

# BILSTON CHURCH OF ENGLAND PRIMARY

PE PROGRESSION OF KNOWLEDGE AND SKILLS



## **National Curriculum Objectives:**

### **Key Stage 1:**

Pupils develop their fundamental movement skills focusing on improving their balance, agility and coordination through individual tasks and while working with others. Children should be able to engage and co-operate with others while competing in challenging physical activities.

Pupil should be taught to:

- 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.

### **Key Stage 2:**

Pupils continue to develop their movement through a wider range of skills. Children will learn how to link skills in order to create a sequence of movements. They should compete, co-operate and communicate with others in competitive activities, while evaluating their own performances.

Pupil should be taught to:

- 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 performances with previous ones and demonstrate improvement to achieve their personal best.

### **Swimming and water safety:**

Key stage 2 children will attend termly swimming lessons developing their confidence in water.

Pupils should be taught to:

- 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]
- perform safe self-rescue in different water-based situations.

Dance will be taught to each class during a whole school dance festival.

	<b>Invasion Games</b>	<b>Gymnastics</b>	<b>Net/Wall Games</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
--	-----------------------	-------------------	-----------------------	------------------------------	------------------

<p><b>Key Stage 1</b></p>	<p>Pupils will be taught to:</p> <ul style="list-style-type: none"> <li>-Master individual fundamental skills that are necessary to play a variety of sports. (e.g. coordination, balance, agility, running, jumping, throwing and catching)</li> <li>-Travel, send and receive objects while working with others.</li> <li>-Work individually, in pairs and in small groups in preparation for the demands of Key Stage 2.</li> <li>-Reflect on their own learning using basic self-evaluation tools.</li> <li>-They will be introduced to vocabulary used in invasion games and begin to develop their knowledge of invasion games.</li> </ul>	<p>Pupils will be given the opportunity to:</p> <ul style="list-style-type: none"> <li>-Balance in a variety of ways using different body parts.</li> <li>-Explore movement and transition with control in a variety of ways and link more than one movement together in a sequence.</li> <li>-Use apparatus sensibly and safely.</li> <li>-Solve problems individually and in small groups.</li> </ul>	<p>Pupils will:</p> <ul style="list-style-type: none"> <li>-Explore rolling and stopping different types of balls.</li> <li>-Learn to throw overarm and underarm developing their accuracy over time.</li> <li>-Catch and send balls in game situations.</li> <li>-Apply skills to a game situation in order to score points (e.g. Aiming, sending and striking)</li> <li>-Develop their hand-eye coordination and self-reflection skills.</li> </ul>	<p>Pupils will have the opportunity to:</p> <ul style="list-style-type: none"> <li>-Explore rolling and stopping different types of balls.</li> <li>-Learn to throw overarm and underarm developing their accuracy over time.</li> <li>-Catch and send balls in game situations.</li> <li>-Apply skills to a game situation in order to score points (e.g. Aiming, sending and striking)</li> <li>-Develop their hand-eye coordination and self-reflection skills.</li> </ul>	<p>Pupils will be taught to:</p> <ul style="list-style-type: none"> <li>-Move in different ways (e.g. run, walk, jump) for a selected period of time.</li> <li>-Run at different speeds and understand how to change direction, safely avoiding others.</li> <li>-Develop jumping skills showing control when taking off and landing.</li> <li>- Learn to throw overarm and underarm developing their accuracy over time.</li> <li>-Use these skills in game situations</li> </ul>
---------------------------	--	---	---	---	--

