

Progression of Knowledge and skills

	EYFS	Year 1 and 2	Year 3 and 4	Year 5	Year 6
	<p><u>Early Learning Goals</u></p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing. Move energetically such as running, jumping, hopping, skipping and climbing. 	<p><u>Curriculum Objectives</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances, using simple movement patterns 	<p><u>Curriculum Objectives</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performance with previous ones and demonstrate improvement to achieve their personal best 		
Games	<p>For instance:</p> <ul style="list-style-type: none"> Throw a variety of objects at a target Understand and follow basic rules to stay safe 	<p>For instance:</p> <ul style="list-style-type: none"> Have a basic understanding of the rules for a team game Work together to problem solve Adopt the “ready position” when throwing and catching 	<p>For instance:</p> <ul style="list-style-type: none"> Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy) Work well as a team in competitive games Apply basic principles of attacking and defending Develop an understanding of fair play (respect team -mates and opponents) 	<p>For instance:</p> <ul style="list-style-type: none"> Apply a variety of skills to a games setting whilst dealing with external factors e.g. passing the ball whilst running in tag rugby and being mindful of opponents Use the skills e.g. of throwing and catching to gain points in competitive games (fielding) Begin to use tactics when attacking or defending Follow the rules of fair play in competitive games 	<p>For instance:</p> <ul style="list-style-type: none"> Develop techniques of a variety of skills to maximise team effectiveness and carry these out whilst under pressure Use tactics when attacking and defending and evaluate their effectiveness to inform future decisions Follow the rules in a variety of team sports and apply them when refereeing
	<p>Key vocabulary: throw, catch, rule, safe</p>	<p>Key vocabulary: receive, attack, defend, target, ready position, aim, power, space, creative</p>	<p>Key vocabulary: Accuracy, evaluate, send, signal, tactics, opponent, dribble, agility, chest pass, shoulder pass, bounce pass, tackle</p>	<p>Key vocabulary: Barrier, striking, tactical, strategy, invasion, disguise, deceive, effectiveness, officiate, sportsmanship, external, maximise</p>	

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Dance	Compose	<p>For instance:</p> <ul style="list-style-type: none"> Copy some moves Explore different movements e.g. jump, spin, turn Move safely within space 	<p>For instance:</p> <ul style="list-style-type: none"> Develop control of movement using: <ul style="list-style-type: none"> Actions – travel, stretch, twist, turn, jump Space – forwards, backwards, sideways, high, low, safely showing an awareness of others Relationships – on own and with a partner by teaching each other Dynamics – slowly, quickly, with appropriate expression Use own ideas to sequence dance Sequence and remember a short dance 	<p>For instance:</p> <ul style="list-style-type: none"> Create dance phrases/dances to communicate an idea Develop movement using: <ul style="list-style-type: none"> Actions – travel, turn, jump and stillness Space – formation, direction and levels Relationships – whole group, duo, canon Dynamics- exploring speed and energy Structure a dance phrase, connecting different ideas, showing a clear beginning, middle and end 	<p>For instance:</p> <ul style="list-style-type: none"> Create longer, challenging dance phrases/dances Select appropriate movement material to express ideas/thoughts/feelings Develop movement using; <ul style="list-style-type: none"> Actions - travel, turn, gesture, jump and stillness Space - formation, direction, and level Relationships – solo, duo, trio, unison, canon and contrast Dynamics - explore speed, energy (e.g. heavy/light, flowing/sudden) Link phrases to music and explore different types of music Improvisation in response to music e.g. creating a movement without prior planning
	Perform		<p>For instance:</p> <ul style="list-style-type: none"> Move spontaneously showing some control and co-ordination Move with confidence when walking, hopping, jumping, landing Move with rhythm in the above actions Demonstrate good balance Move in time with music Co-ordinate arm and leg actions (e.g. march and clap) Interact with a partner (e.g. holding hands, swapping places, meeting and parting) 	<p>For instance:</p> <ul style="list-style-type: none"> Show co-ordination, control and strength (Technical Skills) -Show focus, projection and musicality (Expressive Skills) Demonstrate different dance actions – travel, turn, gesture, jump and stillness Demonstrate dynamic qualities – speed, energy and continuity Demonstrate use of space – levels, directions, pathways and body shape Demonstrate different relationships – mirroring, unison and canon 	<p>For instance:</p> <ul style="list-style-type: none"> Perform dance to an audience showing confidence and clarity of actions Show co-ordination, control, alignment, flow of energy and strength (Technical Skills) Show focus, projection, sense of style and musicality (Expressive Skills) Demonstrate a wide range of dance actions – travel, turn, gesture, jump and stillness Demonstrate dynamic qualities – speed, energy, continuity, rhythm Demonstrate use of space – levels, directions, pathways, size and body shape Demonstrate different relationships – mirroring, unison, canon, complementary and contrasting, body part to body part and physical contact
	Appreciate		<p>For instance:</p> <ul style="list-style-type: none"> Respond to own work and that of others when exploring ideas, feelings and preferences Recognise the changes in the body when dancing and how this can contribute to keeping healthy 	<p>For instance:</p> <ul style="list-style-type: none"> Show an awareness of different dance styles and traditions Understand why safety is important Compare and comment on their own and other’s work 	<p>For instance:</p> <ul style="list-style-type: none"> Show an awareness of different dance styles, traditions and aspects of their historical/social context Understand and use dance vocabulary Understand why safety is important Compare and evaluate their own and others’ work offering strengths and areas for improvement
	Vocabulary	<p>Key vocabulary: jump, spin, turn, space</p>	<p>Key vocabulary: compose, timing, routine, explore, rhythm, beat, perform, evaluate, slide, control, pattern</p>	<p>Key vocabulary: canon, robotic, transition, dynamic, mirror, mimic, unison, duo, co-ordinate, sequence</p>	<p>Key vocabulary: Complementary, contrasting, improvise, trio, alignment, combine, reaction, stillness, rotation, fluent, choreograph</p>

