</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations 	<p>Strike/Field</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations 	<p>Strike/Field</p> <ul style="list-style-type: none"> * Explore & experiment with movements & skills * Use of questions in mini plenaries. * Observe demonstrations 	

			<ul style="list-style-type: none"> * Apply/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to apply tactics * Evaluate/Assess 	<ul style="list-style-type: none"> * Apply/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess 	<ul style="list-style-type: none"> * Apply/ develop/refine/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess & provide feedback 	<ul style="list-style-type: none"> * Apply/ develop/refine/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess & provide feedback 	<ul style="list-style-type: none"> * Apply/ develop/refine/ practice /perform individually and/or collaboratively through exploration, drills, conditioned and/or modified games * Begin to solve problems in games * Begin to develop the application of tactics in games * Evaluate/Assess & provide feedback 	
Swimming				<p>Swimming</p> <ul style="list-style-type: none"> * Explore & experiment with movements & technique * Apply/ practice /perform individually and/or collaboratively through exploration & drills under instruction 	<p>Swimming</p> <ul style="list-style-type: none"> * Explore & experiment with movements & technique * Apply/ practice /perform individually and/or collaboratively through exploration & drills under instruction 			