



Progression in PE

Physical Development		Strand:	Key Vocab	Key knowledge and skills
FS	Moving and Handling	A Unique Child (30 - 50 months)	moves, mounts, climbs, stand, catch, hold, copy	Moves freely and confidently in a range of different ways including walking, running, jumping, skipping, sliding and hopping.
	Moving and Handling	A Unique Child (40-60 months)	experiment, travel, control, handle, co-operate, safely, practise	Can show good control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space, Can handle equipment effectively.
FS	Health and Self Care	A Unique child (30-50 months)	activity, body, equipment	Can show an understanding of how their body feels when they do exercise.
	Health and Self Care	A Unique Child (40 - 60 months)	good health, exercise, hygiene,	Know the importance for good health of physical exercise and a healthy diet. Can talk about ways to keep healthy.



Phase	Cycle	Strand:	Key vocab	Key knowledge and skills
KS1	A	Dance	space, speed, direction, levels, expression, mood,	Perform a dance sequence
	B	Dance	space, speed, direction, levels, expression	Move appropriately in response to stimuli. Perform a sequence.
KS2	A	Dance	space, speed, direction, levels, expression, precision, composition, linking, repeat, canon, timing	Perform a dance sequence
	B	Dance	space, speed, direction, levels, expression, precision, composition, linking, repeat, canon, timing	Work cooperatively to perform a dance sequence
UKS2	A	Dance	Fluidity, continuous, tempo, interpretation, expression, timing, beat	Perform a narrative dance sequence as part of a group.
	B	Dance	Fluidity, continuous, tempo, interpretation, expression, timing, beat	Perform a narrative dance sequence as part of a group.



Phase	Cycle	Strand:	Key vocab	Key knowledge and skills
KS1	A	Gymnastics	Tension, balance, stillness, extension, link, roll, spin, travel, jump, range, confidence, quality, smooth, height, technique, speed, power	To use tension in a range of balances. Copy a complex sequence. Perform basic gymnastic movements.
	B	Gymnastics	Tension, spiky, stillness, balance, extension, roll, spin, turn, travel, jump, sequence, link, range, confidence, quality, smooth, posture, speed, level, purpose, direction, space, awareness, height, direction	Balance using a range of body parts and perform a sequence. Can copy a sequence. Show control when jumping in a variety of ways.
KS2	A	Gymnastics	slow, control, stillness tension,, slowly, counter-balance, counter-tension, precision, partnership, performance, fluidity, mirror, control, accuracy, smooth, support, teamwork, sequence, poise, power,	To create a sequence using a range of body shapes and actions with a partner. Can perform complex sequences with a partner. Perform spins and a variety of leaps in isolation.
	B	Gymnastics	Tension, stillness, creativity, unique, variety, range, safety, fluidity, rules, link, sequence, quality, performance, control, balance, posture, purpose, levels, direction, speed, power, elegance, unison, canon, mirroring	To use tension in balances and sequences. Adapt and perform a sequence. Perform gymnastic movements such as jumps, turns and balances in isolation.
UKS2	A	Gymnastics	control, accuracy, tension, flexibility, balance, stillness, link, fluidity, sequence, performance, practise, accuracy, speed, levels, posture, technique, flexibility, repetition, seamless, unison, canon, mirror, match	Show elements of tension and control when performing balances. can perform a sequence combining key aspects of gymnastics with control and poise. Show awareness of gymnastic principles.
	B	Gymnastics	control, accuracy, mirror, opposite, tension, support, steady, creativity, explore, invent, adapt, movement, flow, fluid, performance, precision, poise, elegance, height, power	Create and perform a sequence of balances with consistency. Can work collaboratively and evaluate a performance. Perform spins and a variety of leaps in isolation.



Phase	Cycle	Strand:	Key vocab	Key knowledge and skills
KS1	A	Games	technique, control, position	Hit a moving ball with control.
	B	Games	send, receive, control, power	Control an object coming towards them.
KS2	A	Games	control, technique, power, evade, marking, spacial awareness, attack, defend	Participate effectively in game situations. Play a varirty of shots.
	B	Games	control, technique, power, evade, marking, spacial awareness, attack, defend	Know the difference between attack and defence and be able to control a ball from a atationary position. Perofrm volley and forehand shots Throw and catch consistently and accurately.
UKS2	A	Games	control, technique, power, evade, marking, spacial awareness, attack, defend, agility, pressure, tactics, reactions	Participate fully in a variety of games. Perform a variety of shots with accuracy and control. Apply skills to game situations.
	B	Games	control, technique, power, evade, marking, spacial awareness, attack, defend, agility, pressure, tactics, reactions	Use principles of attack and defence and participate fully in game situations. Perform a variety of shots with accuracy and control. Use the corect technique when batting, bowling and fielding



Phase	Cycle	Strand:	Key vocab	Key knowledge and skills
KS1	A	Athletics	distance, height, power, stretch, straight speed, balance	Can jump, run and throw effectively.
	B	Athletics	distance, height, power, stretch, straight speed, balance	Know the basic principles of running, jumping and throwing.
KS2	A	Athletics	balance, strength, control, speed, posture,	Combine movements with fluency and use the correct technique when jumping and throwing
	B	Athletics	balance, strength, control, speed, posture,	Aware of basic technique in running, jumping and throwing
UKS2	A	Athletics	distance, balance, control, fluid, speed, endurance pace, energy,	Know and use the correct technique when running, jumping and throwing.
	B	Athletics	distance, balance, control, fluid, speed, endurance pace, energy,	Combine movements with fluency and use the correct technique when running, jumping and throwing

Phase	Cycle	Strand:	Key vocab	Key knowledge and skills
KS1	A			
	B			
KS2	A			
	B			
UKS2	A	OAA	teamwork, cooperation, communication, problem solving, leader, decision making, visualise, systematic	Work as part of a team to solve a problem.
	B	OAA	teamwork, cooperation, communication, problem solving, leader, decision making, visualise, systematic	Work as part of a team to solve a problem.

