Progression of Knowledge and Skills in Physical Education

		Nursery PD: Gross Motor	Reception PD: Gross Motor	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	Movement	Know we need space to move safely	Know different ways our body can move	Know how speed changes movement	Know balance helps movement	Know technique improves movement	Know posture and control improve performance	Know how to refine techniques	Know how movement efficiency improves performance
	Games		Know simple rules help games work	Know teams try to score points	Know the difference between attacking and defending	Know moving into space helps teams	Know positioning helps attack and defence	Know tactics help teams succeed	Know strategies can change game outcomes
	Rules & Safety	Follow simple instructions	Know rules help games work	Know how to share equipment safely	Know rules make games fair	Know why rules are important	Know how rules structure games	Know how to apply rules independently	Know how to referee simple games
	Health & Fitness	Know moving makes us feel good	Know exercise keeps us healthy	Know we warm up before exercise	Know exercise makes our heart beat faster	Know practice helps us improve	Know personal best means improving your performance	Know how fitness affects performance	Know how exercise improves health and fitness
	Evaluating Performance			Talk about what they enjoyed	Say what went well	Explain how to improve	Compare performances	Suggest improvements	Evaluate performance and strategies
	Vocabulary	**Anchor:** walk, run, jump, ball, **Goldilocks:** crawl, climb, throw, kick, hit, fast, slow, stop, go, up, down, push roll **Step on:** hop, skip, space, land, towards, gently **Anchor:** move, music, dance, **Goldilocks:** shape, still, copy, **Step on:** travel, over, under	**Anchor:** throw, catch, roll, ball **Goldilocks:** kick, bounce, aim, control **Step On:** direction, accuracy, partner, receive **Anchor:** move, stop, balance, space **Goldilocks:** shape, stretch, travel, control **Step On:** level, direction, sequence, position	**Anchor:** run, stop, speed, balance **Goldilocks:** direction, control, agility, teamwork **Step On:** sprint, acceleration, pathway, perseverance **Anchor:** shape, balance, stretch, still **Goldilocks:** control, travel, level, position **Step On:** sequence, transition, stability, coordination	**Anchor:** send, receive, roll, catch **Goldilocks:** control, accuracy, partner, space **Step On:** possession, communication, movement, support **Anchor:** shape, balance, travel, sequence **Goldilocks:** link, control, level, direction **Step On:** transition, flow, coordination, pathway	**Anchor:** pass, tag, attack, defend **Goldilocks:** space, support, possession, evade **Step On:** acceleration, communication, strategy, teamwork **Anchor:** balance, travel, sequence, control **Goldilocks:** transition, pathway, level, flow **Step On:** rotation, extension, combination, precision	**Anchor:** pass, space, defend, attack, goal **Goldilocks:** marking, support, control, possession **Step On:** positioning, pressure, jockey, switch **Anchor:** sequence, balance, control, transition **Goldilocks:** flow, precision, rotation, extension **Step On:** fluency, dynamics, alignment, refine	**Anchor:** pass, space, attack, defend, team **Goldilocks:** support, control, marking, pivot **Step On:** intercept, positioning, tactics, pressure **Anchor:** sequence, balance, control, partner **Goldilocks:** synchronisation, counterbalance, transition, formation **Step On:** canon, counter-tension, complexity, composition	**Anchor:** pass, dribble, shoot, defend, space **Goldilocks:** support, control, marking, positioning **Step On:** strategy, transition **Anchor:** sequence, control, balance, performance **Goldilocks:** fluency, precision, dynamics, synchronisation **Step On:** refinement, composition, execution, aesthetics

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Skills	Running	Move in different ways	Run safely and stop	Run and change direction	Sprint short distances	Run with pace	Run at different speeds	Sprint using technique	Sustain pace in races
	Jumping	Jump with two feet	Jump and land safely	Jump forward	Jump for distance	Controlled jumps	Use jumping technique	Jump with power	Perform competitive jumps
	Balance	Balance when still	Balance in still positions	Balance on body parts	Hold balances longer	Balance in sequences	Maintain balance in movement	Balance with partners	Perform controlled balances
	Throwing	Roll objects	Throw large balls	Underarm throw	Overarm throw	Throw with accuracy	Throw with power	Throw for distance	Adapt throwing technique
	Catching	Catch large objects	Catch using two hands	Catch with partner	Catch smaller balls	Catch while moving	Catch under pressure	Catch at different heights	Catch reliably in games
	Ball Control	Push or kick ball	Kick or roll ball	Control ball with hands or feet	Dribble with control	Dribble while moving	Change direction with ball	Maintain control under pressure	Control ball in competitive games
	Gymnastics	Travel in different ways	Travel and balance	Create shapes	Link movements	Perform sequences	Controlled sequences	Partner balances	Complex sequences
	Dance	Move to music	Copy movements	Repeat movements	Create patterns	Create short dances	Perform sequences	Expressive dances	Choreograph dances
	Game Play	Take turns	Follow simple rules	Pass to partner	Pass and receive	Keep possession	Attack and defend	Apply tactics	Adapt tactics
	Teamwork	Play alongside others	Take turns	Work with partner	Cooperate in groups	Support teammates	Communicate in games	Show leadership	Lead activities