

PE key knowledge

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	0-3yrs Knows how to wave, kick, roll, crawl and walk. Understand how to climb safely and what this looks like. 3-4 yrs Understand how to use balancing equipment and that using their arms helps to keep balanced. Know how to skip, hope, stand on one leg and hold poses. Know how to use one-handed tools and equipment such as scissors, a pencil etc safely.	0-3 - Know how to repeat rhythms such as clapping/stamping to music. 3-4 - Understand how to play as part of a group or team. Know some rhymes and actions by heart (see rhymes in reading) Identify that they can create movements in response to music and how it makes them feel	0-3 yrs Know how to wave, kick, run, crawl, walk. Know how to move legs one at a time to walk up stairs and hold something for support. Understand that pushing your foot while on a wheeled toy/vehicle can make you move with it. Identify how to zip up a coat, button up a shirt, pour a drink. 3-4 yrs Know the correct use of a tool – knife, spade, scissors etc. Know which activities can be done quickly and which need less speed and more care. Understand how to use scissors to cut.	3-4 - How to hold large items with both hands and how to work with others to do this. How to go under, over and through climbing equipment. How to keep balance – hold out arms and put one foot in front of the other. How to hold a pencil using the tripod grip.	0-3yrs Understand how to spin and roll. Understand that going too high on equipment can be a risk to self and others. 3-4 yrs Know that to jump safely, you land with your knees bent and use your arms to balance. Understand that you change direction to avoid bumping into another person. Understand how to create different movements and know ways to do this.	0-3 - Know that pushing feet forwards on a pedal moves a wheeled vehicle. Understand how to hold various tools correctly such as a pencil (tripod grip), paint brush, clay tools. 3-4 - Understand that they can use their bodies in different ways such as on an obstacle course. Know how to keep themselves safe when trying new things but understand that managed risks help us learn
Reception	Introduction Navigational Skills: know that leaving a gap when	Fundamentals Running: use big steps to run and small steps to stop.	Dance Actions: Children will learn that they can move their	Ball skills Know you need to look at the target when sending a ball.	Games Running: know to use big steps to run and small steps to stop.	Gymnastics Shapes: Explain how to make different shapes with their body.

	following a path will help to keep them safe. Communication: know that talking with a partner will help them to solve challenges e.g. 'let's go to the green hoop next'. Rules: know that rules help to keep us safe. Reflection: say when they are successful and why.	Balancing: know to hold arms out to help them to balance. Jumping: know that bending their knees will help them to land safely. Hopping: say that to hop they will use one foot. Skipping: know that if they hop then step that will help them to use skipping as a travelling action.	bodies in different ways to create interesting actions. Space: if they move into space it will help to keep themselves and others safe. Performance: when watching others, they should sit quietly and clap at the end. Strategy: Using space will help to make their dance look interesting.	Catching: Know to have hands out ready to catch. Tracking: Know to watch the ball as it comes towards them and scoop it up with two hands. Dribbling: Know that keeping the ball close will help with control.	Throwing: Know to point their hand at their target when throwing. Catching: Know to watch the ball and have hands out ready to catch. Striking: Know to point their racket at their target when striking. Tactics: Explain the different roles in a game.	Balances: Know that balancing means being still. Jumps: Know that bending their knees will help them to land safely.
Year 1	When dancing you can create different shapes with your body. Listen for the count of 8 when dancing. A pathway is the way you go when dancing.	Use basic travelling actions, jumps, rolls and balances accurately. Balance when exploring actions on the floor and on low apparatus. Show different levels and directions when travelling and balancing.	Perform different skills including balancing, jogging, dodging, jumping, hopping and skipping. Identify ways to land safely.	Develop control and coordination when dribbling a ball with your hands. Develop accuracy when rolling a ball. Develop throwing with accuracy towards a target. Catch a ball using the correct technique.	Use underarm and overarm actions. Identify the correct technique to throw accurately towards a target. Following rules in a game helps to keep everyone safe.	Explore running at different speeds, changing direction. Identify the correct technique to jump for distance. Apply the correct technique when throwing for distance.
Year 2	Remember movements and link them together to create sequences of dance. Count in beats of 8 to help keep timing and control movement.	Use shapes to create balances. Use shapes in a sequence. Show how to use equipment and apparatus safely.	Explore the best position to stand when hitting a target. Dribble a ball with feet keeping the ball close. Have control and balance when kicking a ball.	When jumping for distance bend your knees, look forward, soft knees (bent) on landing and swing your arms up at take-off. Begin a throw from a balanced starting position. Keep soft knees when linking running and jumping movements.	Identify how to jump into the pool safely. Explore blowing bubbles underwater with your nose and mouth submerged. Regain upright position from a back or front float. Push and glide on the back from the side of the pool. Perform a 360 degree rotation from front to back and back to front.	

