Progression of Skills, Understanding and Knowledge in PE



PE	발 Year 1 Ye	ear 2	Year 3	Year 4	Year 5		Year 6	Ye	ar 7	Year 8	
	Stage 1	Stage 2	Stage 2		Stage 3		Stage 4			Stage 5	
Adventure Challenge	explore and develop the ability to solve tasks individually explore and develop the ability to solve tasks in pairs or in small groups.	solve challenging problems, individually, in pairs or in small groups solve challenges with or without apparatus Participate in small group activities to accomplish a common goal.		solve challenging pr individually, in pairs groups solve challenges wit apparatus participate in group accomplish a comm	or in small h or without activities to	solve challenging problems, individually, in pairs or in groups participate in group activities to accomplish a common goal.			solve challenging problems, individually, in pairs or in groups participate in group activities to accomplish a common goal.		
Athletics	At this stage, Athletics (jumping, throwing and running events) should be introduced through the other PE content areas.	throwing and should be int	Athletics (jumping, d running events) troduced through content areas.	Develop the basic techniques of jumping, throwing and running events Learn and apply the basic rules of athletic events		Be introduced to collecting and recording results Understand and apply the basic safety rules in athletic events.		Practice specific techniques for jumping, throwing and running events Learn and apply the rules of various events Learn how to collect and record results Understand and apply the safety rules in these events Evaluate their athletic performance and understand how they can improve their performance.			
Body control and spatial awareness	Develop spatial awareness Develop gross motor skills Develop creative skills through movement. Develop an awareness of space, direction and levels in relation to others and to their working environment	with control Handle differ small equipm body parts (n Hold their bo	rent apparatus and nent using various nanipulative skills) ody weight using parts as bases	At this stage, body of spatial awareness and be incorporated into content areas.	ctivities will	spatial be inco	stage, body control a awareness activities v orporated into other F it areas.	will	spatial aware	body control and eness activities will ted into other PE s.	

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PE	Year 1	Year 2	Year 3	Year 4 Year 5		Year 6		ear 7	Year 8	
	Stage 1	Stag	e 2	Stage 3		Stage 4	•	Stage 5		
Games	Explore coordination, manipulation and balance Travel in different ways maintaining body control Change speed and direction movement maintaining bod control	various k Participa instructi requiring	mall equipment using body parts te in, and follow ons for, simple games glittle or no equipment.	Develop coordination, manipulation and balance Travel in different ways, changing speed and direction while maintaining body control Explore different apparatus and small equipment using various body parts Participate in, and follow instructions for, simple games requiring little or no equipment.		Develop coordination, manipulation, balance and spatial awareness Participate in activities that develop spatial awareness and locomotor skills Handle different apparatus and small equipment using various body parts Participate in simple lead-up games Begin to develop their own games and related activities.		manipulation awareness Participate in locomotor sk Become com different app equipment Participate in adapted vers sports, for ex games, fieldin net games an Develop their	Participate in activities that refine locomotor skills Become competent in handling different apparatus and small	
Gymnastics	Learn a variety of movement form a basic movement vocabulary, for example jur hop, slide, rock Explore different ways of mon the floor and on apparate Create small movement pa	stillness np, as bases Be intro oving basic ski us jump terns Explore	ir body weight in using various body parts duced to one or two ls, for example a pin different ways of moving all equipment.	Develop the tradition gymnastic skills, inversely physical agility, flexistrength and coording interpret and answer tasks in their own witheir own level, on their own level, on their own level, using Combine locomotor locomotor skills whist small equipment.	olving bility, nation er movement ay, and at the floor er movement ay, and at ay, and at ay, and at	Combine simple movements to create short sequences Improve the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination Interpret and answer movement tasks in their own way, and at their own level, on the floor Interpret and answer movement tasks in their own way, and at their own level, using apparatus Combine locomotor and non-locomotor skills while using		sequences Refine the tr skills, involvi flexibility, sti coordination Interpret and tasks in their their own level Interpret and tasks in their their own level Combine loce locomotor si	Combine movements to create sequences Refine the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination Interpret and answer movement tasks in their own way, and at their own level, on the floor Interpret and answer movement tasks in their own way, and at their own level, using apparatus Combine locomotor and non-locomotor skills while manipulating small equipment.	

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PE	EYFS	Year 1	Yea	ar 2	Year 3	Year 4	Year 5		Year 6	Ye	ar 7	Year 8
	Stage 1		Stage 2		Stage 3		Stage 4		Stage 5			
Health related activities	element (rest, exerce Be averce) Recognition that context are context are context are context.	vare of some of the ents of a healthy lifest well-balanced nutritic ise etc) vare that it is importantysically active gnize some basic changoccur to their bodies wising ade aware of safety as exercising.	et to ges when	benefits of a (rest, well-ba exercise etc) Become awa		Recognize basic char occur to their bodies exercising Demonstrate safety exercising.	s when	elem healt balar Be av physi Reco that o exerc	onstrate safety when	e etc) e of nges	(rest, well-bal exercise etc) Identify and reof a healthy li Be aware of the physical activity Recognize the that occur to exercising	healthy lifestyle anced nutrition, ecognize the benefits festyle he importance of ty in daily life e physical changes their bodies when and apply safety