<p><b>Lower Key Stage 2</b></p>	<p>-Pupils will build on the skills they have learned in Key Stage 1</p> <p>-Pupils will be introduced to passing, shooting and dribbling with equipment.</p> <p>- Pupils will combine these skills in order to create space for attacking chances.</p> <p>-Pupils will be introduced to defending space and marking opposition players.</p> <p>-Pupils will be introduced to tactical awareness in competitive games.</p> <p>-Pupils will develop their understanding of vocabulary linked to invasion games.</p>	<p>Pupils will be:</p> <p>-Introduced to symmetry and asymmetry.</p> <p>-Mirror a partner's balance.</p> <p>-Further develop their understanding of maintaining balances before moving on to different types of roll.</p> <p>-Introduced to different jumps, leaps and turns as well as how to land safely.</p> <p>-Performing sequences as a group or individually to other children.</p> <p>-Using equipment (balls, bean bags, hoops,) to create rhythms which can then be included in sequences.</p> <p>-Holding different sets of shapes for a period of time.</p>	<p>Pupils will:</p> <p>-Develop sending and receiving techniques focusing on angles of a bat or racket.</p> <p>-Evaluate their own and others' performance in order to help each other improve.</p> <p>-Learn how to return a ball.</p> <p>-Create their own net/wall game with some rules.</p> <p>-Further develop their technique or skills taught in key stage 1.</p> <p>-Play net/wall games competitively.</p> <p>-Begin to learn about positioning in order to help them receive or return.</p> <p>-Begin to develop their ability to process emotions when losing.</p> <p>-Begin to develop their understanding of fair play.</p>	<p>Pupils will:</p> <p>-Develop their underarm and overarm throwing skills.</p> <p>-Apply these skills to competitive situations.</p> <p>-Develop techniques using the equipment (archery bows and arrows, tri-golf equipment)</p> <p>-Begin to develop tactical thinking in order to win points.</p> <p>-Begin to develop understanding of positioning in order to prevent the opposition winning points.</p> <p>-Begin to evaluate their own performance and change activities to provide a suitable level of challenge.</p>	<p>Pupils will:</p> <p>-Develop their technique in order to run faster, jump higher, jump further and throw further.</p> <p>-Work with others to officiate and record results.</p> <p>-Run in a relay team</p> <p>-Explore stride patterns when running.</p> <p>-Begin to evaluate their own performance and understand how to improve.</p> <p>-Compete with others.</p>
---	--	---	--	--	--

**Upper  
Key  
Stage  
2**

Pupils will be taught to:

- Further develop their technique using a variety of skills.
- Use tactics in attacking and defensive situations.
- Understand formations and how to manage different situations during games.
- Evaluate the effectiveness of their tactics.
- Demonstrate fair play and sportsmanship in competitive situations.
- Lead and officiate activities in small groups.
- Be responsible for their own learning by adapting activities in order to challenge themselves appropriately.
- Have a secure knowledge of the vocabulary used in invasion games.

Pupils will:

- Travel to music before maintaining balances for a set period of time.
- Travel in a variety of ways in game situations.
- Perform standing jumps using equipment, focusing on landings that stick.
- Perform symmetrical movements in unison as a part of a group.
- Lead group activities centred around the skills they have been taught.
- Perform different supports and holds (front support, back support, headstand, numbered point balances)
- Create sequences as a group or individually that combine 6 or more elements of prior learning (rolls, shapes...)
- Use large apparatus to travel and maintain different balances.
- Perform sequences to other groups.

Pupils will:

- Understand the rules of the net/wall sport they are studying.
- Use key vocabulary when playing the sport.
- Have a good tactical understanding of positioning in order to win a point.
- Develop good technique in all areas of the sport they are playing.
- Compete against each other in small groups.
- Lead and manage small group games.
- Overcome problems during in game situations.

Pupils will:

- Develop their knowledge of the sport they are playing
- Use key vocabulary when playing.
- Throw and catch accurately.
- Further develop their technique using equipment (e.g. using a straight bat in cricket)
- Evaluate their own learning in order to improve results.
- Challenge themselves appropriately by changing activities. (STEP Differentiation)
- Lead and create small group games.
- Solve game-related problems by thinking about positioning and how best to get someone out.
- Understand why being active is important.

Pupils will:

- Further develop their understanding of technique in order to run faster, throw further, jump further and jump higher.
- Compete against others.
- Record results and officiate events.
- Evaluate their own performance in order to improve personal bests.
- Consolidate the importance of stride pattern and technique.
- Be able to change speeds effectively.
- Understand tactics for how to win a race.
- Understand the importance of preparation before an event (e.g. long jump run up)
- Be able to articulate the importance of being active and preparation through stretching.
- Be able to finish a race without slowing down