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Gymnastics	Travel	<p>For instance:</p> <ul style="list-style-type: none"> Begin to travel in different ways e.g. forwards and backwards, sideways Travel using monkey walk, bunny hop, hopping, skipping 	<p>For instance:</p> <ul style="list-style-type: none"> Begin to travel on hands and feet (hands flat on floor and fully extend arms) Caterpillar walk (hips raised so legs as well as arms can be fully extended. Keep hands still while walking feet towards hands, keep feet still while walking hands away from feet until in front support position) 	<p>For instance:</p> <ul style="list-style-type: none"> Use a variety of rolling actions to travel on the floor and along apparatus Travel with a partner; move away from and together on the floor and on apparatus Travel at different speeds e.g. move slowly into a balance, travel quickly before jumping 	<p>For instance:</p> <ul style="list-style-type: none"> Travel sideways in a bunny hop and develop into cartwheeling action keeping knees tucked in and by placing one hand then the other on the floor Increase the variety of pathways, levels and speeds at which you travel Travel in time with a partner, move away from and back to a partner
	Balance	<p>For instance:</p> <ul style="list-style-type: none"> Explore balancing on different body parts e.g. bottom, back, front, side 	<p>For instance:</p> <ul style="list-style-type: none"> Stand and sit "like a gymnast" Explore the 5 basic shapes: straight/tucked/star/straddle/pike Explore balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively) Develop balance by showing good tension in the core and tension and extension in the arms and legs, hands and feet 	<p>For instance:</p> <ul style="list-style-type: none"> Explore and develop use of upper body strength taking weight on hands and feet – front support (press up position) and back support (opposite) Explore balancing on combinations of 1/2/3/4 "points" e.g. 2 hands and 1 foot Explore balancing with a partner: facing, beside, behind and on different levels Move in and out of balance fluently 	<p>For instance:</p> <ul style="list-style-type: none"> Perform balances with control, showing good body tension Mirror and match partner's balance i.e. making same shape on a different level or in a different place Explore symmetrical and asymmetrical balances on own and with a partner Explore and develop control in taking some/all of a partner's weight using counter balance (pushing against) and counter tension (pulling away from) Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus Perform group balances at the beginning, middle or end of a sequence. Consider how to move in and out of these balances with fluency and control
	Jump	<p>For instance:</p> <ul style="list-style-type: none"> Jump with knees bent and land safely 	<p>For instance:</p> <ul style="list-style-type: none"> Explore shape in the air when jumping and landing with control (e.g. star shape, pencil jump and tuck jump) 	<p>For instance:</p> <ul style="list-style-type: none"> Explore leaping forward in stag jump, taking off from one foot and landing on the other Add a quarter or half turn/twisted shape into a jump before landing 	<p>For instance:</p> <ul style="list-style-type: none"> Make symmetrical and asymmetrical shapes in the air Jump along, over and off apparatus of varying height with control in the air and on landing.
	Sequence		<p>For instance:</p> <ul style="list-style-type: none"> Perform gymnastic sequence with a range of movements e.g. balance, a travelling action and a jump Teach sequence to a partner and perform together 	<p>For instance:</p> <ul style="list-style-type: none"> Perform a gymnastic sequence with clear changes of speed, 3 different balances with 3 different ways of travelling Work with a partner to create a sequence. 	<p>For instance:</p> <ul style="list-style-type: none"> Create a sequence of up to 8 elements: (e.g. a combination of asymmetrical shapes and balances and symmetrical rolling and jumping actions; changes of direction and level and show mirroring; and matching shapes and balances Create a longer more complex sequence of up to 10 elements e.g. a combination of counter balance/counter tension, twisting/turning, travelling on hands and feet, as well as jumping and rolling
	Vocabulary	<p>Key vocabulary:</p> <p>jump, travel, balance, forwards, backward, skip, hop</p>	<p>Key vocabulary:</p> <p>explore, perform, movement, confident, control, travel, support, landing</p>	<p>Key vocabulary:</p> <p>extended, sequence, take-off, present, precision, tuck jump, direction, communicate, rotate</p>	<p>Key vocabulary:</p> <p>Complex, combination, counter balance, counter tension, symmetrical, spring, accelerate, decelerate</p>

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Swimming	Content	Not taught in EYFS or KS1		All schools must provide swimming instruction in either KS1 or KS2. In particular, pupils should be taught to: <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations 	
	Vocabulary			Key vocabulary: back stroke, front crawl, breast stroke, rescue, treading water, float	
Outdoor and Adventurous Activities	Orientation	Not taught in EYFS or KS1		For instance: <ul style="list-style-type: none"> Orientate simple maps and plans Mark control points in correct position on map or plan Use simple maps and diagrams to follow a trail Find way back to a base point 	
	Communic	Not taught in EYFS or KS1		For instance: <ul style="list-style-type: none"> Co-operate and share roles within a group Listen to each other's ideas when planning a task and adapt -Take responsibility for a role within the group Recognise that some outdoor adventurous activities can be dangerous Follow rules to keep self and others safe 	
	Problem solving	Not taught in EYFS or KS1		For instance: <ul style="list-style-type: none"> Select appropriate equipment/route/people to solve a problem successfully Choose effective strategies and change ideas if not working 	
	Vocabulary			Key vocabulary: Problem solving, effective, co-operate, obstacles, key, direction, orienteering, compass, adapt, strategy, spatial awareness	