	Develop an understanding of dynamics and how they can show ideas. Use expressions when dancing to show emotions. Know how to critique a performance.		Have coordination and technique when receiving a ball.	Keep your eyes looking at your target. Pointing your hand at your target after you throw. Place your opposite leg to throwing arm forward. Standing sideways on to the direction of the throw.	
Year 3	Balancing, running, jumping, hopping and skipping are fundamental skills. Accelerate means to become faster and decelerate means to get slower.	Dodge means to avoid a moving object. Throwing and catching are skills you need to use when playing dodgeball. To eliminate players, you have to throw a ball and hit the opposing player below the shoulders on the fly.	A dance is a sequence of movements that match the rhythm of the music. Moving in unison means moving with others at the same time.	Compositional ideas include speed, level, direction and the path of the sequence. To balance effectively you need good control and coordination. Matching is when you perform the same movement at the same time. Sequence refers to two or more skills which are performed together.	Long run is suitable for a longer time. A progression run is suitable for a shorter run. Five different jumps include two feet to two feet, two feet to one foot, one foot to one foot, one foot to one and one foot to two feet. When taking off and landing you have to follow the correct technique to avoid injury. Dribble means moving the ball with your feet or hands. Track is when a player moves their body to get in line with a ball. Send is to pass either with your hands or feet. Receive is to collect or stop a ball that is sent to you using your hands or feet.
Year 4	Dribble the ball with control. Identify how to send and receive a ball accurately. Explore how to move into a space to receive a pass. Explore ways to tackle safely.	Identify the technique to catch with accuracy. Identify how to dodge, jump and duck. Identify the technique to throw with accuracy. Use tactics rules of the game and use them honestly.	Use canon in a dance routine. Use space, dynamics and relationships with others. Perform a dance changing level and direction. Consider the actions performed and where and	Identify that strong body tension will help you to hold balances with increased control. Perform rotation jumps. Perform a variety of rolls with control. Create a sequence of movements.	Identify the technique to run for speed. Explore the technique to throw and jump for distance. Explore ways to achieve their greatest possible speed, distance or accuracy. Identify the technique to throw and catch overarm. Identify the technique to throw underarm. Demonstrate an accurate batting technique.

			when you dance in relation to others.			Field a ball using a two handed pick up and a short barrier.
Year 5	Explore how to dribble, pass, receive and shoot the ball. Explore moving into a space to keep possession and score. Identify the rules of the game and how to apply them in a tournament situation.	A well-balanced sequence contains a combination of movements. Identify different methods of travelling. Explore how to perform progressions of movements. Explore how to create a partner sequence using apparatus.	Identify the steps needed to create a dance. Identify the factors that can change a performance. Identify what Rock 'n' Roll is. Explore ways to work with a partner in time to the music.	Throw and catch a ball accurately. Identify the technique to use an overarm bowling technique. Use a variety of fielding techniques.	Identify the best pace for a running event. Perform a range of jumps showing some technique. Understand the role of coach, official and timer in a group. Identify how to throw with accuracy and power for distance.	Identify a range of shots for a game situation. Explore ways to effectively collaborate with a partner. Explore how to make decisions, selecting and applying tactics.
Year 6	Pass the netball using appropriate throws. Understand defence and attack within the game of netball. Understand the rules of netball. Importance of communication and collaboration within the game of netball. Define level, actions, balance, body tension, direction and speed.	Understand what a motif is. Define structures in detail including formation, canon, unison. Identify what the Bhangra style motif is.	Explain how to demonstrate a consistent stride when sprinting. Demonstrate how to compete within the rules showing fair play and honesty. Perform jumps for distance using good technique. Identify how to help others to improve their technique using key teaching points. Explore accuracy and good technique when throwing for distance. Effectively select and apply the best pace for a running event. Develop awareness of what my body can do. Identify ways to develop speed and stamina Identify how to develop body strength and balance. Explore ways to develop agility skills.	To use a competent stroke to swim 25 metres To know a range of strokes including front crawl, backstroke and breaststroke To be able to tread water for 45 seconds and perform the HELP position		